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Forerunner 310XT Quick Start Manual 7 Step 2: Turn on Your Forerunner Press and hold to turn on your Forerunner. Follow the on-screen instructions to configure the Forerunner and set your user profile. The Forerunner uses your user profile to calculate accurate calorie data. Using the table on page 6, select 0-10 to set your activity class.

FORERUNNER - Garmin International | Home Forerunner 310XT Quick Start Manual Settings > Select to four data pages. Each data field is defined in the Forerunner 310XT Owner's Manual. The manual also contains information about Auto Settings >, Auto Pause ® > additional ANT+ accessories, Virtual Partner, and bike mode settings. Page 10 3.

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Manual do utilizador do Forerunner 310XT i Introdução
Introdução aviso: consulte sempre o seu médico antes de iniciar
ou alterar o seu programa de exercícios. Consulte o guia
Informações Importantes de Segurança e do Produto este
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GARMIN FORERUNNER 910XT OWNER'S MANUAL Pdf Download. instrucciones de desmontaje rápido instruções de libertação rápida ... Forerunner 310XT Owner's Manual. Limited Warranty Garmin's standard limited warranty applies to this accessory. For more information, see the ... Garmin-Geräts nach oben zeigt, um einen optimalen GPS-Empfang zu gewährleisten.

Manual Instrucciones Garmin Forerunner 310xt
Forerunner 310XT Owner's Manual 1 Introduction Introduction
warning: Always consult your physician before you begin or modify any exercise program. See the Important Safety and Product Information guide in the product box for product warnings and other important information. This product contains

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a non-replaceable lithium-ion battery. More ...

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2 Manual del usuario de la unidad Forerunner 310XT Inicio
Configuración de la unidad Forerunner La unidad Forerunner utiliza tu perfil del usuario para calcular datos de calorías precisos. Consulta la página 7 para obtener información sobre los conceptos "clase de actividad" y "deportista habitual". 1. Sigue las instrucciones que se muestran

Forerunner 310XT - Garmin

Por fin, un reloj deportivo de ejercicio sumergible que no teme al agua. La resistente unidad Forerunner 310XT es una herramienta de entrenamiento indispensable para triatletas: un entrenador con GPS resistente al agua que realiza un seguimiento de los datos de ciclismo y carrera, y los envía de forma inalámbrica a tu ordenador.

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Forerunner 310XT Owner's Manual Data Description Field Time- Total amount of time Elapsed from the beginning to the end of the activity (including any pauses or stops). Page 38 To download a language not included on your device, go to www.garmin.com/forerunner310xt/owners click Garmin Connect.

GARMIN FORERUNNER 310XT OWNER'S MANUAL Pdf Download. Forerunner 310XT GPS pdf manual download. ... Each data field is defined in the Forerunner 310XT Garmin Connect™ Owner's Manual. The manual also contains information about Auto 2. Follow the on-screen instructions. Page 9 The USB ANT Stick drivers 2. Use arrows to scroll automatically install the Garmin through the activities.

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Guía de inicio rápido de Forerunner 310XT 7 Paso 2: encienda la unidad Forerunner Mantenga pulsado para encender la unidad Forerunner. Siga las instrucciones que se muestran en la pantalla para configurar la unidad Forerunner y establecer el perfil de usuario. La unidad Forerunner utiliza su perfil del usuario para calcular datos de calorías

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Garmin®, Garmin-Logoet, Garmin Training Center®, Forerunner, Auto Pause, ... Brugervejledning til Forerunner 310XT Sådan kommer du i gang Tabel for aktivitetsniveau Træningsbeskrivelse Træningsfrekvens Træningstid pr. uge 0 Ingen motion - - 1 Lejlighedsvis, let motion

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