

COMMENT MESURER LA LONGUEUR DE VOTRE FOULÉE

La foulée est votre déplacement le long de la piste pendant un pas complet. Elle est mesurée en mètres et est liée à votre pas complet. Pour mesurer votre foulée, vous devez marcher à votre rythme normal.

1. Pour mesurer votre foulée, vous devez marcher sur un terrain plat et dur. Évitez de marcher sur des surfaces irrégulières, comme les escaliers, les trottoirs, les routes, les chemins, etc.
2. Marchez à votre rythme normal pendant 10 pas. Mesurez la distance entre le début et la fin de votre foulée.
3. Répétez ce processus cinq fois et calculez la moyenne de vos mesures. C'est votre foulée. Vous pouvez également utiliser un appareil de mesure de la foulée pour mesurer votre foulée.



Le podomètre doit être porté correctement sur votre pied. Il doit être porté sur le côté externe de votre pied, au-dessus de la base de votre pied, au-dessus de la base de votre pied.



MODE DE MARCHÉ : Lors d'un mouvement de marche, le podomètre doit être porté sur le côté externe de votre pied, au-dessus de la base de votre pied, au-dessus de la base de votre pied.

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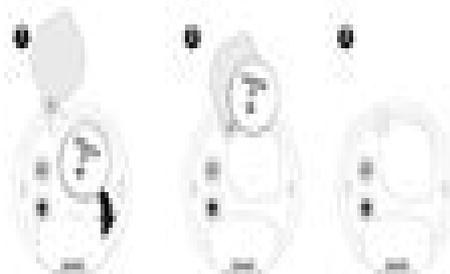
Le podomètre est conforme aux normes de sécurité et de performance. Il est conforme aux normes de sécurité et de performance. Il est conforme aux normes de sécurité et de performance.

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1. Ouvrez le couvercle de la pile en tournant le couvercle dans le sens des aiguilles d'une montre.
2. Insérez la pile dans le couvercle.
3. Fermez le couvercle de la pile.

REPLACEMENT DE LA PILE

1. Ouvrez le couvercle de la pile en tournant le couvercle dans le sens des aiguilles d'une montre.
2. Insérez la pile dans le couvercle.
3. Fermez le couvercle de la pile.



1. INFORMATION CONCERNANT LA SÉCURITÉ CONCERNANT LES PILES

- Ne mélangez pas les piles neuves et usées.
- Ne mélangez pas les piles alcalines et les piles rechargeables.
- Ne mélangez pas les piles de différentes marques.
- Ne mélangez pas les piles de différentes capacités.
- Ne mélangez pas les piles de différentes tailles.
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Sportline 345 User Guide

Joseph E Baum



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