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D'utilisateur Pour La Première Fois, Un Message Max HR (fréq. Card. Max.) S'affiche. Mar 3th, 2024  
FORERUNNER 405 - Garmin Forerunner 405 Quick Start Manual 3. Wrap The Strap Around Your Chest And Attach It To The Other Side Of The Heart Rate Monitor. NoTe: The Garmin Logo Should Be Right-side Up. 4. Press Quit Or Enter To Exit Power Save Mode. 5. Bring The Forerunner Within Range (3 M) Of The Heart Rate Monitor. The Heart Rate Icon Appears On The Training Mode Pages. Apr 6th, 2024.

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