

# Download Polar Rs100 Owners Manual

1. iNtroDUctioN to tHE rs100 rUNNiNG CoMPUtEr 1.1 ProDUct ELEMEntS The Polar RS100 Running Computer package consists of the following parts: Wrist Unit The wrist unit displays and records your heart rate and exercise data during exercise. Enter your personal settings into the wrist unit and analyze exercise information after your workouts.1. INTRODUCTION TO THE RS100 RUNNING COMPUTER 1.1 PRODUCT ELEMENTS The Polar RS100 Running Computer package consists of the following parts: Wrist Unit The wrist unit displays and records your heart rate and exercise data during exercise. Enter your personal settings into the wrist unit and analyze exercise information after your workouts.1.2 UTILIZACIÓN DE LA UNIDAD POLAR RS100 POR PRIMERA VEZ Introduzca sus ajustes en el modo de ajustes básicos (hora, fecha, unidades y ajustes personales). Cómo introducir los ajustes básicos Active la unidad de pulsera. Una vez activada, no se podrá desactivar la unidad de pulsera.1. INTRODUCTION TO THE RS100 RUNNING COMPUTER Dear customer, 1.1 PRODUCT ELEMENTS Polar Web Services Congratulations on your purchase of a new Polar RS100 Running Computer! The Polar RS100 Running Computer package consists of [www.PolarRunningCoach.com](http://www.PolarRunningCoach.com) is a complete web service the following parts: tailored to support your exercise goals.