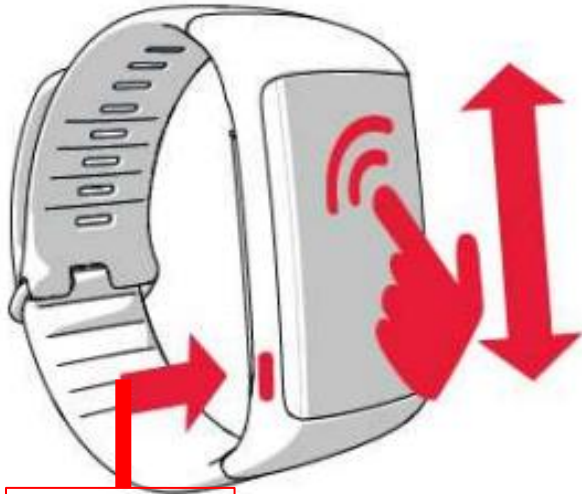


STEP 1



-  My day
-  Training
-  My heart rate
-  Settings

PRESS

FINDING GROUP EXERCISE ON HR MONITOR

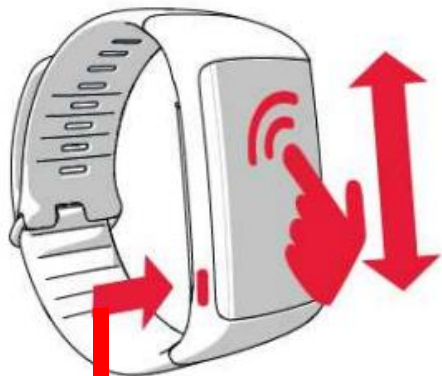
STEP 2



STEP 3



STEP 1



PRESS



My day



Training



My heart rate

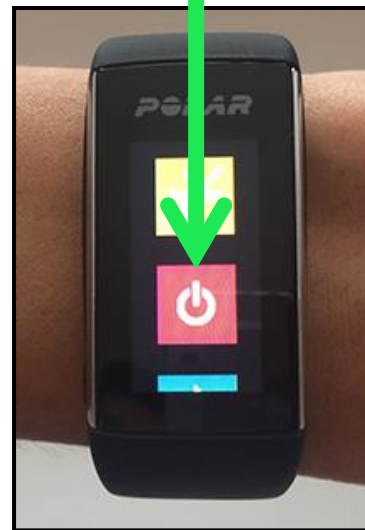


Settings

STEP 2



STEP 3



STEP 4



**TURNING OFF THE
HR MONITOR**