

Polar V800 Manual

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The Polar V800 is a GPS, multisport watch made for serious athletes. The watch is 79 grams with a thickness of 12.7 millimeters. It has a high resolution and a high contrast display with a gorilla glass window. The watch is mainly designed for triathlon training, but is used by runners, swimmers, and cyclists alike.

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The Polar target heart rate zones can be personalized in the sport profile settings in the Flow web service by using a laboratory measured 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 that exact level all the time is not ...

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Summary The Polar V800 is a GPS watch that can be used for multiple sports. Designed with serious athletes and enthusiasts alike in mind, the Polar V800 guides the user to their peak training level for ultimate performance. The watch uses GPA and activity monitoring so that the user has the ability to train and recover appropriately.

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In this guide, the wrist band of the Polar V800 is removed for a clear view of the back panel. If you find it helpful, you may want to remove the wrist strap. Please reference the Watch Band Replacement guide for removal instructions if you wish to do so. Ensure your Polar V800 sports watch is powered off before continuing.

~~Polar V800 Battery Replacement — iFixit Repair Guide~~

Download this Polar V800 Manual which contains information about caring your V800, technical specification, get started the Polar V800 and basic settings, how to update firmware and reset Polar V800. The Polar V800 Multisport watch, especially for triathletes and ambitious athletes who want to train under professional conditions.

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