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Polar FS1/FS2c/FS3c user manual

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T31 transmitter | Polar USA

ENG 3 WRIST UNIT BUTTONS Note: Pressing a button briefly has a different effect than pressing and holding the button for a longer period of time (for at least 1 second). Light • Turn the backlight on. • Turn the Keylock on or off in Time and Exercise modes (press and hold the button for at least 1 second).

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Detailed Instructions of Polar heart rate monitors

This manual contains user information for both Polar S625X™ and Polar S725X™. The information specific for running features is in a blue text. The information specific for cycling features is marked with a grey background. Please read this manual carefully to familiarize yourself with the Polar running/ cycling computer.

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