

Garmin Forerunner 210 Manual

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Manual de Início Rápido do Forerunner 210 3 1. Ligue a extremidade USB do cabo ao adaptador AC. 2. Ligue o adaptador a uma tomada de parede comum. 3. Alinhe os quatro contactos na parte de trás do Forerunner com as quatro extremidades no clipe de carregamento . Ao ligar o Forerunner a uma fonte de alimentação, o Forerunner liga-se e

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6 Forerunner 210 Quick Start Manual tIP: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5-10 minutes. After you put on the heart rate monitor,

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Garmin®, Garmin-logoet, Forerunner ... Brugervejledning til Forerunner 210 11 Træning Kalibrering af din fodsensordistance Hvis du synes, fodsensordistancen er lidt for lang eller lidt for kort, når du løber, kan du justere kalibreringsfaktoren manuelt. Kalibreringsformlen er den fak-

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Forerunner 10 Quick Start Manual 1. Plug the USB end of the cable into the AC adapter. 2. Plug the AC adapter into a standard wall outlet. 3. Align all four contacts on the back of the Forerunner with the four posts on the charging clip . When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears.

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Garmin ®, Garmin-logotypen, Forerunner och ... Användarhandbok för Forerunner 210 11 Träning Kalibrera din fotenhet Om fotenhetens avstånd verkar vara något för högt eller lågt varje gång du springer kan du justera kalibreringsfaktorn manuellt. Kalibreringsformeln är faktisk distans

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6 Brukerveiledning for Forerunner 210 Trening Pare aNT+-sensoren Hvis Forerunner-enheten ikke viser puls- eller fotsensordata, kan det hende at du må pare tilbehøret med Forerunner-enheten. Paring innebærer at du oppretter en forbindelse mellom trådløse ANT+™-sensorer, for eksempel mellom fotsensoren og en Forerunner-enhet.

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