

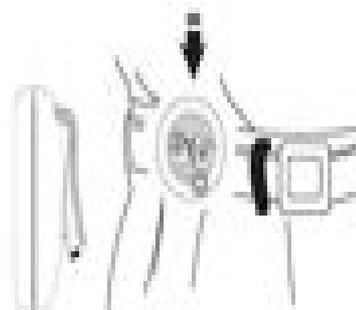
COMMENT MESURER LA LONGUEUR DE VOTRE FOULÉE

La foulée est votre déplacement le long de la piste pendant un pas. Elle est mesurée en mètres ou en centimètres. Pour mesurer votre foulée, vous pouvez utiliser un ruban adhésif pour marquer le début et la fin de votre foulée.

1. Placez un ruban adhésif au début de votre foulée et un autre au début de votre foulée suivante.
2. Marchez à votre rythme pendant environ 10 secondes.
3. Mesurez la distance entre les deux rubans adhésifs.
4. Répétez ce processus cinq fois et calculez la moyenne.



Le podomètre doit être porté correctement pour être précis. Il doit être porté sur votre pied dominant, au-dessus de la cheville et au-dessous du genou.



**MODE DE MARCHÉ** : Lors d'un mouvement en marche, il est recommandé de porter le podomètre sur votre pied dominant, au-dessus de la cheville et au-dessous du genou.

**MODE DE MARCHÉ** : Le podomètre doit être porté sur votre pied dominant.

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La compliance est la capacité d'un matériau à se déformer sous l'effet d'une force. Elle est mesurée en mètres ou en centimètres.

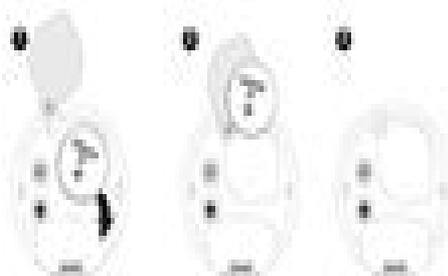
Le podomètre utilise une pile bouton CR2032.

Le podomètre utilise une pile bouton CR2032.

1. Ouvrez le couvercle de la pile.
2. Retirez la pile usagée.
3. Insérez la nouvelle pile.

REPLACEMENT DE LA PILE

1. Ouvrez le couvercle de la pile.
2. Retirez la pile usagée.
3. Insérez la nouvelle pile.



1. INFORMATION CONCERNANT LA SÉCURITÉ CONCERNANT LES PILES

- Ne rechargez pas les piles non rechargeables.
- Ne mélangez pas les piles rechargeables avec les piles non rechargeables.
- Ne placez pas les piles dans un feu ou un autre type de chaleur.
- Ne rechargez pas les piles non rechargeables.
- Ne rechargez pas les piles rechargeables.
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# Sportline 345 User Guide

**ML Morrison**



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