

User Guide Polar Rc3 Gps

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With an integrated GPS unit, the Polar RC3 GPS training computer provides speed and distance data, as well as route information at polarpersonaltrainer.com web service, in all outdoor sports using Global Positioning System (GPS) technology. Signals that GPS satellites transmit to the earth indicate the location of the satellites.

POLAR RC3 GPS

INTRODUCTION. Congratulations on the purchase of your Polar RC3 GPS training computer! The training computer offers you an all-in-one system to guide you in your training. This user manual includes complete instructions to help you get the most out of your training computer. The latest version of this user manual can be downloaded at www.polar.com/support.

1. INTRODUCTION | Polar RC3 GPS User Manual | English

Keep the RC3 GPS in a horizontal position in front of you ("POLAR" logo facing forward). Keep moving in order for the RC3 GPS to determine which direction you are going. An arrow will point in the direction of your starting point. To get back to the starting point, always turn in the direction of the arrow.

5. TRAINING | Polar RC3 GPS User Manual | English

Charging Your Training Computer The Polar RC3 GPS training computer has an internal, rechargeable battery. Use the USB cable included in the product set to charge the training computer via the USB connector on your computer. If you want to plug the USB connector to a wall outlet, use a USB power adapter (not included in the product set).

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The RC3 GPS offers you an all-in-one system to guide you in your training. The full user manual and the latest version of this getting started guide can be downloaded at www.polar.com/support. Page 4 If you purchased a set which does not include a heart rate sensor, turn it off in the Sport Profile settings. For instructions, see Preparing.

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Enter accurate user information in the training computer to receive the correct feedback on your performance. To view and modify user information settings, select MENU > Settings > User information > USER INFORMAT.. Browse the selection with UP/DOWN and accept the value with START. Weight: Set your weight in kilograms (kg) or pounds (lbs).

8. SETTINGS | Polar RC3 GPS User Manual | English

Polar RC3 GPS træningscomputeren har et indbygget, genopladeligt batteri. Brug USB-kablet, der fulgte med i produktsættet, til at oplade træningscomputeren gennem USB-stikket på din computer. Hvis du ønsker at sætte USB-stikket i en stikkontakt, kan du bruge en USB-strømadapter (følger ikke med i

POLAR RC3 GPS

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Manual Polar RC3 GPS (page 1 of 60) (English)

Page 1 TRAINING WITH YOUR RC3 GPS First, charge the Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of RC3 GPS. Browse through the menu by pressing UP or DOWN. Confirm selections TO GET YOU GOING with the START button, and return, pause and stop with the BACK battery. Page 2 Water resistance Water proof IPX7. Not suitable for bathing or your RC3 GPS go to Menu > Program and press START. performance.

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