

POLAR loop

ACTIVITY TRACKER

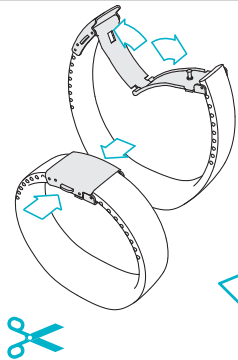
POLAR
LISTENS TO YOUR BODY

1.

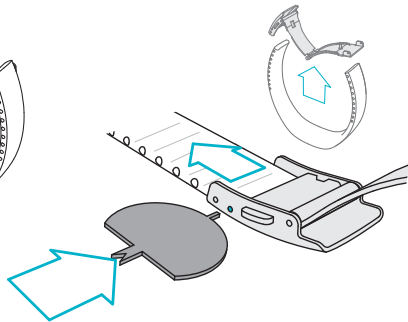
Nastavení na adrese
flow.polar.com/loop

Make it fit 

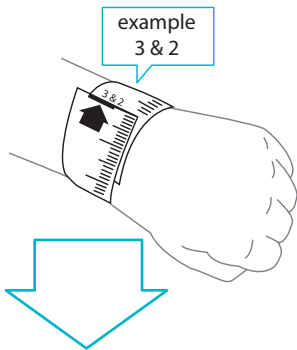
2. ROZPOJTE SPONU



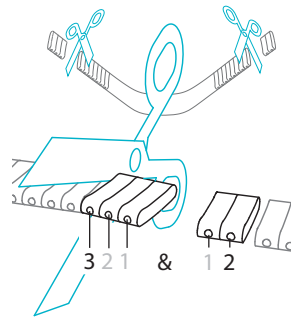
3. ODPOJTE SPONU NA OBOU STRANÁCH



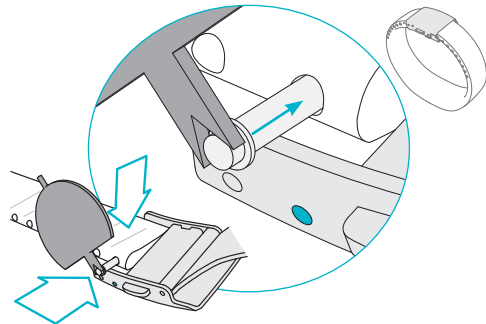
4. ZMĚŘTE SI OBVOD ZÁPĚSTÍ



5. ZASTŘIHNĚTE ŘEMÍNEK ROVNĚ NA OBOU KONCÍCH



6. ZNOVU PŘIPOJTE SPONU



9 & 9
9 & 8
8 & 8
8 & 7
7 & 7
7 & 6
6 & 6
6 & 5
5 & 5
5 & 4
4 & 4
4 & 3
3 & 3
3 & 2
2 & 2
2 & 1
1 & 1
1 & 0
0



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Manufactured by Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE. Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.com

1.0 CS

01/2014

Model: 0C

