

# **USER MANUAL – EN**

## **Chest belt M8 Polar**



## USE



In standby mode press PULSE button. The fault heart rate is 120. You can adjust the maximum heart rate between 80-180. When the heart rate is over the maximum setting, you will hear the warning sound for 3 seconds. After two additional seconds the treadmill speed will reduce by 1 km/h.

If the heart rate is over maximum settings after 3 minutes, you will hear additional warning sounds for 3 seconds. After two additional seconds the treadmill speed will be reduced by 1 km/h.

If the heart rate is over maximum settings after additional 3 minutes, you will hear additional warning sounds for 3 seconds. After two additional seconds the treadmill speed will be reduced until it stops.

Pulse transmission is used on the belt. It detects heart rate in real-time. It is water proof. It is made by light and durable materials and should last about 2500 hours.