

Säpä

HR	EPOC
60	0
kcal (sum)	TE
1	1.0

Pasi

HR	EPOC
140	0
%VO2max	kcal (sum)
59%	4

Vellu

HR	
60	
kcal (sum)	TE
2	1.0

REMOVE USER FROM THE SCREEN	START SESSION Timer starts to run.	END SESSION Screen is cleared. Timer stops.
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0:00:08.1

Start

Stop

Manage view...

Options...

Add new belts

Close

ADD USERS AUTOMATICALLY TO THE SCREEN ON/OFF	ADD USERS TO THE SCREEN	CLOSE MONITOR
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How to start heart rate monitoring:

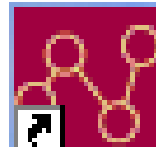
Make sure that:

- ▶ Suunto Team Pod is connected to the PC.
- ▶ You are connected to the internet.



Start Firstbeat Monitor

- ▶ Double click the desktop icon, or
- ▶ Choose "start" > "Programs" > "Firstbeat" > "Firstbeat Monitor"



"Firstbeat Monitor

Log in

- ▶ Enter username and password.
- ➔ **Training can start!**

