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Target: MAXIMIZE Your Fitness Level: You Have Been
Exercising Regularly For At Least 10-12 Weeks And Are
Able To ... Jun 9th, 2024Polar F6 User ManualAre Firmly
Against Your Skin And That The Polar Logo Is In A
Central, Upright Position. ENGLISH Before Exercise 5.

3. DURING EXERCISE Record Your Exercise 1. Wear The Transmitter And Wrist Unit. Start Heart ... The Higher The Bar The Longer The Exercise. Date Of The Exercise ENGLISH After Exe Mar 8th, 2024.

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