

## Polar F6 Manual

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**Polar F6 User Manual**  
Page 1: User Manual BUTTONS USER MANUAL Polar F6™ Fitness Heart Rate Monitor Light Back Press OK to enter the menu. Press the buttons to move forward in the menus. Press and hold the Back button to return to the Time of Day display. Page 2 It measures the electrocardiogram (ECG). You can use the wrist unit to conveniently view your heart rate ...

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**Polar Electro F6 Manuals and User Guides, Heart Rate ...**  
The Polar F6 is an excellent mid-range heart rate monitor for the exercise enthusiast who loves to geek out on numbers. There are so many ways to track your workouts, you can set endless goals to keep your workouts fresh and exciting.

**Review of Polar F6 Heart Rate Monitor - Verywell Fit**  
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The Polar FT60 creates a training program based on your user information (weight, height, age, sex), fitness level, activity level, and training goal. By analyzing your weekly training results and fitness level, the training computer gives you training

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**Polar F4 User Manual**  
The Polar F6 heart rate monitor is a great choice for using in large groups where other exercisers might be using wireless training gear that could interfere with your own signal. The F6's coded transmission prevents crosstalk with other monitors so you'll get a personalized workout—even in a class environment. It's packed with innovative training features to help you toward your exercise ...

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