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port on your
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m) of your

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NOTE:

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Rate Zones A

heart rate

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1 Introducción

Introducción

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Answers to frequently asked questions and resources to help with all of your Garmin products.

Garmin Support

2. Sitúa el FR60 en el área de alcance (5 m) del ordenador.
3. Sigue las

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que aparecen en pantalla. Para obtener información sobre cómo personalizar las actividades y los campos de datos que se muestran en el FR60, consulta el Manual del usuario del

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tracks heart
beats per minute
and displays
your heart rate
zone, so you can
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