

Message data display window

Dot matrix profile window



Function keys

Function keys

- Interval Programs
 - Interval
 - Random
 - HR
 - Time Based
- Interval Training
 - Interval
 - Interval Duration
 - Interval Speed

LifeCORE
Fitness

Caution
• Refer always to user manual for all details.
• To see safety, please read user manual carefully.

- Heart Rate (HR)
 - Target HR
 - HR Cooldown 90%
 - HR for Burn 67%
 - HR HR
 - HR Interval
- Custom Cooldown
 - Custom 1
 - Custom 2

Lifecore Sport Trainer User Guide

G Psacharopoulos



Lifecore Sport Trainer User Guide:

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