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Get to Know Your Polar FT7 Training Computer Training computerrecords and displays your heart rate and other data during training. WearLink®transmitter transmits the heart rate signal to the training computer. The WearLink® transmitter consists of a connector (A) and strap (B).

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Get to Know Your Polar FT7 heart rate monitor The heart rate monitor records and displays your heart rate and other data during training. The Polar HI heart rate sensor transmits the heart rate signal to the heart rate monitor. The heart rate sensor consists of a connector (A) and strap (B).

*2. GET STARTED | Polar FT7 User Manual | English*  
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Page 1 ENGLISH Polar FT7 User Manual... Page 2: Table Of Contents ENGLISH CONTENTS 1. BENEFITS OF YOUR POLAR FT7 TRAINING COMPUTER....3 2. GET STARTED .....4 Get to Know Your Polar FT7 Training Computer .....4 FT7 Buttons and Menu .....4 Start With Basic Settings.....5 3. TRAINING..... 6 Wear the Transmitter.... Page 3: Benefits Of Your Polar Ft7 Training Computer ENGLISH 1. BENEFITS OF YOUR ...

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While training, the Polar FT7 displays your optimal training intensity for burning fat and improving fitness. These intensities may vary depending on your daily physical and mental condition. When you start recording a training session, the FT7 analyses your current condition and, if necessary, will adjust the intensities accordingly.

*3. TRAINING | Polar FT7 User Manual | English*  
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