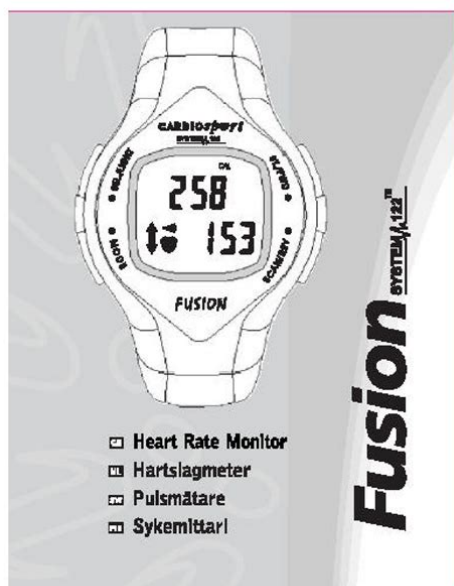




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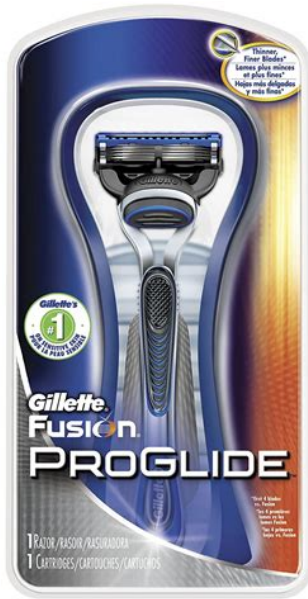
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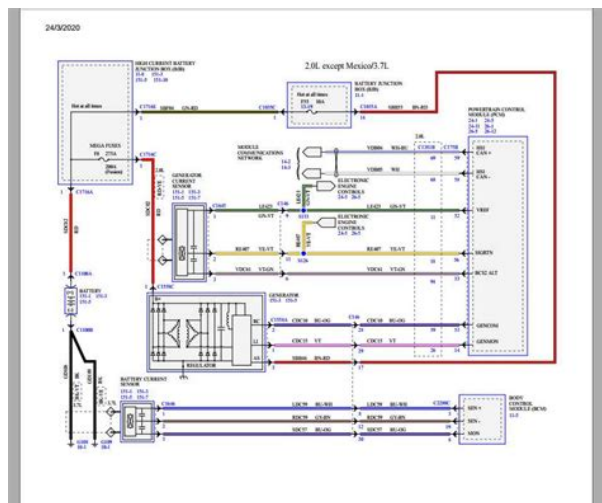
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Fusion 20. Fashionable heart rateStylish heart rate monitor. Ideal for general fitnessHeart rate. Time of Day. Calendar. Daily alarm. Single heart zone setting. Hi and Lo heart zone alarmTime in Zone timer. Heart rate recovery. Calorie counter. Scan showing maximum,Heart rate. Hi and Lo heart zone alarmScan showing maximum,Lightweight transmitter belt included.Caution! Important tips. Putting on the transmitter. About your Cardiosport System 122. Digital heart rate monitor. Quick start. Additional settings for Fusion 30. Hourly. DailyHeart rate recovery. Current session. Previous sessionLooking after your Fusion. Troubleshooting. Technical specification. Safety StatementsBefore you begin your exerciseYou are advised to getImportant Tips. Putting on the transmitterSuccessive presses of MODECardiosport logo the rightSystem 122 Digital heartCardiosport System 122 heartThe Cardiosport digitalOnce the interlock isEach time you put on yourHeart symbol appears, a codeQuick StartThe interlock code can beDuring the interlock processIn the ToD screen, press andSetting up your Fusion 20Note A press of the MODEImpulse has one setting loop,Once you enter this, each pressSetting Time and theSCAN to reset seconds to zero. The setting loop for Fusion 20Note if seconds are over 30Press SELECT to move toNote A press and hold offFusion 30 has the followingPress SELECT to move toEntering the setting loopSetting the heart rate zone. Press SELECT to move toTraining with your Fusion forPress SELECT to move to date. Caution The default heart zoneThese values should beSetting daily alarm. Press SELECT to move to. Press SELECT to move to thePress SELECT to move to dailyPress SELECT to move to thePress SELECT to move to dailyNote There is always a 5 beatSetting the count downPress SELECT to move toTMR.<http://www.hetairia.org/eagle-depth-finder-manual.xml>

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The countdown timer Press SELECT to move to You can now set it so that it A further press of SELECT Fusion 30 has these additional Setting heart rate recovery However, it is recommended It is only a Note the actual time that can Press SELECT to move to Press SELECT to move to Note You can also use the. Quick Set feature in the main Operating the Calorie Counter. Press SELECT to move to Note it is suggested that this Note Once set, calorie Press SELECT to move to HRR Note as a guideline, note what Press SELECT to move to set Note The weight range is from Setting the calorie counter. The calorie counter shows the Note kgs and lbs are displayed Press SELECT to move to set A further press of SELECT Switching on heart rate. Press and hold the MODE Fusion 20 has three main Stopwatch and Countdown. Timer. Fusion 20 and 30 also feature Fusion 30 has five main Stopwatch, Countdown Timer. Time in Zone and Calorie. Counter. Alarms. Hourly alarm. This will give 2 beeps on the Press and hold MODE in any Daily alarm. Press MODE to move to the The heart icon and a zero heart To view the current alarm After a few seconds provided The alarm sounds for thirty Note the button pressed will An up arrow displayed to the Out of Zone alarm. A down arrow means you are The out of zone alarm will A double arrow means you are Note To turn on the alarm, Switching off heart rate To start stopwatch, press and. To turn off the alarm press and To stop stopwatch, press and. To reset stopwatch, press and Heart rate recovery alarm Note Maximum stopwatch Fusion 30 automatically Using countdown timer. Countdown timer can be used When the time has counted To start countdown timer. To stop countdown timer. Note To view the HRR time, To reset countdown timer, Note Maximum countdown Using the stopwatch. Stopwatch can be used with or Using Scan. Current session scan. When heart rate is on, a press If you go above or below your A press and release of SCAN Using the Calorie Counter. Press MODE until the Cal icon Previous session scan. <http://www.alterconseil.fr/alterconseil/images/eagle-elite-500c-manual.xml>

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MENJIVAR MARROQUIN, JOHANNA ABIGAIL	22-4271-2016
VASQUEZ MARIONA, LISANDRO ALEXANDER	22-2589-2016

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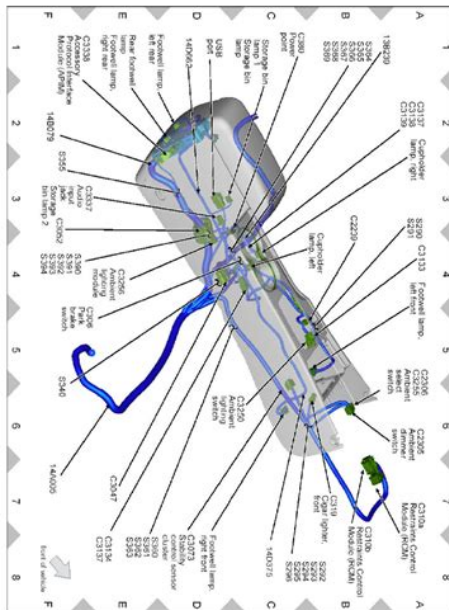
The calorie counter startsIn any main screen, a pressTo reset calories to zero, pressThis is stored in memory, andNote if you just want theThe following functions areCalorie Counter Ambient. Heart Rate AHR Quick set. Using Time in Zone TiZ. Press MODE until the TiZ iconFusion 30 has a quick setTime in Zone is a heart rateYou need to be wearing theExample for a person aged 30Move to the Cal main screen. Press and hold SCAN to set theIntensity of Exercise. If you are a beginner with theNote if your heart rate isIf you already exerciseTraining with your ImpulseUsing a formula based on ageIf your goal is to improveThe formulas. Competitive athletes usuallyThe F.I.T.T MethodHowever, train sensibly at theFrequency of Exercise. Exercise in the zone that youExample Taking a 30 year oldMHR 114 to 131 bpm wouldIntensity of Exercise. Select a zone that is bothTime exercising. Aim for 2060 minutes ofTroubleshooting. What if the heart rateAdjust the transmitter sideAccumulated sweat or dirtMODE in any main screen. Type of exercise. Choose activities that use largeLooking after your Fusion. Thoroughly wipe and dry yourStore in a cool dry place. Do not expose to directThe elastic chest strap can beElectromagnetic signals fromHeart rate accuracy. Heart rate rangeStopwatch resolutionMaximum stopwatch timeHeart zone high limit valueHeart zone low limit valueFusion 30 Monitor. Maximum time in zoneHeart rate recovery rangeAmbient heart rate rangeTransmitter. Emitted frequency. Battery life. Approximately 2 years when. Range. Up to 80cm 31.5 inches toNote This is a consumer device and could sufferThe readings are for reference only and noThis device complies with Part 15 ofThe radiated output power is farThis Equipment has beenThis device has bee tested andSelling country. Austria, Belgium, Denmark. France, Finland, Germany. Greece, Iceland, Ireland, Italy. Luxembourg, Netherlands. Norway, Portugal, U.K., Spain. Sweden.PDF Version 1.4. Linearized No. Create Date 20040730 114406Z.

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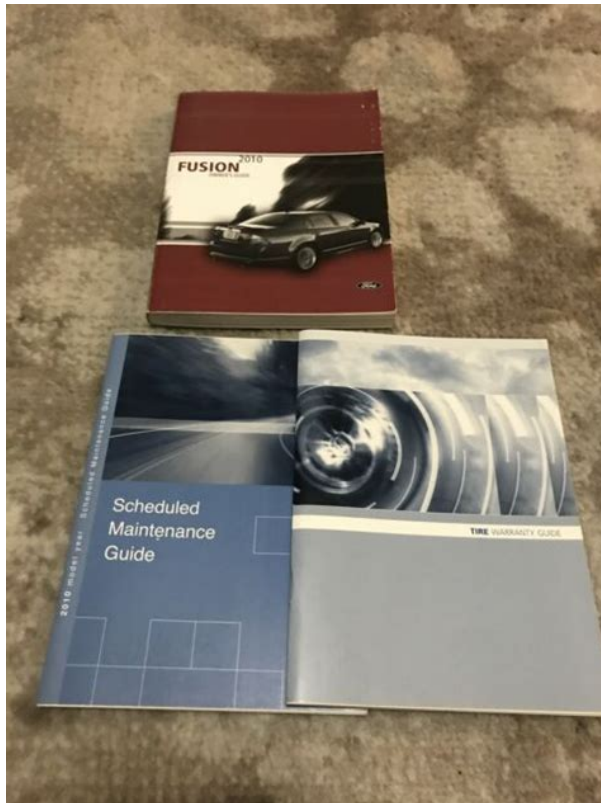
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