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one Training System.
Training Computer Parts;
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Top (5+ h/week): You participate in heavy physical exercise at least 5

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times a week, or you exercise to improve performance for competitive purposes. High (3-5 h/week): You participate at least 3 times a week in heavy physical exercise, e.g. you run 20-50 km/12-31 miles per

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week or spend 3-5 hours per week in comparable physical activity. Moderate (1-3 h/week): You participate regularly in ...

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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,

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always turn in the direction
of the arrow.

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The Polar target heart rate
zones can be personalized by
using a laboratory measured

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HR max value, or by taking a field test to measure the value yourself. When training in a target heart rate zone, try to make use of the entire zone. The mid-zone is a good target, but keeping your heart rate at

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that exact level all the time is not necessary. Heart rate gradually adjusts to training intensity ...

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The Polar Sport Zones
feature helps your to train
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can lock your target sport zone for a training session. When your heart rate goes below or above the target sport zone, the RCX3 gives a visual and audible alarm.

Page 5: The Complete
Training System

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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

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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,

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see Preparing.

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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,

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you in your training. The full user manual and the latest version of this getting started guide can be downloaded at www.polar.fi/support. Page 4
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rate sensor, turn it off in the Sport Profile settings. For instructions, see Preparing.

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Product description The
Polar RC3 GPS Sports Watch
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logging features, the GPS system tracks your route, speed and distance using a built-in CPU. Main features include, route mapping, 'Back to Start' programming, distance measurement and performance measurement

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The Polar name is synonymous with heart rate monitors, and that's the core function

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of the RC3 GPS watch. Packed into the relatively small package is not only a heart rate monitor, but a GPS system...

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