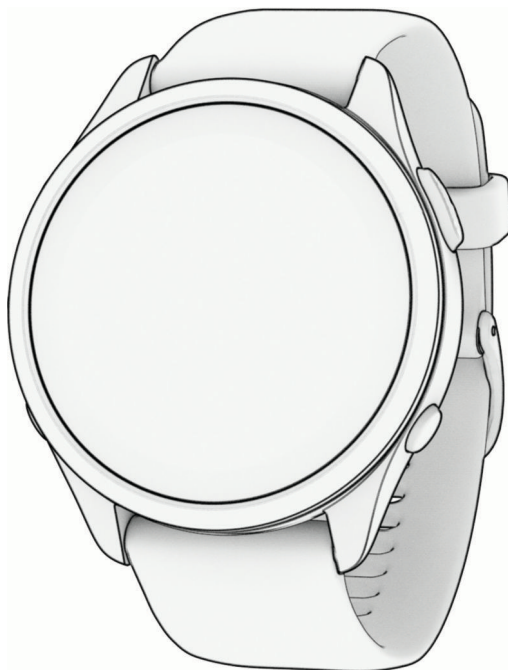


GARMIN®



FOE€E€UN205€,€I / J., €A

Felhasznáti k^zik%onyv

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XIWXVIW^EF>WE % ^ MRXIR^$Z TIVGIO £VX£O Z
-V>R]LMFE FI>PP$X>WE 1 LSPHEW NIPIO OIVIW£WI
2EZMK>GM¬W VMEW^X>WSO FdP>P$X>WESPHZ£XIP NEZ$X>W
)RIVKMEKE^H>POSH>WM FI>PP$X>WSO 1P$X>WSE¬NVEMRH$X>WE
6IRHW^IVFI>PP$X>WSO 1MRHIR FI>PP$X>W EPETLIP]^I
-HýFI>PP$X>WSO >PP$X>WE
-HýVMEW^X>WSO FI>PP$X>WE EOOYQYP>XSV 3^IQMHIN£RI
% O£TIVR]ýFI>PP$X>WSO QE\MQEPM^>P>WE
QIKZ>PXS^XEX>WE 2IQ QIKJIPIPy E R]IPZ E^ IW^O
% K]SVWFMPPIRX] O XIWXVIW^EF>WE W^EF>WE (IQ¬ 3^IQQ¬HF¬P
% Q£VX£OIK]W£KIO Q¬HSW$X>WEXMFMPMW E XIPIJSRSQ
% ^ ¬VE NIPW^EZ>REO FI>PP$X>WQEP#
% ^ ¬VE NIPW^EZ>REO Q¬HSW$X>WEXMFMPMW E XIPIJSRSQ
&M^XSRW>KM QIRX£W £W FI>PP$X>WSO 1P$X>WSE¬NVEMRH$X>WE
ZMWW^E>PP$X>WE % ^ ¬V>QSR E TYP^YWW^>Q RIQ
&I>PP$X>WSO £W EHEXSO ZIRXSW>PP$X>WE
MRRIR +EVQMR 'SRRIGX % XIZ£OIR]W£K Q£VX LýQ£VW£
TSRXSW

```

,EW^R>PLEXSQ E^ &PYIXSSXL £V^£OIPýX E^
¬V>QQEP#
% JINLEPPKEX¬ RIQ GWEXPEOS^MO E^
¬V>LS^
)PLEPPKEX E ^IRI ZEK] E JINLEPPKEX¬ RIQ
GWEXPEOS^MO JSP]EQEXSWER

*³KKIP£O

%HEXQI^ýO
% :3 x1E\ W^EFZ>R]SW§XSXX
£VX£OIP£WIM
*84 FIWSVSP>WSO
/IV£OQ£VIX £W OIV³PIX

Bevezetés

⚠ *-+=)01)>8)8^7

% XIVQ£OVI ZSREXOS^~ JMKJIPQI^XIX£WIOIX £W Q>W JSRXSW MRJSVQ>GM
*SRXSW FM^XSRW>KM £W XQVQ£OXYFHRMZEP~O

%^ IH^£WTVSKVEQ QIKOI^H£WI MPPIXZI Q~HSWSX>WE IPýXX QMRHIR IWIX

Az •ra be,lf,sa

%*SVIVYRIRVOGM~MFER VINPý IPýR]~O XIPNIW OMLEW^R>P>WE £VHIO£FIR

• %^ ~VE FIOETGWSP>W>LS0~X£KSW£SXISQIMR£SPWEP

• % O£TIVR]ýR QIKNIPIRý YXEW£X>WSO Z£KVILENX>W>ZEP JINI^^I FI E^ IPV

%^ IPWý FI>PP£X>W WSV>R T>VSW£XLEXNE XIPIJSRN>X ~V>N>ZEP LSK] £V

XIZ£OIR]W£K%MXIMXSR T>VSW£XLEXNE] OSQTEXMFMPMW ~V>V~P Z>PX X~F

>XXIPIT£XLIXM E^ ~VE FI>PP£X>WEMX £W ESQIRXRXW~XZSR£SPW£XEMEW E

XIPIJSRN>ZEP

• 8~PXWI JIP%E^ ~WE X~P X£SWHEP

• 7^SJXZIVJVMWW£X£WVOIVFW~PPI£XS W£SDP

% PIKNSFF £PQ£R] £VHIO£FIR XEVXWE E^ ~VE W^SJXZIV£X RETVEO£W^I

EHEXZ£HIPIQ FM^XSRW>K £W ±N JYROGM~O MW IP£VLIXýIO

• €PP£XW£S£~IP~^EXW£XPEON£~LMP~^EXL£SPHEP

• €PP£XWE FI E FM^XS£W~XSRW>KOGMW~R£SQSR OX~P£X£WM JYROGM~O

• €PP£XWE F>IR~IR£SPHEP

• €PP£XW£VQMRX£R]~X>V£~VXQMRX£R]~X>VGE FI>R£S£MEWE

• 1IRNIR IP~JYX£W£SPHEP



① ^VMRXýO£TIVR]ý

- £VMRXWI QIK IK] QIR³ IK]MO STGM¬N>REO OMZ>PEW^X>W>LS^
- ^VMRXWI QIK E^ ¬WW^IJSKPEP¬ QIKR]MX>W>LS^ £W XSZ>FFM EHEXSO Q
- % [MHKIX O£W^PIX £W E QIR³O >XXIOMRX£W£LI^ L±^E E^ YNN>X JIPJIP
- %^ IPý^ý O£TIVR]ýVI ZEP¬ ZMWW^EX£V£WLI^ L±^E NSFFVE E^ YNN>X
- 8EOEVNE PI E O£TIVR]ýX E XIR]IV£ZIP LSK] K]SVWER OMOETGWSPNE

② 0-+,8

- XEVXWE R]SQZE E^ ¬VE FIOETGWSP>W>LS^
- 2]SQNE QIK E OMNIP^ý FI £W OMOETGWSP>W>LS^
- 8EVXWE PIR]SQZE E ZI^£VPýQIR³ QIKXIOMRX£W£LI^ E K]EOVER LEW^R>

③ 94

- R]SQNE QIK E^ ¬WW^IJSKPEP¬O EHEXO£TIVR]ýO STGM¬O £W FI>PP§X
- 8EVXWE PIR]SQZE E QIR³ QIKNIPIR§X£W£LI^
- 8EVXWE PIR]SQZE E WTSVXSO QERY>PMW Q¬HSW§X>W>LS^ IK] XIZ£OIR

④ (3;2

- R]SQNE QIK E^ ¬WW^IJSKPEP¬O EHEXO£TIVR]ýO STGM¬O £W FI>PP§X
- 8EVXWE PIR]SQZE E ^IRIZI^£V¬PIRO QISRH£R>W>LS^

⑤ 78%687834

- R]SQNE QIK E XIZ£OIR]W£KMHý^§Xý IPMRH§X>W>LS^ ZEK] PI>PP§X>W>LS
- 2]SQH QIK IK] STGM¬ OMZ>PEW^X>W>LS^ ZEK] IK] ³^IRIX R]YKX>^>W>LS^

⑥ &% '/

- R]SQNE QIK E^ IPý^ý O£TIVR]ýVI ZEP¬ ZMWW^EX£V£WLI^
- 8IZ£OIR]W£K O¬^FIR R]SQNE QIK IK] O¬V TMLIR£W ZEK] Z>PX>W V¬K^S
&M^SR]SW XIZ£OIR]W£K O¬^FIR R]SQNE QIK IK] O¬V TMLIR£W ZEK] Z>PX>W V¬K^S
QIKR]SQ>W>X#SPHEP

Az •ra haszn,lata

- 8EVXWE PIR]SQZESQFSX E ZI^ÉVPYQIR³ QIK^EIVOMYRXSEWELP^
- % W^>QPETSR R]SQZESQFSX E [MHKIX OEW^P"WWXIXISMPPEWELI^ xSPHEP
- % W^>QPETSR R]SQZESQFSX IK] XIZÉOIR]WÉK IPMRH\$X>W>LS^ ZEK] IK] QIKR]MX>W>LS^ZÉOIR]WÉKIO ÉW EPXOEPHQP^>WSO
- 8EVXWE R]SQZESQFSX E W^>QPET XIWXXQWEEFXWX\$^WSEPHWEPPEPSX>WSO QIKEH>W>LS^HW^IVFI>PP\$XSWSHOP^IXÉO RÉPO³PM ÉV^ÉOIPYÓÉTO>RSEWDXPM>L ÉV^ÉOIPYÓ T>VSW\$BHWEP

Tevékenységek és alkalmaz,sok

%^ ¬VE FIPXÉVM O³PXÉVM EXPÉXMOEM ÉW JMXRIW^XIZÉOIR]WÉKIO LI^ LE ¬VE QIKNIPIRSXM ÉW V¬K^\$XM EPEVÉVØIPØIEHEX\$OZÉOIR]WÉKIO EPETN>R XIZÉOIR]WÉKIOIX MYKPERWIXIS^LOEIR]WÉK P\$XPVIEB^JWNEI^XI XIZÉOIR]WÉKIMX IPQIRXLIXM ÉW QIKSWEXIQVKNESYORIGXWWEKKIP)QIPP'ISXKRIG'XX-IZÉOIR]WÉKIOIX ÉW EPOEPQE^>WSOE'SRWGLXSPDEPHQEX>W^ ¬ LEW^R>PE\$RZEBXYROGM-SOPHEP % XIZÉOIR]WÉKO¬ZIXÉW ÉW E^ IH^IXXWÉKM QÉVYW^>QSO TSRXSWW>K>VE Z P>XSKEWVSEYQMFEQ\$EQG^MES]HEPVE

Tevékenység megkezdése

)K] XIZÉOIR]WÉK QIKOI^HÉWIOSV E +47xEYXSQEXMOYWER FIOETGWSP W^ % W^>QPETSR R]SQZESQFSX :>PEWW^SR OM IK] PILIXYWÉKIX • :>PEWW^SR IK] XIZÉOIR]WÉKIX E OIHZIRGIO O¬^³P • :>PEWW^SR QENH Z>PEWW^SR IK] XIZÉOIR]WÉKIX E XIZÉOIR]WÉK %QIRR]MFIR E XIZÉOIR]WÉKLI^ +47 NIP W^³OWÉKIW QIRNIR OM E W^EFE ÉKVI ÉW Z>VNSR EQ\$K E^ ¬VE OEW^IR RIQ >PP E LEW^R>PEXVE ,E E^ ¬VE QIKQÉVXI E TYP^YWX E^SRSWS\$XSXXE E +47 NIPIX LE W^³OW ÉV^ÉOIPYÓL¬^ LE W^³OWÉKIW QIKOI^HLIXM E XIZÉOIR]WÉKIX 2]SQNE QIR\$BEMOSRX E XIZÉOIR]WÉKMHY^\$Xý IPMRH\$X>W>LS^ %^ ¬VE GWEO EOOSV V¬K^\$XM E XIZÉOIR]WÉK EHEXEMX LE E XIZÉOIR]W

Tippek a tevékenységek rtgztéséhez

- % XIZÉOIR]WÉK QIKOI^HÉWI IPYXX¬WEPXWPXSWHEP¬V>X
- 2]SQNE Q&\$'EMOSRX E O¬V¬O V¬K^\$XÉWELI^ IK] ±N WSVS^EX ZEK] T¬^ QIKOI^HÉWELI^ /MZ>PEWW^EPINEXÉWÉKIX IK] O¬V IPZIXÉWELI^ FM^SRSJMEFXIFZLOXR]WÉKIO ZMWW^EZSRM E /¬V KSQF\$SIRH\$BQ>W>X#
- % XSZ>FFM EHEXOÉTIVR]YÓ QIKXIONRZEWFEI² RSQCSDEQK E^
- % XSZ>FFM EHEXOÉTIVR]YÓ QIKNIPIRSXÉWELI% LEVMEBXÝOZTEKRPY IER OIHTER ÉW PIXMR\$PWEP
- 8IZÉOIR]WÉK O¬^FIR XEVMOSRX]SQZESQFSXWZWPBIMÉWÉKIX IK] Q>WMO XIZÉOIR]WÉKXSTYWVE ZEP¬ Z>PX>WLS^ ,E E XIZÉOIR]WÉK OIXXý ZEK] X¬FF WTSVXSX XEVXEPQE^ EOOSV QYPXM

Tevékenységek befejezése

2]SQNE Q178 E4MOSRX

:>PEWW^SR OM IK] PILIXYWEKIX

• % XIZEOIR]WEK JSP]XEX^SP]SEPI^WEKEXE

• % XIZEOIR]WEK QIRXEWELI^ EW E VEW^PIXIW EHLEX^OMQIK]XWOMKXEWELI
R]SQNE Q18% E8SQFSX QENH Z>PEWW^SR IK] STGM-X

1)+.)+=>^E XIZEOIR]WEK QIRXEWI YX>R QIKEHLEXNBEZE O TR]WEKIOIP EW
EVXEOIPESVHEP

• % XIZEOIR]WEK JIPJ^KKIW^XEWELI^ EW OEWSPI^MEJSW]DEMY^LSKIX>PEW

•)K] O^V QIKNIP^PEWEL^VPZL^PEX^WEKEXE

% Z>PEW^XZE IPHSFLEX IK] O^VX IK] FM^SR]S,SK]EPEOIR]WZKWW^OEZT
/^V KSQF QIKR]SQ>MSX#EP

• ,E E QIKXIXX ±X QIRXER W^IVIXRI ZMWW^EXEVRM E XNZW^WEK OI^H
OI^HEW^WEG&EGLX^YWEKIX

1)+.)+=>^T^ E JYROGM- GWEO +47 X LEW^R>P- XIZEOIR]WEKIOREP EVLI

• ,E E PIKO^ZIXPIRIFF ±XZSREPSR W^IVIXRI ZMWW^EXEVRM^W^WEK OIR]
OI^HEW^IK]IRIW ZSPRIE^YWEKIX

1)+.)+=>^T^ E JYROGM- GWEO +47 X LEW^R>P- XIZEOIR]WEKIOREP EVLI

• % XIZEOIR]WEK ZEKM TYP^YWW^>Q EW E OEX TIVGGIP OEWYFFM TYP^Y
Z>PEW^WEIV>P-H>WM TPL^Y^WEKQX EW Z>VNE QIK LSK] E^ MHY^SX
6IKIRIV>P-H>WM TYRSPW^P>Q

• % XIZEOIR]WEK IPZIXEWEL^P^Z^WEW^E OM E^

1)+.)+=>^E XIZEOIR]WEK PI>PPSX>WE YX>R E OEV-VE TIVG YX>R EYXSO

Tevékenységek értékelése

1)+.)+=>^T^ E JYROGM- RIQ QMRHIR XIZEOIR]WEK IWIXEFIR EVLIXY IP

8IWXXVIW^EFLEXNE E^ ^REVXEOIP EW FI>PPS% WEMX^E MOSR]SW RKZLOR]W
XSPHEP

)K] XIZEOIR]WEK FIJINI^EWI YR^REV^PEX^WEK EOMREWEK FIJMSIP^WP

:>PEWW^E OM E^X E W^>QSX EQIP] QIKJIP E^ IVYOMJINXEW "R >PXEP

1)+.)+=>^E^ ^REVXEOIP EW OMLEK]»MSR^XPEWW^E E^

:>PEWW^E OM LSK]ER EVI^XI QEK>X E XIZEOIR]WEK WSV>R

%^ EVXEOIP EWEOQME^SRROEXQE^>WFER XIOMRXLIXM QIK

Szabadtéri tevékenységek

%*SVIVY^WEI^3PEOIR EPETEVXIPQI^EW W^IVMRX W^>QSW W^EFEHXEVM XIZ
OIV^OT>VS^>WLS^ LEW^R>PLEX- JYROGM- XEP>PLEX- % VIRHW^IV E W^E
+47 JYROGM-X -N XIZEOIR]WEKIOIX EHLEX LS^^> EPETEVXIPQI^IXX XIZEO
EPETN>R)K]ERM XIZEOIR]WEKIOIX MW]K]SR^MEHIZEOIR]WEK^PSCHIEB^>WE

Fut,s

% OEV-V>N>R V-K^\$XIXX IPWý JMXRIW^XIZÉOIR]WÉK PILIX JYX>W OIVÉOT>
)PýJSVHYPLEX LSK] E XIZÉOIR]WÉK QIKOI^H%W-~~MEý~~XXPJXBWHPP X-PXIRM
 %^ -VE GWEO EOOSV V-K^\$XM E XIZÉOIR]WÉK EHEXEMX LE E XIZÉOIR]WÉ
 2]SQNE Q78%~~E6~~&SQFSX QENH Z>PEWW^SR OM IK] XIZÉOIR]WÉKIX
 1IRNIR OM £W Z>VNE QIK LSK] E^ -VE QIKXEP>PNE E Q LSPHEOEX
 2]SQNE Q78%~~E6~~&SQFSX
 1IRNIR IP JYXRM



1)+.)+=>^XIZÉOIR]WÉK O^-^FIR XE3;2WESQFSQZE EIRIZI^ÉVPýO QIKR]MX>W
 >IRIPIN>XW^>W ZxSPVHEýFO
 % JYX>W FIJINI^XÉZIP783SQNEFSQK E
 :>PEWW^SR OM IK] PILIXýWÉKIX
 • % XIZÉOIR]WÉKMHý^\$Xý ±NVEMRSHJX>EKSLOFSZ>PEWW^E OM E
 • :>PEWW^EIR<VPELIXýWÉKIX E JYX>W QIRXÉWÉLI^ £W E XIZÉOIR]WÉKMHý
 -WW^IJSKPEP- QIKXIOMRXÉWÉLI^ Z>PEWW^E OM E JYX>WX



1)+.)+=>^XSZ>FFM JYX>WVE ZSREX808E0IS7JWIKOFXKISPAWIP

Fut,s p,ly,n

1MIPýXX IPOI^HIRI JYXRM K]ý^ýHN^R QIK V~PE LSK] RSVQ>P EPEO± O
% T>P]>R ZEP~ JYX>W XIZEOIR]WÉK LEW^R>PEX>ZEP V~K^\$XLIXM E W^EFEH
FIPIÉVXZI E X>ZSPW>KSX QÉXIVFIR ÉW E O~V~OL~^ XEVXS^~ VÉW^MHýOIX
ÉPPNSR E W^EFEHXÉVM T>P]>VE
% W^>QPETSR R]SQNE QI94 ÉSQFSX
:>PEWW^EY D~W ET>P]L RXýWÉKIX
:>VNE QIK LSK] E^ ~VE QIKXEP>PNE E Q LSPHEOEX
,E E^ IW W>ZFER LEPEH YKSVNSR E PÉTÉWVI
2]SQNE QI94 ÉSQFSX
:>PEWW^E OM E XIZEOIR]WÉKFI>PP\$X>WSOEX
:>PEWW^E D~W ET>P]L RXýWÉKIX
:>PEWW^SR OM IK] W>ZW^>QSX
2]SQNE QIK O&XW/KSQFSX E XIZEOIR]WÉKMHý^\$XýL~^ ZEP~ ZMWW^EXÉVÉ
2]SQNE QI94 ÉSQFSX
*YWWSR E T>P]>R
1MYX>R ZÉK^IXX E XIZEOIR]WÉKFI>PP\$X>WSOEX NEWQZKPEXWMOES FOX E

Tippek p,ly,n val• fut,s rtgztéchez

- % T>P]>R ZEP~ JYX>W IPMRH\$X>WE IPýXX Z>VNE QIK EQ\$K E^ ~VE ÉV^ÉO
- -WQIVIXPIR T>P]>R ZEP~ IPWý JYX>W WSV>R JYWWSR R&K] O~VX E R]SQZ
% O~V FIJINI^ÉWÉLI^ OMWWÉ X±P OIPP JYXRME E OMMRHYP~TSRXSR
- 1MRHIR O~VX YK]JEREFFER E W>ZFER JYWWE PI
1)+.)+=>^E^ EPETÉVX~PQIS°KZSPW>K Q ZEK] R&K] O~V E R]SQZSREP
- ,E E^ IW W>ZX~P IPXÉVý W>ZFER JYX E XIZEOIR]WÉKFI>PP\$X>WSOEX

Ultrafut,s tevÉkenysÉg rtgztéese

2]SQNE QI78 ÉMOSRX
:>PEWW^E P~MEEPYX~WÉKIX
2]SQNE QI78 ÉMOSRX E XIZEOIR]WÉKMHý^\$Xý IPMRH\$X>W>LS^
/I^HNIR IP JYXRM
2]SQNE Q&K'ÉPILIXýWÉKIX O~V V~K^\$XÉWÉLI^ ÉW E TMLIRýMHý QÉVÉWÉR
8-44FI>PP\$XLEXNE LSK]YK SQÉX\$XOIVETMLIRÉW ÉW PEX DE JYXOM EYXSQEX
TMLIRýMRIO FI\$P\$~WEM
,E Q>V RIQ TMLIR XSZ>FF&R]SQNÉXQWÉKÉX E JYX>WLS^ ZEP~ ZMWW^EXÉV
2]SQNE QI94 ZÉK]3É2 ZEPEQIP]MOÉX E XSZ>FFM EHEXSO QIKXIOMRXÉWÉLI
1MYX>R ZÉK^IXX E XIZEOIR]WÉKFI>PP\$X>WSOEX NEWQZKPEXWMOES FOX E

Ultrafut,s automatikus pihen...inek be,llft,sai

8IWXXVIW^EFLEXWE EYXSQ OIR]WÉK TMLIRÉWMHý^\$XýNÉRIO EYXSQEXMOYW M
ZSREXOS^~ FI>PP\$X>WSOEX
ÉPPETISXIHÉP]I^M E TMLIRýMHýO EYXSQEXMOYW V~K^\$XÉWÉX
4MLIRÉW OIEYXSQEXMOYW ER IPMRH\$XNE E TMLIRýMHý^\$Xý OÉOMOSV "R
PILIXýWÉK LEW^R>PEX>ZEP E TMLIRýMHý^\$Xý GWÉO'ÉKOSQFSMRHYP IP E
4MLIRÉW ÉKPP\$XNE E TMLIRý FIJINI^ÉWÉLI^ W^3OWÉKIW XIQT~X
1MRMQYQFM~P\$XNE LSK] QIRR]M MHý Q±PZE OI^HýHMO IP ZEK] ÉV ZÉKIX
/~V KSQFI>PP&N/ÉKÉQFSX IK] O~V V~K^\$XÉWÉVI ÉW TMLIRý IPOI^HÉWÉVI G
ZEK] GWEO IK] O~V V~K^\$XÉWÉVI

Triatlonedzés

%QMOSV V£W^X ZIW^ IK] XVMEXPSRSR E XVMEXPSR XIZ£OIR]W£K WIKSXW
Q£VLIXM E^ MHÝX E^ IK]IW WTSVX>KEOR>P £W QIRXLIXM E XIZ£OIR]W£KIX
2]SQNE QI78 68 MOSRX
:>PEWW8^VEMEXPIQRX
2]SQNE QI78 68 MOSRX E XIZ£OIR]W£KMHÝ^SXÝ IPMRH§X>W>LS^
1)+.+) +=>^E^%YXS WTS£XQYPXMMWTSVX XIZ£OIR]W£KIO EPI££OVX]WQKIXX
£W EPOEPQE^>WF£P£P£PWSO
,E W^3OW£KIW R]£QNVMOQRX E^ IK]IW >XQIRIXIO£KJERERILEWZ£KWW^EZSI
/¯V KSQF QIKR]SQ>X£X#EP
% Z>PX>W JYROGM¬ EPET£VXIPQI^£W W^IVMRX FI ZER OETGWSPZE £W I
OIV³P V¯K^§X£WVI % Z>PX>W JYROGM¬ E XVMEXPSR XIZ£OIR]W£K FI>PP
ZERREO OETGWSPZE&%R]MOQRXQEKVETSVX>KEO O¯^¯XXM Z>PX>WLS^
1MYX>R Z£K^IXX E XIZ£OIR]W£7834M OF]£XQNEWQZ£PEXWMOIS FOX E

Multisport tevékenység létrehozása

2]SQNE QI78 68 MOSRX
:>PEWW,SE^£EH§1W PXMVPTISIXÝW£KIX
:>PEWW^SR OM IK] QYPXMWTSVX XIZ£OIR]W£KXSTYWX ZEK] EHNSR QIK I
% HYTP>R W^IVITPÝ XIZ£OIR]W£KRIZIOIXIK] W^>Q O³P¯RF¯^XIXM QIK 4£
:>PEWW^SR OM O£X ZEK] X¯FF XIZ£OIR]W£KIX
:>PEWW^SR OM IK] PILIXÝW£KIX
• :>PEWW^SR OM IK] PILIXÝW£KIX E^ EHSXX XIZ£OIR]W£K FI>PP§X>WEMR
OMZ>PEW^XLEXNE LSK] E XIZ£OIR]W£K XEVXEPQE^SR I >XQIRIXIOIX
• :>PEWW£WEPILIXÝW£KIX E QYPXMWTSVX XIZ£OIR]W£K QIRX£W£LI^ £W L
:>PEWW£WEPILIXÝW£KIX EQIPP]IP LS^^>EHLEXNE E XIZ£OIR]W£KIX E OIHZ

eBike-edzés

1MIPÝXX IK] OSQTEXMFMPMWLMQV£RSOI §XPLEWPRIPRE T>SVISYRRWE OIP
IW^O¯^£ZIPX£O R£PO³PM £V^£OIR]£OHEPWSW§X>WE

A sfelési menetek megtekintése

%^¬VE E^ EYXSQEXMOYW JYX>W JYROGM¬ WIKSXW£K£ZIP V¯K^§XM E PIW
% VIRHW^IV PIWMOP>W ZEK] WRS[FSEVHS^>W £W^PIP£WI IWIX£R EYXSQEX
%YXSQEXMOYWVER V¯K^§X ±N W§IP£WM QIRIXIX EQMOSV PINXÝR MRHYP I
/I^HNIR QIK IK] W§IP£WM ZEK] WRS[FSEVH EOXMZMX>WX
8EVXWE PIR]£QZQF£X
:>PEWWOIVMOP>WSO QIRKUXM W£KWX
% PIKYX¬FFM E^ EOXY>PMW MPPIXZIEW£E;WWSQFQORQKRI§EQ£WVZEP
XIOMRXLIXM QIK
% QIRIXIO O£TIVR]ÝN£R QIKNIPIRMO E^ MHÝ E QIKXIXX X>ZSPW>K E QE
ZEPEQMRX E PINXÝR PIJIP£ QIKXIXX X>ZSPW>K

Sziklam,sz,s tev kenys g r gzft se

7^MOPEQ>W^>W XIZ OIR]W K WSV>R V^K^\$XLIXM E^  XZSREPEX %^  XZSR
QIKQ>W^>W>REO  XZSREPE
2]SQNE QI78 6 8 MOSRX
:>PEWW^EP Q>WPJWIX W KIX
:>PEWW^SR OM IK]  VX OIP WM VIRHW^IVX
1)+.)+=>^E O^ZIXOI^  W^MOPEQ>W^>WM XIZ OIR]W K QIKOI^H WIOSV E
VIRHW^IVX LEW^R>PNE 84KXQVESRIR]SQZWE^E OM E 8IZ OIR]W K FI>PPS
 VX OIP WM VIRHW^IV Q^HSWSOEOMPLESWMPFLRWYWW K EX
:>PEWW^E OM E^  XZSREP RILE^W KM W^MRXN X
%^ MH ^\$X  IPMRH\$X>W789%6 R\$SQFS  QIK E
/I^HNI QIK E^ IPW   XZSREPEX
%^  XZSREP FIJINI^ W L&%^R]KSSQNFES QIK E
:>PEWW^SR OM IK] PILIX W KIX
• % WMOIVIW  XZSREP QIR: KWLLE^NPXZIDEYWW KEXE
• 7MOIVXIPR  XZSREP QIRX EKMOESW^PZILP YWW KEXE
• %^  XZSREP X^VP W PLZ^X W LEX YWW KEXE
1IKNIPIRMO E TMLIR WMH ^\$X 
% TMLIR MH  Z K R 84KXQVESRIR]SQZWE^E O^ZIXOI^   XZSREP IPMRH\$X>W>LS^
-WQ XIPNI QIK QMRHIR  XZSREPLS^ EQ\$K XIZ OIR]W KI FI RIQ JINI^ H
%^ YXSPW^  XZSREP YX84KXQVESRIR]SQZWE^E Q K   XZSREP MH ^\$X  PI>PP\$X>W>LS^
:>PEWW^ER   MLIX W KIX

 sz,s

^68)7 8^7

%^ IW^O^ JIPW^\$RM  W^>WLS^ LEW^R>PLEX^ ,E E O W^3P OIX F Z>VOSH
 VZ R]XIPR\$XM E KEVERGM>X

1)+.)+=>^E^ ^VE GWYOP^EPET  TYP^YWQ V WM JYROGM^NE %W^WM XIZ 
OSQTEXMFMPMW QIPPOEWSR ZMWIPLIX  W^,SZIVMXSYSWQ^SPMXSVSS  PE MZ
1IPPOEWM TYP^YWW^>QxSWH EP GWYOP^EPET   W QIPPOEWM TYP^YWEHEX
^VE E QIPPOEWM TYP^YWEHEXSOEX JSKNE LEW^R>PRM

 sz,s nyft vfzen

6^K^\$XLIXM E^  W^>WM EHEXSOEX FIPI VXZI E X>ZSPWHES   IXRQJ K V
EHLEX E^ EPET VXIPQI^IXX R]SPX 26^  HEW WM VRJ O  R]WSRIME^F>WE
2]SQNE QI78 6 8 MOSRX
:>PEWW^EWOMWER]SPXILZ\$ YMR KIX
1IRNIR OM  W Z>VNE QIK LSK] E^ ^VE QIKXEP>PNE E Q LSPHEOEX
% XIZ OIR]W KMH ^\$X  IPMRH88%6 R\$SQFS]SQNE QIK E
/I^HNIR IP  W^RM
% XSZ>FFM EHEXSPHEPEO QIKXIO RZEK 2IKRQSQ EXQIS  MSR>PMW
1MYX>R Z K^IXX E XIZ OIR]W  784KXQVESRIR]SQZWE^E NEWQZ PE WMOES  OM E

†sz,s medenceben

2]SQNE Q178%68 MOSRX
: >PEWW^W^EW QIHIRBBLMRYW EKIX
: >PEWW^E OM E QIHIRGI QEVIXEX ZEK] EHNSR QIK IK] IK]ERM QEVIXIX
2]SQNE Q78%68 SQFSX
%^ IW^O^-^ GWEO EOOSV V^-K^\$XM E^ ±W^>W EHEXEMX LE E XIZEOIR]W£
/I^HNIR IP ±W^RM
%^ IW^O^-^ EYXSQEXMOYWER V^-K^\$XM E^ ±W^>WM MHY^O^-^OIX £W
EPET£VXIPQI^£W W^IVMRXWFI>WE^O^-^EIRGWSPZSQEXMOYW £SWPQER Y>PMW
2]SQNE QIKOZEK] £3^2 MOSRX E XSZ>FFM EHEXSPHEPEO QIKXIOMRX£W£
1MYX>R ZEK^IXX E XIZEOIR]W£7834M OF]SQ NEWQZKPEXWMOES RXM E

A medence m€ret€nek be,llft,sa

% QIHIRGI QEVIXERIO LIP]IWRIO OIPP PIRMI E TSRXSW X>ZSPW>K QIKNIP
% W^>QPETSR Z>PEWW^W^OM QIHIRBBLMRYW EKIX
2]SQNE Q194 £SQFSX
: >PEWW^£SQM £[MQ 7I^XMRGWQ£VIXIXY W EKIX
: >PEWW^E OM E QIHIRGI QEVIXEX ZEK] EHNSR QIK IK] IK]ERM QEVIXIX
8-44QMRHIR ±W^>W QIKOI^H£WI IP£X£OVMZL£YWXKEX£EQEHIRGI QEVIXER
FI>PP\$X>W>LS^

Tippek ^sz,si tev€kenys€gekhez

- 2]SPX Z\$^M ±W^>W/O^-^FIRQEKR]SQ>W>ZEP V^-K^\$XLIX IK] MRXIVZEPPYQSX
- % QIHIRG£W ±W^>WM XIZEOIR]W£K QIKOI^H£WI IPYXX O^-ZIIWI E O£TIVR
QIHIRGIQEVIX OMZ>PEW^X>W>LS^ ZEK] EHNSR QIK IK] IK]ERM QEVIXIX
%^ -VE E FIJINI^IXX QIHIRGILSWW^EO W^IVMRX Q£VM £W V^-K^\$XM E X>Z
LIP]IWRIO OIPP PIRMI E TSRXSW X>ZSPW>K QIKNIPIR\$X£W£LI^ % O^-ZIX
QIKOI^H£WIOSV E^ -VE I^X E QIHIRGIQEVIXIX DEWSRFSKE Z8PEXWWEPIORIS
XIZEOIR]W£KFI>PP\$X>WSOEX QENH E Q£VIXIRGHQWPKMX£V£KZXPEWW^E
- % TSRXSW IVIHQ£R]IO £VHIO£FIR ±WW^E Z£KMK E QIHIRGI XIPNIW LSWW
EPOEPQE^SR E XIPNIW LSWW^ WSV>R 4MLIREWOSV W^3RIXIPXIWWI E X
- 2]SQNE Q&K%£KSQFSX LE QIHIRG£W ±W^>W O^-FIR TMLWR YWHOX^WIR MIXR
EYXSQEXMOYW £W QERXSPHEP TMLIREW
%^ -VE EYXSQEXMOYWER V^-K^\$XM E QIHIRG£W ±W^>WM MHY^O^-^OIX £W
- % RREO £VHIO£FIR LSK] E^ -VE W^>QSPRM XYHNE E PI±W^SXX LSWW^SO
GWET>W IPYXX Z£KI^AIR WMOP>WX E Z\$AIR
- % K]EOSVPEXSO Z£K^£WIOSV W^3RIXIPXIXRM OIPP E XIZEOIR]W£KMHY^S
LEW^R)PR£W E +]EOSVPEXSR£HEPZEP

†sz,ssal kapcsolatos kifejez€sek

,SWWE QIHIRGI IK]W^IVM >X±W^>WE
-HYO^-K] ZEK] X^-FF IK]Q>WX O^-ZIXY LSWW^ 4MLIREW YX>R ±N MHY^O^- ZIW
'WET>W WET>WREO QMR YW^3P QMRHIR IK]IW EPOEPSQ EQMOSV E OEVNE E
W[SP£ W[SPJ TSRXW^>Q IK] LSWW^ QIKX£XIP£LI^ W^3OW£KIW MHY £W E LS
OEVGWET>WSO W^>QE Q>WSHTIVG £W GWE]TSRWZ\$PM>±W^>WM]SPXERS
OMW^>Q\$X>WE Q£XIVRQ£SRJXE^V£VRMMOM LEX£OSR]W>K Q£VG£NI £W E
EPEGWSR]EFF TSRXW^>Q W^>Q\$X NSFFREO
/VMXMOYW ±W^>WM W£F7WWEK^77Q£PIXM WIFIIWW£K EQIPJIX OMQIV^3PXW
XEVXERM % '77 MV>R]QYXEX>WO£RX W^SPK>PLEX E^ IH^£WXIQT-N>LS^

Csap,stfpusok

% GWET>WX\$TYW E^SRSW\$X>W GWEO QIHIRG£FIR X^-VX£Rý ±W^>W IWIX£R
Z£K£R E^SRSW\$XNE FI E VIRHW^IV % +EWE^M^RW^SRW^O^O^QWEN^PW^STO^WX
IKJ£RM EHEXQI^ýO£RX MW E MZX^OEW^VR£J^ON £ I WXS^P^M^E^F>WE

+J\$VW	7^EFEH WX\$PYW
,>X	,>X±W^>W
1IPP	1IPP±W^>W
4MPPER	K4MPPERK¬
:IKJIW	)KJR£P X^-FF GWET>WX\$TYW IKJ£^SR MRXIVZEPPYQFER
+J£OSVPE	J£OSVPEXRETP¬^>W V£PEWE^H£P£L£M^PEX£RETP£ZEP

†sz,s k†zbeni automatikus €s manu,lis pihen€s

% ^ EYXSQEXMOYW TMLIR£W JYROGM¬ GWEO QIHIRG£W ±W^>WLS^ >PP VIR
E R]YKEPQM >PPETSXSX £W QIKNIPIRMO E TMLIRýO£TIVR]ý ,E xQ>WSHT
EYXSQEXMOYWVER P£XVILS^ IKJ TMLIR£WM MRXIVZEPPYQSX %QMOSV JSP
MRXIVZEPPYQSX OI^H
8-44E^ EYXSQEXMOYW TMLIR£W JYROGM¬ LEW^R>PEX>ZEP E PIKNSFF IVIH
OEVQS^K>WX QMRMQ>PMW W^MRXIR
% QERY>PMW TMLIR£W JYROGM¬ LEW^R>PEX>ZEP E PIKNSFF IVIH
OETGWSPLEXNE OM E^ EYXSQEXMOYW TMLIR£WX & %I^HMPOS£WQZ£R]SQ]SWXZ£
QERY>PMWER QIKNIP¬PLIX IKJ TMLIR£WM MRXIVZEPPYQSX % ^ ±W^>W EHE
8-44E QERY>PMW TMLIR£WX ^ZMH TMLIRýO IWIX£R LEW^R>PNE ZEKJ LE TS

Edz€s a Gyakorlatnapl•val

% KJ£OSVPEXRETP¬ JYROGM¬ GWEO QIHIRG£W ±W^>WLS^ >PP VIRHIPOI^£V
V¬K^\$XLIX P>FQYRO>X IKJ£OSVSW ±W^>WX ZEKJ F>VQMP]IR ±W^>WX EQIP]
% QIHIRG£W ±W^>WM XIZ£OIR]W£K90Z£H£R]R]SQNE QIK E J£OSVPEXRETP¬
O£TIVR]ýN£RIO QIKXIOMRX£W£LI^
% KJ£OSVPEXMHý^\$Xý IPMRH£\$>M^LQ^\$R]SQNE QIK E
% KJ£OSVPEXMRXIVZEPPYQ XIPN^W^\$K\$Q^\$X>R R]SQNE QIK E
% KJ£OSVPEXMHý^\$Xý PI>PP HI E XIZ£OIR]W£KMHý^\$Xý XSZ>FFVE MW V
:>PEWW^SR IKJ X>ZSPW>KSX E^ IPZ£K^IXX KJ£OSVPEXLS^
% X>ZSPW>K P£TX£OIM E XIZ£OIR]W£KM TVSJ MPLS^ OMZ>PEW^XSXX QIH
:>PEWW^SR OM IKJ PILIXýW£KIX
• 1>WMO KJ£OSVPEXMRXIVZEPPYQ MRH£\$>M^LQ^\$R]SQNE QIK E
• -W^>WM MRXIVZEPPYQ MRH£\$>M^LQ^\$R]SQNE XQIKS£† ZMWW^EX£VNIR E
O£TIVR]ýMLI^

Beltéri tevékenységek

%^ -VE EPOEPQEW FIPX£VM IH^£WLI^ T£PH>YP JIHIXX T>P]>R Z£K^IXX JYX
IH^ýIW^O^- LEW^R>PEX>LS^ % FIPX£VM XIZ£OIR]W£KIO IWIX£R E +47 JYR
,E OMOETGWSPX +47 QIPPIXX JYX ZEK] K]EPSKSP EOOSV E WIFIIWW£K £W
K]SVWYP>WQ£Vý WIK\$XW£K£ZIP X^-VX£RMO % K]SVWYP>WQ£Vý -RQEK>X O
TSRXSWW>KE NEZYP R£L>R] O³PX£VM +47 JYROGM- LEW^R>PEX>ZEP X^-VX
O^-ZIXýIR
8-44LE E JYX-TEH JSKERX]±MFE OETEW^OSHMO E^ GW^-OOIRXM E Q£V£W
,E OMOETGWSPX +47 QIPPIXX FMGMOPM^MO E WIFIIWW£K £W X>ZSPW>KE
STGMSR>PMW £V^£OIPýZIP EQIP] WIFIIWW£K £W X>ZSPW>KEHEXSOEX O³P
£V^£OIPý

Virtuális futás

%^ -VE T>VSW\$XLEX- O³PWý W^SPK>PXEX-X-P W^>VQE^- OSQTEXMFMPMW
TIH>P³XIQ EHEXSO >XZMXIP£LI^
2]SQNE QI78%68 MOSRX
:>PEWW^:EMOMYEPMSWGMMXW
2]MWWE QIK X>FPEK£TER PETXS[~~TMERDERD£PWSZ£K~~ EK] Q>WMO ZMVX
IH^ýEPOEPQE^>WX
/^-ZIWWI E O£TIVR]ýR QIKNIPIRý YXEWSX>WSOEX JYX>WM XIZ£OIR]W£K IF
T>VSW\$X>W>LS^
% XIZ£OIR]W£KMHý^\$Xý IPMRH88%W8LSSQFBSQNE QIK E
1MYX>R Z£K^IXX E XIZ£OIR]W£KIMOFBSQNEWQZ£PEWMOBSOM E

A futópádon megtett távolság kalibrálása

%RREO £VHIO£FIR LSK] TSRXSWEFF X>ZSPW>KEHEXSOEX V^-K^\$XLIWWIR E
PIKEP>FF xOQ xQM JYX>W YX>R OEPMFV>PLEXNE E JYX-TEHSR QIKX
LEW^R>P QERY>PMWER OEPMFV>PLEXNE E JYX-TEHSR QIKXIXX X>ZSPW>K
YX>R
-RH\$XWSR IP IK] JYX-TEH8SZ£OIR]W£KIMOFBSQNEWQZ£PEWMOBSOM
*YWWSR E JYX-TEHSR EHHMK EQ\$K E^ -VE RIQ V^-K^\$X PIKEP>FF xOC
% XIZ£OIR]W£K FIJINI^£WI Y834KPSQ\$X QIKZ£OIR]W£KMHý^\$Xý PI>PP\$X
:>PEWW^SR OM IK] PILIXýW£KIX
• %QMOSV IPWý EPOEPSQQEP OEPMFV>PNE E JYX-TEH8SZ£OIR]W£KIMOFBSQNEWQZ£PEWMOBSOM
% O£W^³P£O IOOSV JIPW^-P\$XNE E JYX-TEH OEPMFV>P>W>REO IPZ£K^
• %^ IPWý OEPMFV>P>WX O^-ZIXýIR E JYX-TEHSR QIKXIXX X>ZSPW>KQER
£W 1IRXWIPILIXýW£KIX
)PPIRýVM^I E JYX-TEH OMNIP^ýN£R E QIKXIXX X>ZSPW>KSX QENH EHN

Health Snapshot

%,IEPXL 7RETYRDSM- V^-K^\$X R£L>R] JýFF IK£W^W£K³K]M Q£VýW^>Q\$X QM
>PPETSXFER ZER £XXIOMRX£WX EH E^ >PXEP>RSW OEVHMSZEW^OYP>VMW
QMRX E^ >XPEKSW TYP^YWW^>Q E WXVIEPXL WRETYRDSM- R£K\$EW£M^QX%
OIHZIRG XIZ£OIR]W£KIMRIO ZEK] EPOEPQEW FIPX£VM +47 JYROGM- LEW^R>PEX>ZEP X^-VX
xSPHEP

Er...sft...edz€s-tevékenys€g r†gzft€se

)VýWSXý IH^EWIM WSV>R V^K^\$XLIXM E^ IPZ€K^IXX WSVS^EXSOEX)K] WS
MWQ€XP€W€FýEVMR JSRNR+ONE WIK\$XW€K€ZIP IVýRP€XM IH^EWIOIX OIVIV
¬V>N>VE
2]SQNE QI78%68MOSRX
:>PEWW7EPI^¬^PMIXýW€KIX
%QMOSV IPWý EPOEPSQQEP V^K^\$X IK] IVýWSXýIH^EWX OM OIPP Z>PEW
:>PEWW^SR IK] IH^EWX
1)+.)+=>^ZE RMRGW PIX^PXZI IVýRP€XM IH^EWV E78%68NLV€ýVZ€REXWQENB
JSP]XEWWE E P€T€WWIP
2]SQNE QI3K;€KSQFSX E^ IH^EWW^EOEW^SO PMWX>N>REO QIKXIOMRX€W€
8-44E^ IH^EWW^EOEW^SO QIKX7OMR€SQF QTKR]BQ>W>ZEP QIKXIOMRXLIXM
K]EOSVPEX ERMQ>GM¬N>X LE IP€VLIXý
2]SQNE QI78%68H^EW MRH78%68E^EW QIKOIPIEMýW€KIX E FI>PP\$XSXXM
IPMRH\$X>W>LS^
/I^HNI IP E^ IPWý WSVS^EXSX
% O€W^³P€O W^>QSPNE E^ MWQ€XP€WW^>QSOEX %^ MWQ€XP€WW^>Q GV
8-44E^ IW^O^ QMRHIR WSVS^EXR>P GWEO IK] QS^HYPEX MWQ€XP€WW^>
W^IVIXRI Z€KI^RM JINI^I FI E WSVS^EXSX €W OI^HNIR ±NEX
% WSVS^EX FIJINI^EW€L&%R]SSQNFES QIK E
%^ ¬VE QIKNIPIR\$XM E WSVS^EX XIPNIW MWQ€XP€WW^>Q>X 2€L>R] Q>W
,E W^³OW€KIW W^IVOIWW^IR E^ IH^EW FI>PP\$X>WEMR E^ MWQ€XP€WIO
% TMLIRýMHý Z€K€R&P]SQBQFSX E O^ZIXOI^ý WSVS^EX IPMRH\$X>W>LS^
-WQ€XIPNI QIK QMRHIR WSVS^EXLS^ EQ\$K XIZ€OIR]W€KI FI RIQ JINI^ýH
%^ YXSPW¬ FI>PP\$X>W YX3AKB]SQNWEQFK>EP\$XSXX MHý^\$Xý PI>PP\$X>W>L
:>PEWW7E^EW PI>P^B\$XW€LIXýW€KIX

Tippek az er...sft...edz€s-tevékenys€gek r†gzft€s€hez

- %^ MWQ€XP€WIO Z€K^€WI O^FIR RI R€^IKIWWI E^ ¬V>X
'WEO E^ IK]IW WSVS^EXSO IPIN€R €W Z€K€R MPPIXZI E TMLIRýO WSV>R
- %^ MWQ€XP€WIO Z€K^€WIOSV OSRGIRXV>PNSR E LIP]IW XIWXXEVX>WVE
- :€KI^AIR WEN>X XIWXW±P]SW ZEK] O€^MW±P]^¬W K]EOSVPEXSOEX
- %^ MWQ€XP€WIOIX O^ZIXOI^IXIWIR REK] QS^K>WXIVNIHIPIQQIP Z€KI^AIR
%^ ¬VE EOOSV W^>QSPNE E^ IK]IW MWQ€XP€WIOIX EQMOSV E^ ¬V>X ZM
- 1)+.)+=>^7PýJSVHYPLEX LSK] E^ IW^O^ RIQ W^>QSPNE E P>FEX IH^ý K]I
- /ETGWSPNE FI E^ EYXSQEXMOYW WSVS^EX€W^PIP€WX E WSVS^EXSO OI^
- 1IRXWI IP QENH O³PHNI IP IVýW+SEYQME WSVNRZHCN R]W€K€X
+EVQMR 'SRNR+ONE IW^O^IMRIO WIK\$XW€K€ZIP QIKXIOMRXLIXM €W W^IV

HIIT tevékenységek rágzftése

% WTIGM>PMW MHÝ^SXÝO WIKSXWÉKÉZIP V^K^\$XLIXM E REK] MRXIR^MX>W±
2]SQNE Q178%68MOSRX
:>PEWW^E8EILIXÝWÉKIX
:>PEWW^SR OM IK] PILIXÝWÉKIX
• :>PEWW^EIEPHLIXÝWÉKIX IK] WXVYOXYV>PEXPER ,--8 XIZÉOIR]WÉK V^K
• :>PEWW^E-OMMEYQSVOM-8 MHÝQÉWYSPHEP
• :>PEWW^EIEWPOLIXÝWÉKIX IK] QIRXIXX IH^EW O^-ZIXEWÉLIA
7^3OWÉK IWIXÉR LENXWE ZÉKVI E OÉTIVR]ÝR QIKNIPIRÝ YXEWSX>WSOEX
%^ IPWÝ O^-V QIKOI^HEWÉL78%68MOSRX
% OEW^3PÉO QIKNIPIRSXM E ZMWW^EW^>QP>P- MHÝ^SXÝX ÉW E^ EOXY>PI
,E W^3OWÉKIW R]8QNEKQQKSEX E O^-ZIXOI^Ý O^-VVI ZEK] TMLIRÉWVI ZEP-
1MYX>R ZÉK^IXX E XIZÉOIR]WÉK178%68MOSRXNEWQZKPEXWMOES FOXM E

HIIT-id...mér...k

% WTIGM>PMW MHÝ^SXÝO WIKSXWÉKÉZIP V^K^\$XLIXM E REK] MRXIR^MX>W±
%16%4E^ %16%4 MHÝ^SXÝ E PILIXÝ PIKX^-FF O^-VX V^K^\$XM E FI>PP\$XSXX M
)131 E^)131 MHÝ^SXÝ TIVGIROÉRX IK] EHSXX W^>Q± QS^HYPESSX V^K^\$X
8EFEXE8EFEXE MHÝ^SXÝRÉP E xQ>WSHTIVGIW QE\MQ>PMW IVÝOMJINXÉWI
MHÝO^-^O Z>PXEOS^REO
)K]ÉRMI>PP\$XLEXNE E QS^K>WMHÝX E TMLIRÝMHÝX E PÉTÉWIO W^>Q>X ÉW

Meditációs tevékenységek rágzftése

:I^IXIXX K]EOSVPEXSOEX ZEK] WEN>X OEW^\$XÉW QIHMx>GM-W XIZÉOIR]W
2]SQNE Q178%68MOSRX
:>PEWW^EIHOMXEBM+XÝWÉKIX
:>PEWW^SR OM IK] PILIXÝWÉKIX
• :>PEWW^EIEPHLIXÝWÉKIX IK] R]MXSXX WXVYOXYV>PEXPER QIHMx>GM-
• :>PEWW^EIHOMXEBM+XÝWÉKIX ÉW O^-ZIWWI E^ MV>R]\$XSXX EPOEPSQ LERK
• :>PEWW^EIKQIRFMILIXÝWÉKIX E^ EPOEPSQ WEN>X LERKER]EK>REO IPOÉW^
,E W^3OWÉKIW R]8QNEKQQKSEX ÉW O^-ZIWWI E OÉTIVR]ÝR QIKNIPIRÝ YXE
'WEXPEOS^XEWWE J^3PLEPPKEX-N>X E QIHMx>GM-PYUÉBISKEBEPKEXQ QIKLI
GWEXPEOS^XSRHEP
1)+.)+=>^E^ ÉVXIWSXÉWIO RIQ NIPIRRIO QIK E QIHMx>GM- EPEXX
% XIZÉOIR]WÉKMHÝ^SXÝ IPMRH88%68MOSRXSQNE QIK E
%^ -VE QIKNIPIRSXM E ZMWW^EW^>QP>P-X ÉW E^ IPÉVRM OSZ>RX GÉPX
1MYX>R ZÉK^IXX E XIZÉOIR]WÉK178%68MOSRXNEWQZKPEXWMOES FOXM E

Légy...gyakorlat rajzfelte

2] S Q N E Q I 7 K 8 7 6 8 1 O S R X

```
: > P E W W ^ ( E E O M y E ] E O S M P E y X W E K I X
```

:>PEWW^SR OM IK] PILIXýW£KIX

- :>PEWW↑EZEXOI^IXIWMEXYWEKIX E R]YKSHX EFIVWEK >PPETSX>REO IPEN
- :>PEWW4NELEREW EW ^WWPILSRXYWWSXWE XIWXI IPPE^SX>W>LS^ EW E^ IPC
- :>PEWW4NELEREW EW ^WW^TSPXSMX\$XW^AKIX/EZMHWXI IPPE^SX>W>LS^ EW E
J-OYW^>P>W>LS^ IK] V^ZMHIFF MHY OIVIXIR FIP^3P
- :>PEWW2YBYKEEPBQIXYWEKIX E WXVIWW^ W^MRXNI GW^OOIRXEWELI^ EW
,E W^3OWEKIW Z)P^EWWMMRPEBXWYWEKIX

% XIZ£OIR]W£K IPMRH\$X>W7>L\$68PS]QEQSXEQIK E

/^-ZIWWI E O£TIVR]ýR QIKNIPIRý YXEWSX>WSOEX ELSK]ER E^ ¬VE ±XQYX

2]SQNE Q9K KESQFSX E P£K^ýK]EOSVPEXM J>^MW O^-ZIXOI^ý P£T£W£LI^ YK

1MYX>R Z£K^IXX E XIZ£OIR]W £7834M OFS]SXQ N£WQZKPEXNEWVOES FOX E

1IKNIPIRRIO E WXVIWW^ W^MRXN£FIR FIO^-ZIXOI^ý Z>PXS^>WSO £W E TIV

Beltéri edzéseszköz használata

YKJ OSQTEXMFMMPW FIPX£VM IH%2BWOBTGWSWERSPRE0EIVN/XXP T>VSW\$XER
IH^ýIW^O^-X E:1~X£DER£PO³PM £V^£OIR\$0HT£WSW\$X>WE

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% ^ -V>X FIPX£VM IH^ýIW^O^-^IP MW LEW^R>PLEXNE LSK] W^MQYP>PNE E^
IH^£W WSV>R &IPX£VM IH^ýIW^O^-^ LEW^R>PEXE O^-^FIR E +47 EYXSQEXM
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21SQNE Q17K8 76810SRX

: > P E W W ^ E ^ S I M E O I V E P O I I X y W E K I X

8EVXWE PIR9]45Q0ISREX

: > P E W W 3 D \$ E W I H ^ y I W ^ O - ^ P I L P R \$ W £ W E M

: > P E W W ^ S R O M I K] P I L I X ý W £ K I X

- :>PEWW^E^DMEB OIVEOFI^VIS^Y^WEKIX E OIVEOI>VS^>WLS^
- :>PEWW^B^HOMWE O^-ZPXEM^Y^WEKIX IK] QIRXIXX IH^H^BWO O^SZR^H^EPLI^
- :>PEWW^E^D^D^-Z^I^L^W^Y^WEKIX IK] IPQIRXIXX ±^X^Z^S^R^E^P^E^S^H^E^P^E^L^I^
- :>PEWW^E^I^D^M^V^E^S^X^Q^E^R^] P^I^L^R^R^S^W^A^K^E^X E OSZ>RX XIPNIWSXQER]EVXEO FI>
- :>PEWW^Z^I^O^M^V^E^K FI>P^P^I^S^X^Y^W^E^K IX E W^M^Q^Y^P>PX QIVIHIOWEK EVXEOER
- :>PEWW^B^P^O^M^R^E^P^P>W FR^I^P^X^S^X^W^E^I^X E^ IH^Y^I^W^A^O^-^>PXEP OMJINXIXX IP

% XIZ£OIR]W£KMHý^§Xý IPMRH§8X%V8LSSO^F§XSONE OIK E

%^ IH^yIW^O^-^ E^ ±XZSREP ZEK] E QYROEQIRIX QEK EW W>KM EHEXEM EF
IPPIR>PP>WX

Beltéri falm,sz,si tevékenység r tgzftése

&IPX£VM JEPQ>W^>WM XIZ£OIR]W£K O^FIR MW V^K^\$XLIX ±XZSREPEOEX
Q>W^~WZ£R]
2]SQNE Q78%68MOSRX
:>PEWW&IP££VM JEPQ>W^>WM XIZ£OIR]W£KIX
%QMOSV IPWý EPOEPSQQEP OI^H IP ZEPEQMP]IR XIZ£OIR]W£KIX IRKIHF
:>PEWW^SR OM IK] SW^X>P]S^>WM VIRHW^IVX
1)+.)+=>^£QMOSV PIKO^IPIFF FIPX£VM Q>W^>WM XIZ£OIR]W£KFI OI^H E
XIZ£OIR]W£KFI>PP\$X>WSOEX LEW^R>PNE
:>PEWW^E OM E^ ±XZSREP RILE^W£KM W^MRXN£X
2]SQNE Q78%68SQFSX
/I^HNI QIK E^ IPWý ±XZSREPEX
%^ ±XZSREP FIJINI^£WI YX>R IIVIW^OIHNIR PI E XEPENVE
% TMLIR£WMHý^\$Xý EYXSQEXMOYWER IPMRHYP EQMOSV "R E XEPENSR
1)+.)+=>^TW^3OW£K IW%£MOESR QIKR]SQ>W>ZEP JINI^LIXM FI E^ ±XZSREPI
:>PEWW^SR OM IK] PILIXýW£KIX
• 7MOIVIW ±XZSREP QIRX£EVEILIL^ZPPEWýW£KIE
• 7MOIVXIPR ±XZSREP QIRX£EVEILIL^ZPPEWýW£KIE
• %^ ±XZSREP X^VP£W£RIZ^ZPPEWýW£KIE
%HNE QIK E^ ±XZSREPLS^ XEVXS^~ ^YLER>WSO W^>Q>X
% TMLIRýMHý Z£K£R &P]SQMOESR XKEEO^ZIXOI^ý ±XZSREP QIKOI^H£W£LI^
-WQ£XIPNI QIK QMRHIR ±XZSREPLS^ EQSK XIZ£OIR]W£KI FI RIQ JINI^ýH
1MYX>R Z£K^IXX E XIZ£OIR]W£KIO OI^H EYXSQEXMOYWER IPMRHYP EQMOSV "R E XEPENSR

Tevékenységek és alkalmaz,sok testreszab,sa

8IWXXVIW^EFLEXNE E XIZ£OIR]W£KIO £W EPOEPQE^>WSO PMWX>N>X E^ EH
FI>PP\$X>WSOEX

Kedvenc tevékenységek hozz,ad,sa vagy elt,volft,sa

,E E W^>QPETSR Q78M68SQFSX QIKNIPIRMO E OIHZIRG XIZ£OIR]W£KIO PI
K]SVWER IP£VLIXM E PIKK]EOVEFFER LEW^R>PX XIZ£OIR]W£KIOIX /IHZIRG
£W IPX>ZSP\$XLEXNE
8EVXWE PIR]SQFSX
:>PEWW&IP££VM JEPQ>W^>WM XIZ£OIR]W£KIX
/IHZIRG XIZ£OIR]W£KIM E PMWXE XIXIN£R NIPIRRIO QIK
:>PEWW^SR OM IK] PILIXýW£KIX
• /IHZIRG XIZ£OIR]W£K LS^>EH>W>LS^ Z>PEWW^SR IK&IXP£SO>RMW£KIX Q
OIHZIRG O£IRIýW£KIX
• /IHZIRG XIZ£OIR]W£K IPX>ZSP\$X>W>LS^ Z>PEWW^SR)IKX>Z££SO>RMW£KIX
OIHZIRGI O£IRIýW£KIX

A tevékenységek sorrendjének m dosft,sa az alkalmaz,slist,ban

8EVXWE PIR]SQFSX
:>PEWW&IP££VM JEPQ>W^>WM XIZ£OIR]W£KIO £W EPOEPQE^>WSO PMWX>N>X E^ EH
:>PEWW^E OM E^ IK]MO XIZ£OIR]W£KIX
:>PEWW££V£RHIP£W XýW£KIX
%94ZE£3;2 KSQF QIKR]SQ>W>ZEP >PP\$XWE E XIZ£OIR]W£KIX E OSZ>RX LI

Egyéni tevékenység létrehozása

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2]SQNE Q178 6 MOSRX
:>PEWW^SE^EHPWLIXYWEKIX
:>PEWW^SR OM IK] PILIXYWEKIX
• :>PEWW^RIZEOIR]WEK Q^PWSIXYWEKIX LSK] ZEPEQIP]MO IPQIRXIXX XIZEO
  PEXVILS^^SR IK] IK]ERM XIZEOIR]WEKIX
• )K] ±N IK]ERM XIZEOIR]WEK PEXVILS^PWLIXYWEKIX
7^3OWEK IWIXER Z>PEWW^SR OM IK] XIZEOIR]WEKXSTYWX
:>PEWW^SR OM IK] RIZIX ZEK] EHNSR QIK IK] IK]ERM RIZIX
% HYTP>R W^IVITPY XIZEOIR]WEK RIZIOIX IK] W^Q O^3P^-RF^-XIXM QIK T
:>PEWW^SR OM IK] PILIXYWEKIX
• :>PEWW^SR OM IK] PILIXYWEKIX E^ EHSXX XIZEOIR]WEK FI>PPSX>WEMR
  XIWXVIW^EFLEXNE E^ EHEXOETIVR]YOIX ZEK] E^ EYXSQEXMOYW JYRO
• % QIRXEWLI^ EW E^ IK]ERM XIZEOIR]WEK E^WEMRLRXPWEXKLS^ Z>PEWW^E E
:>PEWW^E^PILIXYWEKIX E XIZEOIR]WEK /IHZIRGIO PMWX>N>LS^ X^-VXERY L
```

Megjelenés

% ^ - W W ^ I J S K P E P - O £ W ^ P I X F I R £ W E Z I ^ £ V P y Q I R ^ 3 F I R X I W X V I W ^ E F L E X N E E
J Y R O G M - O Q I K N I P I R £ W £ X

Sz,mlapbe,llft,sok

% ^ IPVIRHI ^ £ W E W ^ § RIO £ W X SZ > FFM E H E X S O O M Z > P E W ^ X > W > Z E P W ^ I Q £ P
' S R R I G X V § L > ^ F - P I K] I H M W ^ > Q P E T S O E X M W P I X - P X L I X

Sz,mlap testreszab,sa

%\$SRRIWX^5QPET EOXMZ>P>WE IPYXX XIPITSRRRNXKQVLP^FKPRGXQPETSX E
JYROGMxDPHEP
8IWXXVI W^EFLEXNE E W^>QPET EHEXEMX £W QIKN'ISPRR£GWA^5QEKJSEXOMZ>P
% W^>QPETSR XEVXW£KPSIQFSQZE E^
:>PEWW^E QEP EPIQIX
% W^>QPET FI>PPSX>WEMREO QIKXIO MZBKJWZLKSRFSQNE QIK E^
%^ IPYVI FIXPXXX W^>QPETSO K-NK SX^EWEHLWZY^PEW WX^E E^
%^ IPYVI FIXPXXX W^>QPET SZERKJGZWQ5 Q PXEPIE QXIXZ>P>W78\$6Z>PEWW^E
% POEPQFEILWYWEKIX
,E IPYVI FIXPXXX W^>QPETS78%6881WXPVIZ^PEWWYVEEKIX
:>PEWW^SR OM IKJ PILIXYWEKIX
• % ^ EREP¬K W^>QPETSR QIKNIPIRY W^>QSO WXSPT^WQREPOLQX¬YHSAK SX>W>L
• % ^ EREP¬K W^>QPETSR E QYXEX¬O WXSPLYW^REQX QPHLOXYSKMXLS^ Z>PE
• % HMKMX>PMW W^>QPETSR QIKNIPIRY W^>QSO WXSPT^WQREPOLQX¬YHSAK SX>W>L
• % HMKMX>PMW W^>QPETSR QIKNIPIRY Q>WSHTIVGIO1WXSPT^WQREO Q¬H
PILIXYWEKIX
• % W^>QPETSR QIKNIPIRY EHEXSO Q¬HSAK SX>W>L
• % W^>QPET OMIQIPY W^SRERIO LS^^EH>W>LS^ ZERKJ VQ¬HJ\$W\$W^VRLS^ Z>PE
PILIXYWEKIX
• % Q¬HSAK SX>W SO QIRX£WEALPILIZI>PYWEW WX^E E
%^ ¬WW^IW Q¬HSAK SX>W QIRX£WEALPILIZI>PYWEW WX^E E

Šsszefoglal•k

% OEV¬V>R IPýVI FI>PP\$XSXX ¬WW^IJSKPEP¬O XEP>PLEX¬OWWQIIPJ KQ EKPSV
O£W^PIX QIKXIQNRNENI W ¬WW^IJSKPEP¬O IWIX£FIR IK] O&QYIEXS\$XM PMW
GWEXPEOS^>W W^3OW£KIW
&M^SR]SW ¬WW^IJSKPEP¬O EPET£VXIPQI^£WO£RX RIQ P>XLEX¬O %^ ¬WW
ýOI% ^ ¬WW^IJSKPEP¬ O£W^PIXSRH£NVS]SV>W¬WW^IJSKPEP¬O E OETGWSP
GWSTSVXSW\$XN>O T£PH>YP E^ IK£W^W£KVI ZEK] E XIZ£OIR]W£K WSV>R R

2£Z	0ISV>W
%&'	)K]W^IVVI QYXEXNE E QEKEWW>KQ£Vý FEVSQ£XIV £W MV>R]X
-Hý^¬R>O Z>	1KKNIPIR\$XM E^ EOXY>PMW MIPXS Q>W MýHýR>D>OSRBEPE
&SH] &EXXIV	%^ IK£W^ RETSW ZMWIP£W&SH]&E QOKNIPIR\$W^MRXN£X MP KVEJ MOSRX E^ IPQ±PX R&S>R] &EXXIVMRENEVýP
2ETX>V	1YXEXNE E XIPIJSR RETX>V>FER W^IVITPý O¬^IPKý IWIQ£R]IO
/EP¬VMEW^>	QYXEXNE E^ EHSXX RET OEP¬VMEEH EXEMX
/EQIVEZI^£V	0ILIXýZ£ XIW^M LSK] QERY>PMWER O£W^\$XWIR IK] J£R]O£TIX P£O¬V>NE T>VSW\$XZE ZE£VIM£EORSQTEVMO£QIMWZEP ZEK] L>XW¬ OEQIV>ZE£VMO£EQIVE ZI^£VPýMRIOxSEWER>PEXE
1IKQ>W^SXX	2]SQSR O¬ZIXM E QIKQ>W^SXX IQIPIXIO W^>Q>X ZEPEQMRX E
IQIPIXIO W^>Q>X	Q£VILEPEH>WX
+EVQMR^ý	1IKNIPIR\$XM E FI³XIQI^IXX IH^£WIO+EVQMRMO\$M^CMZ>PEW^X I +EVQMR 'SRR+OX>FER %^ IH^£WXIVZ EPOEPQE^OSHMO NIPIR IH^£WWIP £W E^ ³XIQXIVZZIP OETGWSPEXSW FI>PP\$X>WSOLS MW
,IEPXL 7RETWLSX	)PMRH\$XEPK]L 7REQWRLS£QIRIXIX E^ ¬V>R EQIP] V¬K^\$X R£L>R ³K]M Q£VýW^>Q\$X QMO¬^FIR "R O£X TIVGIR >X R]YKEPQM >PP E^ >PXEPRSW OEVHMSZEW^OYP>VMW >PPETSX>V¬P %^ ¬VE S >XPEKSW TYP^YWW^>Q E WXVIWW^ W^MRX £W E P£K^£WW^>Q 1IKNIPIR\$XM ,EQIRLX7REQWRLS£QIRIXIO ¬WWI^B\$K PFE-TWLSX xSPHEP
4YP^YWW^>Q	1IKNIPIR\$XM E^ EOXY>PMW TIVGIRO£RXM TYP^YWW^>Q\$X FT TYP^YWW^>Q 6,6 KVEJ MOSRN>X
)Pý^Q£R]IO	1IKNIPIR\$XM XIZ£OIR]W£KIPý^Q£R]IMX £W IK] KVEJ MOSRX E V IPý^Q£R]IO LEW^RSPB£E
,6: >PPETSXE	%^ £NW^EOEM TYP^YWW^>Q Z>PXS^£OSR]W>K L7£\$£EVI\$W >XPE ZIRGME ZEVMFEMPMSX>MEPPETSXE
-RXIR^\$Z TIVGIO	2]SQSR O¬ZIXM E Q£VW£OIPX £W MRXIR^\$Z XIWXQS^K>WWEP MRXIR^\$Z TIVGIO OMX ^¬XX £VX£O£X £W E G£P MV>R]>FER XI
.IXPEK XER>GWEH¬	9XE^>W O¬^FIR QIKNIPIR\$XM E FIPWý ¬V>X £W ±XQYXEX>WX EPOEPQE^OSH>WIP\$K XER>GWEH¬xSEWER>PEXE
0IKYX¬FFM OIR]W£K	XIZ£V 1IKNIPIR\$XM E PIKYX¬FF V¬K^\$XIXX XIZ£OIR]W£K V¬ZMH ¬WW
9XSPW¬ ±X 9XSPW¬ JYX 9XSPW¬ ±W^>W	1IKNIPIR\$XM E PIKYX¬FF V¬K^\$XIXX XIZ£OIR]W£K V¬ZMH ¬WW WTSVX>KKEP OETGWSPEXSW IPý^Q£R]IOIX
1IWWIRKIV	1IKNIPIR\$XM QMR 1IWWIRKIVQE^>WFER P£Zý FIW^£PKIX£W£OIX Z>PEW^SPLEX E^ ³^IRI%+EVQMR¬1IWWIRKIVQE^>SWHEP
,SPHJ>^MW	% +47 TS^\$GM¬ EPETN>R QIKNIPIR\$XM E LSPHOIPXI £W LSPH J>^MWX
>IRI	:I^£VPýKSQF\$OEX W^SPK>PXEX E XIPIJSR ZEK] E^ ¬VE ^IRIPI

2£Z	0ISV>W
7^YRHMO>P>	1IKNIPIR\$XM E XIPNIW&WHM E XEMPIRX Q£W EHEWIOIX 0ILIXÝW W^O^MIW^XEMHÝ^SXÝ IPMRHSX>W>VE MPPIXZI IK] %P^E W^X>W 3^IQQ-H XIWXVIW^SPHEP
^VXIWSX£WI	*IPL\$ZNE E JMK]IPQ£X E L\$Z>W SOVE W^~ZIKIW 3^IRIXIOVI O OK]£F E XIPISJR £VXIWSX&PWIX £SVXPSX XE WMO ER KIXSPHEP £E WI QIKNIP~PX IWIQ£R]IOVI
)PWÝHPIKIW ZIVWIR]	1IKNIPIR\$XM E^ IPWÝHPIKIW ZIVW+E]VO£R R OSRRT£XV£EZVWIR] :IVWIR]RET X>V £W IPWÝHPSRHEZIVWIR]
4YP^S\MQ£X	0ILIXÝZ£ XIW^M E Z£VS\MK£RW %MRXPQ£RMQ£PMIW Q£S£EN£W>WE X±P EOX\$Z ELLS^ LSK] E^ ~VE QIK XYHNE LEX>VS^RM E Z£ Q£V£WIO RIQ OIV^3PRIO V~K^\$X£WVI
:IVWIR]RET X>V	1IKNIPIR\$XM E^ IPWÝHPIKIW ZIVWIR] RETX>V IPWÝHPIKIW ZIVWIR] RETX>V
6IKIRIV>P~H>	1IKNIPIR\$XM E VIKIRIV>P~H>WM MHIN£X %QE\MQ>PMW MHÝP
0£K^£W	%^ EOXY>PMW P£K^£WW^>Q P£K^£W TIVG £VX£OFIR QIKEHZE)PZ£KI^LIX IK] P£K^ÝK]EOSVPEXSX EQIP] WIK\$X "RRIO IPPE^
%PZ>WIH^Ý	%^ EPZ>WMK£R]VI ZSREXOS^~ EN>RP>W SOEX XEVXEPQE^ E^ E ,6: >PPETSX £W E W^MIW^X>O EPETN>R
%PZ>WM TSRXW	1IKNIPIR\$XM E XIPNIW EPZ>WMHÝX E^ EPZ>WM TSRXW^>Q SX XW£X QOEX E^ IPÝ^Ý £NW^EO>VE ZSREXOS^~ER)QIPPIX QIKX P£K^£WM Z>PX\$PZ£W O£XIXSPHEP
0£T£WIO	2]SQSR O~ZIXM E RETM P£T£WW^>Q SX E OMX ^~XX P£T£WG£ EHEXSOEX
7XVIWW^	1IKNIPIR\$XM E^ EOXY>PMW WXVIWW^ W^MRXIX ZEPEQMRX E^ KVEJMSRX)PZ£KI^LIX IK] P£K^ÝK]EOSVPEXSX EQIP] WIK\$X ELLS^ LSK] E^ ~VE QIK XYHNE LEX>VS^RM E WXVIWW^ W^MR V~K^\$X£WVI
2ETOIPXI £W RETR]YKXE	1IKNIPIR\$XM E RETOIPXI RETR]YKXE £W E W^3VO^3PIX MHIN£X
)H^£WVI ZEP W^3PXW£K	1IKNIPIR\$XM E XIPNIW £W IK] TSRXW^>Q SX £W IK] V~ZMH 3^IRIXIX EQIP] WI QIRR]MVI >PP O£W^IR E^ IH^£WVH^£WVK]ZWPRET]S O£SPHEP £W £K
)H^IXXW£KM	1IKNIPIR\$XM E^ EOXY>PMW IH^IXXW£KM >PPETSXSX £W IH^£W P£T£W LSK]ER FIJSP]>WSPNE IH^IXXW£KXW£KMRXN££TSW xSPHEP
:-6&ZI^£VPÝO	/EQIVEZI^£VP£WM PILIXÝW£KOXWMP£SW\$XV^SW\$XZERZ£R ~V>N>Z-6&8>ZMV>R]£SPHEP
-HÝN>V>W	1YXEXNE E^ EOXY>PMW LÝQ£VW£OPIXIX £W E^ MHÝN>V>W IPÝV
2ým IK£W^W£K	1IKNIPIR\$XM E^ EOXY>PMW GMOPYWX ZEK] E XIVLIWW£K R]SO E RETM X^3RIXIO QIKXIOMRX£W£X £W RETP~^>W>X

Az összefoglaló-készlet megtekintése

%^ ^WW^IJSKPEP-O K]SVW LS^^JÉVÉWX FM^XSW\$XEREO E^ IKÉW^WÉK³K]M
E FIÉT\$XIXX ÉV^ÉOIPYOL^ ÉW W^>QSW IK]ÉFLI^ %^ ^VE T>VSW\$X>WEOSV
TÉPH>YP E^ ÉVXIWSXÉWIOIX E^ MHÝN>V>WX ÉW E RETX>VIWIQÉR]IOIX
2]SQNE QI94 ÉÉK]3É2 KSQFSX
%^ ^VE ZÉKMKK^VKIXM E^ ^WW^IJSKPEP-OÉW^PIXIX ÉW QMRHIR ^WW^
EHEXSOEX



8-44E K^VKIXÉWX E^ YNNE IPL±^>W>ZEP MW IPZÉKI^LIXM ÉW ÉVMRXÉWW
8SZ>FFM MRJSVQ>GM-O QIKXIOMRÉVÉWSQFSX]SQNE QIK E
:>PEWW^SR OM IK] PILIXýWÉKIX
• 2]SQNE QI94 ÉÉK]3É2 KSQFSX E^ EHSXX ^WW^IJSKPEP-ZEP OETGWSPEXSW VÉ
• 8EVXWE PIR]SQZÉSF X LE XSZ>FFM PILIXýWÉKIOIX ÉW JYROGM-OEX
^WW^IJSKPEP-R>P

Az összefoglaló-készlet testre szabása

8EVXWE PIR]SQZÉSF X
:>PEWW^EIOMRÉVÉWSQFSX]SQNE QIK E
:>PEWW^SR OM IK] PILIXýWÉKIX
• ,E QIK W^IVIXRÉ Z>PXS^XEXRM IK] ^WW^IJSKPEP-LIP]ÉX E OÉW^PIXFI
QIK 94 ZEK]3É2 KSQFSX
• ,E IP W^IVIXRÉ X>ZSP\$XERM E^ ^WW^IJSKPEP-X E OÉW^PIXFýP Z>PEW
PILIXýWÉKIX
• ,E LS^^> W^IVIXRI EHRM IK] ^WW^IJSKPE,54X>EHOMXFXÉKIX Z>PEWW^E
Z>PEWW^SR IK] ^WW^IJSKPEP-X
8-44E X^FF ^WW^IJSKPEP-X XEVXEPQE^ QETT1% 44% V0 X86I) ,3É>XV%L S^R
PILIXýWÉW^IJSKPEP-QETT>O XSPXVÉPS^WE

Šsszefoglal• mapp,k l€trehoz,sa

% OETGWSP¬H¬ ¯WW^IJSKPEP¬OLS^ QETT>OEX LS^LEX P£XVI E^ ¯WW^IJSKPEP¬
8EVXWE PIR9]5QZQFSX
:>PEWW1IK NEPIRE£XXIOMR'X\$WIDEH'W%44% 0^86),3>P7L1XýW£KIX
:>PEWW^E OM E QETT>FE JIPZIRRM OSZ>RX 7SWW^IJSKPEP¬OEX QENH Z>
1)+.)+=>^ZE E^ ¯WW^IJSKPEP¬ Q>V W^IVITIP E^ ¯WW^IJSKPEP¬ O£W^PIX
ýOIX E QETT>FE
:>PEWW^E OM ZEK] EHNE QIK E QETTE RIZ£X
:>PEWW^SR IK] MOSRX E QETT>LS^
7^3OW£K IWIX£R Z>PEWW^SR E^ STGM¬O O¬^3P
• % QETTE W^IVOIW^X£W£LI^ K¬VKIWWIR E QETT>VE E^ ¯WW^IJSKPEP¬ O
KSQFSX
• % QETT>FER P£Zý ¯WW^IJSKPEP¬O W^IVOIW^X£W£LI]HREPMWWE QIK E Q
W^IVOIW^X£W£LI]W£KIXWW^IJSKPEP¬ O£W^PIXSRH£XVI W^EF>WE

Body Battery

'V>NE E TYP^YWW^>Q Z>PXS^>W E WXVIWW^ W^MRX E^ EPZ>W QMRýW£KI
QIK E^ "R >PXS^>W WXVIWW^MRXN£X %^ EYX¬O 3^IQER]EKQ£VýN£LI^ LEWSRP¬
IRIVKMEXEVXEP£OSQ££XOXMR% WO>P>NE £W O¬^¬XX QS^SK • • MK
• MK EPEGWSR] • MK O¬^ITIW • MK TIHMK QEKEW IRIVKMEXEVX
7^MROVSRM^>PMQMP>SR¬ON>ZEP E&SIKJ&MWWMTX E LSWW^± X>Z± XVIRH
XSZ>FFM V£W^PIXIO Q8MXT00SH£W£XHX SO V¬K^XS£M£EP^

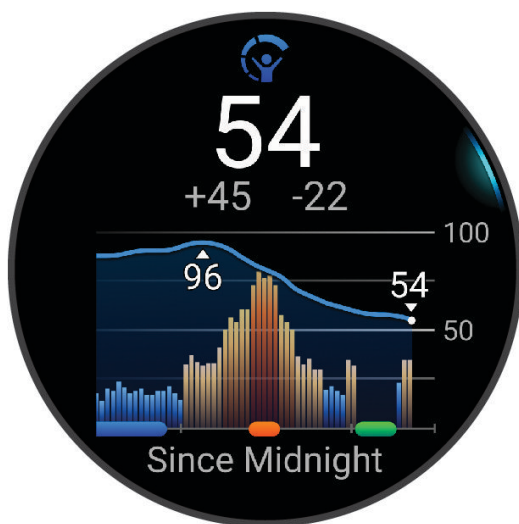
A Body Battery® szefoglaló megtekintése

%&SH] &EXXW^IJSKPEP- QSKNIEPSONYEPMW W^MRXNEX MPPIXZI IK] KVEJ
-V&SH] &EXXW^MRXNÉVYP

2]SQNE Q(1K;ÆKSQFSXSE] &EXXW^IJSKPEP- QIKXIOMRXEWELI^

1)+.)+=>^7PýJSVHYPLEX LSK] JIP OIPP ZIRRM E^ -WW^%IJSKPEP-X E^ -V
-WW^IJSKPEP- OEW^PIXxSIPWEP W^EF>WE

2]SQNE Q(1K;ÆKSQFSX E &SH] &EXXIV] EW WXVIWW^ W^MRXIOIX ENJEPX



2]SQNE Q(1K;ÆKSQFSXSE] &EXXW^E WXVIWW^ W^MRXIO VEW^PIXIWIFF KVE
QIKXIOMRXEWELI^

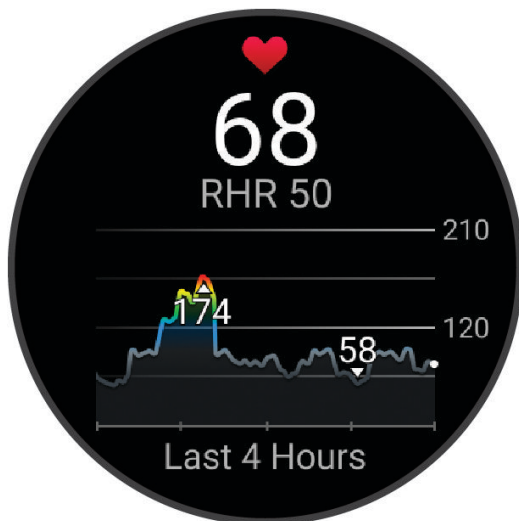
- % R]YKEPQM >PPETSXSX OEO W^SR SW^PSTSO NIP^MO
 - % WXVIWW^IW MHýW^EOSOEX REVERGWW>VKE W^SR SW^PSTSO NIP^M
 - %^ MHý^SXIXX XIZEOIR]W&KIOIX ^-PH SW^PSTSO NIP^MO
 - 7^3VOI SW^PSTSO NIP^MO E^SOEX E^ MHýW^EOSOEX EQMOSV X±P EO
- 2]SQNE Q(1K;ÆKSQFSXSE] &EXXW^MRXIX FIJSP]>WSP- X&R]I^YO PMWX>N>RE
8-44XSZ>FFM VEW^PIXIO QIKXIOMRXEWELI^ Z>PEWW^E OM E^ IKJIW X&R]I

Tippek a Body Battery adatok r&gzf&es&hez

- % TSRXSWEFF IVIHQ&R]IO EVHIO&FIR EPZ>W O^-FIR MW ZMWIPNI E^ -V>
- % TMLIRXIXý EPZ>W O&SH]R&EXXW^HMO E
- % REK] MK&R]FIZ&XIPX NIPIRXý XIZEOIR]W&KIO EW E JS&SH]S&EXXW^IWW
- %^ IPJSK]EW^XSXX EXIPIO ZEPEQMRX E WXMQYP>R&SH] &EXXW^HMO E

A pulzusszám összesoglaló megtekintése

% W^>QPETSR RJSQNE Q1K3 EK SQFSX E TYP^YWW^>Q ^WW^IJSKPEP^ QIKX
1)+.)+=>^7PÝJJSVHYPLEX LSKJ JIP OIPP ZIRRM E^ ^WW^%IJSKPEP^X E^ ^V
^WW^IJSKPEP^ OEW^PIXxSIPW^EPI W^EF>WE
2JSQNE Q1K3 EK SQFSX E^ EOXY>PMW TYP^YWW^>Q ^XEW TIVG QEVXEOIKJ
^V>FER QEVX TYP^YWW^>Q KVEJMOSRN>REO QIKXIOMRXEWELI^



^VMRXWI QIK E KVEJMOSRX E RJMPEO QIKXIOMRXEWELI^ EW L±^E E^ Y
T>W^X>^>W>LS^
2JSQNE Q1K3 EK SQFSX E^ IPQ±PX RET >XPEKSW R]YKEPQM TYP^YWVXEW

Az id...j,r,s összesoglaló megtekintése

%^ MHýN>V>WM ^WW^IJSKPEP^ QIKXIOMRXEWELI^ EK R352 K5 QFSXE W^>QPE
1)+.)+=>^7PÝJJSVHYPLEX LSKJ JIP OIPP ZIRRM E^ ^WW^%IJSKPEP^X E^ ^V
^WW^IJSKPEP^ OEW^PIXxSIPW^EPI W^EF>WE
%^ MHýN>V>W VEW^PIXIMRIO QIKXIOMRXEWELI^ EK R352 K5 QFSXE W^>QPE
2JSQNE Q1K3 EK SQFSX E^ ^V>ROERXM RETM EW XSZ>FFM MHýN>V>WM

Az id...j,r,si hely frissítése

%^ MHýN>V>WM ^WW^IJSKPEP^ QIKXIOMRXEWELI^ EK R352 K5 QFSXE W^>QPE
2JSQNE Q1K3 EK SQFSX
%^ IPWý ^WW^IJSKPEP^ OETIVRýNERSQFSQNE QIK E
:>PEWW^BýN>V>WVE ZSREXOS^+PPRIPIXýWWEKPD J✓MPWMXýWWEKIX
:>VNSR EQSK E^ ^VE QIKXEP>IPW^E WQ NLSP^EOXEW^EPI

N...i egészségre

Menstruációs ciklus nyomon követése

1IRWXVY>GM^W GMOPYWE JSRXSW W^IVITIX N>XW^MO IKEW^WÉKI W^IQTSF
JM^MOEM X^RIXIOIX E PMFMH^X E W^IY>PMW EOXMZMX>WX E TIXIÉVÉW
JYROGM^ FI>PPSX>W^EW^WÉKNI PMFIEPESX>WELVQMR 'SERROERQE^>WFER
• 1IRWXVY>GM^W GMOPYW RJSQSR O^ZIXEWI EW VEW^PIXIO
• *M^MOEM EW PIPOM X^RIXIO
• ,EZM ZEV^EW EW XIVQEOIRJWÉK IPýVINIP^EWI
•)KEW^WÉK^KJM EW X>TP>POS^>WM MRJSVQ>GM^O
1)+.)+=>^E+EVQMR 'SERROERQE^>W LEW^R>PEX>ZEP ^WW^IJSKPEP^OEX EHL

Terhess€gk†vet€s

% XIVLIWW£KO-ZIX£WM JYROGM- LIXM JVMWWSX£EWIOIX NIPIRSX QIK XIVL
£W X>TP>POS^>WM MRJSVQ>GM-OOEP W^SPK>P 'V>NE WIKSXW£K£ZIP RETF
Z£VGYSV£VX£OIOIX £W E FEF£ QS^K>W>X 8SZ>FFM MRJSVQ>GM-O£VX £W
)K£W^W£K³K|MF£F£SX£W£V£OMR 'S£RO£XQE^>WFER

A stressz-szint összefoglaló használata

% WXVIWW^ W^MRX ^WW^IJSKPEP^ QIKNIPIR\$XM E^ EOXY>PMW WXVIWW^ V
WXVIWW^ W^MRXN£VÝP 0£K^ýK]EOSVPEXSP%Z£KWKZII\$KZIEP^KQ\$WE^PIX^V
xSPHEP

~Pý ZEK] QS^HYPERPER LIP]^IXFZE (B);ZQNSQQ SK E^ WXVIWW^ W^MRX ~WW
QIKXIOMRX£W£LI^

21SQNE Q78%E68SQFSX

:>PEWW^SR OM IK] PILIXýW£KIX

- 8SZ>FFM VEW^PIXIO QIKXIOMRKE;WEL\$Q R\$SQNE QIK E

8-44E R]YKEPQM >PPETSXSX O£O W^§R SW^PSTSO NIP^MO % WXVIWW
SW^PSTSO NIP^MO 7^3VOI SW^PSTSO NIP^MO E^SOEX E^ MHýW^EOSOE
OIKLEX>VS^>W>LS^

- 2|SQNE Q7 & %E6 & SQF S0 & KE^ ýK|EO\$NZFE0XR]W£K IPMRH§X>W>LS^

A Jetlag tan,csad• haszn,lata

```
% .IXPEK XER>OWE HSKPEP- LEW^R>PEXE IPYXX QIKEO QMPRX'ISZR'BM I KJ YX
EPOEPOE^9 WE^R XIVZIEVOM R 'SRROGROR^>WSEIREP
```

9XE^>W O^-^FIR LEWXP-PLKXRE^W^H-SKPEP-X LSK] P>WWE LSK]ER ZMW^
MH^L^-^ £W LSK] ±XOYXEX>WX OETNSR E NIXPEK LEX>WEMREO O£VW£OP£

```
% W^>QPETSR R|SD4ZE0|BEE^KSQFSXPEK XER>QWPHJ-SKPEP- OIKXIOMRX
```

2JSQNE Q7R%E8SQFSX LSK] P>WWE LSK]ER ZMW^SR]YP FIPWý ¬V>NE E
>PXEP>RSW W^MRXN£X

:>PEWW^SR OM IK] PILIXýW£KIX

- % NIXPEKNI EOXY>PMW W^MRXN£VýP W^¬P¬ X>N£OST78X0E683QFSIX QIKXI

- ```
• % NIXPEK X3RIXIMRIO Q£VW£OP£W£LI^ NEZ(BW£SR£Q£FZ£IK£R]]SQ£KW£Z£MFH ý
 XIOMRXLIXM OIK
```

Utaz,s tervez€se a Garmin Connect alkalmaz,sban

%+EVQMR 'S~~ER~~~~RO~~~~EX~~QE^>WFER~~P~~~~•~~~~•~~~~Z~~~~I~~~~P~~~~E~~~~Q~~~~W~~~~X~~^E E

```
:>PEWW8^EEEMRKX".VZP^EKWXR"GWEEHWV£W^PIXIMRDLIXIWE#KMXE
```

/^-ZIWWI E O£TIVR]ýR QIKNIPIRý YXEWSX&gt;WSOEX

## Teljesftm€nyre vonatkoz• m€r...sz,mok

)^IO E XIPNIWSXQER]VI ZSREXOS^~ QEVYW^>QSO SPJER FIGW³PX EVXEOIO  
XIZEOIR]W£KIO £W E ZIVWIR]IO WSV>R R]±NXSXX XIPNIWSXQER] R]SQSR O  
% QEV£WIOI^ GWYOP~R ZEK] QIPPOEWSR ZMWIPLIXý DISQDEXWIS^M^MMW TY  
XIPNIWSXQER] QEV£W£LI^ TYP^YWQEVY £W XIPNIWSXQER]QEVY W^³OW£KIW  
)^IOIX E FIGWPMWWOXIEX!%FMRJXWSGME 8SZ>FFM MRJSV[Q]KQVQMRXGSQSH  
TIVJSVQERGI HEXEFSTFRBMREK  
1)+.)+=>^E FIGWP£WIO OI^HIXFIR TSRXEXPERREO X RLIXRIO 2£L>R] XIZEO  
LSK] E^ ~VE QIKMWQIVNI E XIPNIWSXQER]£X  
:3 QE\ E :3 QE\ E^ E QE\MQ>PMW SIMK£RQIRR]MW£K QMPPMPMXIVFIR  
TIVGIRO£RX JIP XYH LEW^R>PRM QE\MQ>PMW QIPNIWSXQER]EMSPHOMQYPP  
)PýVINIP^IXX ZIVWOFM^HVEOE :3 QE\ FIGW³PX EVXEOFY P £W E^ "R XVERMR  
QIKLEX>VS^^SR IK] SPJER G£PZIVWIR]MHYX EQIP] E^ "R%QXYWRM^MHY^IX  
IPýVINIP^£W QIKXxOMRE£WI  
,6: >PPETSXQEV~VE EPZ>W O^~FIR IPIQ^M E GWYOP~R QEVX TYP^YW£VXEO  
Z>PXS^>W ,6: >PPETSX>X E W^IQ£P]IW LSWWSZJXIDZI,BGMXEP£KSOMEFFMPTM  
xSPHEP  
8IPNIWSXQER]EPPETNSWSXQER]>PPETSX IK] ZEP~W MHIN EVXEOIP£W QIP]I  
XIZEOIR]W£K YX>R W^>Q\$X OM )^X LS^^>EHLEXNE EHEXQI^ýO£RX \$K] E  
ZER QIKXIOMRXIRM E XIPNIWSXQER]>PPETSXSX )^ E^ EVXEO E ZEP~W M  
IH^IXXW£KM W^PMRW\$QIPR]>PSPHTESPX  
8INWEZO³W^XINWEZO³W^~F QIK>PPETSX>W>LS^ QIPPOEWSR ZMWIPLIXý TYP  
E TSRX EQIP]IX IP£VZI M^QEM VIRHO\$Z³P K]SVWER J>VEHRM OI^HIRIO  
WIK\$XW£K£ZIP W^>Q\$XNE 8IMVEEZOFWESDHWP~F~X  
8IPNIWSXQER]K~VFI OEVXOPTNWSXQER]K~VFI E OMJINXIXX IVYX QYXEXNE I  
1IKXIOMRXLIXM E^ IPý^ý L~RET IPý^ý L>VSQ L~RET ZEK] IP%~ý XM^IRO£X  
XIPNIWSXQER]K~VFI Qx\$RHCMPRX£WI

A VO2 max. becs<lt €rt€kekr...l

% :3 QE\ E^ E QE\MQ>PMW S\MK£RQIRR]MW£K QMPPMQ£XIVFIR EQIP]IX  
JIP XYH LEW^R>PRM E^ IQFIV QE\MQ>PMW XIPNIWSXQ£R]PIEH>W QIPPIXX  
WTSVXXIPNIWSXQ£R] IK]MO Q£VG£NI £W E^ >PP-O£TIWW£K PSVZIVYR£W£ZI  
O£W^³P£O QIKNIPIR\$XWI E :3 QE\ FIGW³PX £VX£O£X GWYOP-R Q£VX TY  
QIPPOEWM W^SZVMXQYWQ\$RO£V\$VPEZ£RPWR³O£W£QE\ FIGW³PX £VX£OOIP  
OIV£OT>VS^>WLS^ % :3 xQE\ FIGW³PX £VX£O£RIO TSRXSW QIKLEX>VS^>W  
ZEK] IK] OSQTEXMFMPMW XIPNIWSXQ£R]Q£VÝZIP Q£VW£OIPX MRXIR^MX>W  
% O£W^³P£OIR E :3 QE\ FIGW³PX £VX£OI W^>QQEP PISV>WW££V£QMRIP]^I  
'SRRIGM-ON>FER XSZ>FFM V£W^PIXIOIX MW QIKXIOMRXLIX E :3 xQE\ FIGV  
LSK] QMP]IR E OSV>REO £W RIQ£RIO QIKJIPIPý £VX£O



|                                                                                                  |           |
|--------------------------------------------------------------------------------------------------|-----------|
|  0MPE         | 7^YTIV    |
|  /£O          | /MZ>P¬    |
|  >¬PH         | .¬        |
|  2EVERGWW>VKE | 1IKJIPIPý |
|  4MVSW        | +]IRKI    |

% :3 QE\ EHE\*MSO£XFEEX £N£P\$XN££ME % :3 QE\ IPIQ££WSVTISPK>PXEX>V  
-RWX°M£RXXH£P]£ZIP X¬VX£RMO 8SZ>FFM MRJSVQ>£M:3O£V£X XWO£RZ>R]SQV£  
£VX£OIP£W£NPH£W P>XSKE[W£S£TIW-RWXM[X££P££KVE

## A VO2 max. becs<lt €rtékének megtekintése fut,sn,l

)LLI^ E JYROGM¬LS^ GWYOP¬R ZMWIPLIXý ZEK] QIPPOEWSR ZMWIPLIXý OS  
QIPPOEWM TYP^YWQÉVýX LEW^R>P JIP OIPP:ZIRMI REWOPWSWSXERME FOOT  
xSPHEP  
% PIKTSRXSWEFF FIGWP£W £VHIO£FIR Z£KI^AI PP JEIPILEMEW^R>M¬TVSVSIPMF  
xSPHEW >PP\$XWE FI E QE\MQ%PTMWP^TYW^YRW^FXSPHBPWGWP£W OI^HIXFI  
TSRXEXPERREO X RLIX 2£L>R] JYX>W W^3OW£KIW ELLS^ LSK] E^ ¬VE QIK  
:3 xQE\ V¬K^\$X£W£X PIXMPXLEXNE E^ YPXVEJYX>W £W E XIVITJYX>W XIZ£  
I^IO E JYX>WM X\$TYWSO FIJSP]>WSPN%0 :B :3 £XQ£A¬K¬ISXWPR£O X£MO£TGW  
xSPHEP  
/I^HNI IP E JYX>WM XIZ£OIR]W£KIX  
/¬^ITIW ZEK] QEKEW MRXIR^MX>WWEP JYWWSR O^3PX£VIR LSK] E QE\MQ  
OIKEP>FF TIVG IPXIPXIRZIPNLIP£YWWKIX  
% XIPNIW\$XQ£R]VI ZSREXOS^¬QZ£KJY,2>QSQFOO£R E>PXLEX

## A VO2 max. becs<lt €rtékének megtekintése kerékp,roz,sn,l

)LLI^ E JYROGM¬LS^ XIPNIW\$XQ£R]QÉVý £W GWYOP¬R ZMWIPLIXý ZEK] QI  
W^3OW£KIW % XIPNIW\$XQ£R]QÉVýXI¬TIX£OW\$X£EOMPMOIPPEOVR£OZHEPWS\$X>W  
QIPPOEWM TYP^YWQÉVýX LEW^R>P JIP OIPP ZIRMI £W T>VSW\$XERME O  
% PIKTSRXSWEFF FIGWP£W £VHIO£FIR Z£KI^AI PP JEIPILEMEW^R>M¬TVSVSIPMF  
xSPHEW >PP\$XWE FI E QE\MQ%PTMWP^TYW^YRW^FXSPHBPWGWP£W OI^HIXFI  
TSRXEXPERREO X RLIX 2£L>R] OIV£OT>VS^>W W^3OW£KIW ELLS^ LSK] E^  
XIPNIW\$XQ£R]£X  
-RH\$XWSR IP IK] OIV£OT>VSW XIZ£OIR]W£KIX  
8IOIVNIR PIKEP>FF TIVGMK IK]IRPIXIWR REK] MRXIR^MX>WWEP  
% OIV£OT>VS^>W FIJINI^XIRZIPNLIP£YWWKEXE  
% XIPNIW\$XQ£R]VI ZSREXOS^¬QZ£KJY,2>QSQFOO£R E>PXLEX

## A VO2 Max. r<tgzftésének kikapcsol,sa

% :3 xQE\ V¬K^\$X£W£X PIXMPXLEXNE E^ YPXVEJYX>W £W E XIVITJYX>W X  
I^IO E JYX>WM X\$TYWSO FIJSP]>WSPN%0 :B :Q£Q£FI GFWGWP£XSPHBPWG  
8EVXWE PIR]SQO£FEX  
:>PEWW^E OM E £TZ£OIR]W£KIO £W EPOEPQE^>WSO  
:>PEWW^EIVOMJ£ZEW]PXVE PYX¬XW£KIX  
:>PEWW^E OM E XIZ£OIR]W£KFI>PP\$X>WSOEX  
:>PEWW^:B OQEE V¬K^\$M£WITGWPSIPXW£KIX

## A versenyid...-el...rejelzés megtekintése

% PIKTSRXSWEFF FIGWP£W £VHIO£FIR Z£KI^AI PP EIPLEMEW^R>M-TVSVSIPMF  
xSPHEW >PP\$XWE FI E QEIMQ%PMW^YWP^YRW^£QSPH£PWE  
'V>NE E :3 QE\ FIGW³PX £VX£O£X £W E^ IH^£WIPY^Q£RJIOIX LEW^R>PNE  
% :3 QE\ FIGW³PX £XSPH£PWE X^FF L£XIR OIVIW^X³P IPIQ^M E^ IH^£WE  
E ZIVWIR]MHYVI ZSREXOS^~ FIGWP£WIOIX  
% W^>QPETSR R]SQNEQIB££K£SQFSX E XIPNIW\$XQ£R] ^WW^IJSKPEP~ Q  
2]SQNE Q7£%££SQFSX E^ ^WW^IJSKPEP~ V£W^PIXIMRIO QIKXIOMRX£W£L  
% ZIVWIR]MHY IPYVINIP^£WIO QIKXIOMRX£W£L IKSQJSSQNE QIK E^



% Q>W X>ZSOLS^ XEVXS^~ IPYVINIP^£WIO Q7£%££SQFSX E XIPNIW\$XQ£R] ^WW^IJSKPEP~ Q  
1)+.)+=>^£^ IPYVINIP^£WIO OI^HIXFIR TSRXEXPERREO X RLIXRIO 2£L>R  
~VE QIKMWQIVNI E JYX>WM XIPNIW\$XQ£R]£X

Szfvfrekvencia-variabilit,s ,llapota

% OEV¬VE EPZ>W O¬^FIR IPIQ^M E GWYOP¬R Q£VX TYP^YWW^>Q SX £W QI  
,6: %^ IH^£W E XIWXQS^K>W E^ EPZ>W E X>TP>POS^>W £W E^ IK£W^W£  
TYP^YWW^>Q Z>PXS^£OSR]W>K>X % ,6: £VX£OIO REK]FER IPX£VLIXRIO EX  
£ZIW £W QMP]IR E JMXW£KM >PPETSXE % OMIK]IRW±P]S^SXX ,6: >PPETS  
QMRX T£PH>YP E N¬ IH^£W £W E VIKIRIV>P¬H>WM IK]IRW±P] E W^SZ £W £  
E WXVIWW^IP W^IQFIRM REK]SFF IPPIR>PP¬ O£TIWW£K % OMIK]IRW±P]S^£  
REK]SFF VIKIRIV>P¬H>WM MK£R]IO ZEK] E QIKR¬ZIOIHIXX WXVIWW^ NIP I P  
E^ ¬V>X EPZ>W O¬^FIR MW %^ ¬V>REO L>VSQ L£X JSP]EQEXSW EPZ>WEHE  
>PPETSX>REO QIKNIPIR\$X£W£LI^



| 7^§R^¬RE   | £PPETSX                | OISV>W                                                                                                                                          |
|------------|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| >¬PH       | /¬^ITIW                | % L£XRETSW >XPEKSW ,6: E RSVQ>P XEVXSQ>R]S                                                                                                      |
| 2EVERGW    | /MIK]IRW±P]S<br>W£XPER | % L£XRETSW >XPEKSW ,6: E RSVQ>P XEVXSQ>R] .                                                                                                     |
| 4MVSW      | %PEGWSR]               | % L£XRETSW >XPEKSW ,6: N¬ZEP E RSVQ>P XEVX                                                                                                      |
| 2MRGW W^§R | +]IRKI<br>2MRGW >PPE   | % ,6: £VX£OIO >XPEKE N¬ZEP E OSV>REO QIKJIP<br>EPEXX ZER<br>%S\$RMRGW >PPETSX% E^X NIPIRXM LSK] RIQ >P<br>EHEX E L£XRETSW >XPEK OMW^>Q\$X>W>LS^ |

7^MROVSRM^>PHEVQIR¬'SMPKX  
>PPETSX>X XVIRHNIMX £W SOXEX>WM G£P± ZMWW^ENIP^£WIMX

## Teljesftm€ny,llapot

%QMOSV FIJINI^ IK] XIZ€OIR]W€KIX TP JYX>W OIV€OT>VS^>W E 8IPNIWS  
€W E W^SZJVIOZIRGME ZEVM€FMPMX>W IPIQ^€W€ZIP ZEP~W MHIN €VX€OI  
>XPEKSW IH^IXXW€KM W^MRXN€LI^ O€TIWX )^ REK]N>F~P E^ "R ZEP~W MH  
EPET€VX€O€LI^ O€TIWX  
% XIPNIWSXQ€R]>PPETSX €VX€OIO X~P MK XIVNIHRIO %^ EHSXX XIZ  
O€W^3P€OIR QIKNIPIRMO E XIPNIWSXQ€R]>PPETSX TSRXW^>QE 4€PH>YP I  
OMTMLIRX JVMWW €W O€TIW IK] N~ OMW JYX>WVE ZEK] OIV€OT>VS^>WVE  
XIPNIWSXQ€R]>PPETSXSX EHLEX LS^^> LSK] E XIZ€OIR]W€K WSV>R QMRHZ  
XIPNIWSXQ€R]>PPETSX NIPI^LIXM E OMQIV^3PXW€K Q€VX€O€X MW O^3P~R~V  
1)+.)+=>^TPY^YWQ€VYZIP JIPW^IVIPOI^ZI QMRH~WW^I R€L>R] JYX>WVE ZEK  
LSK] E O€W^3P€O TSRXSWER QIK XYHNE LEX>VS^RM E :3 xQE\ FIGW^3PX €V  
OIV€OT>VS^>WM XIPNIWSXQ€R]>PPETSX €VX€OIO X~P MK XIVNIHRIO %^ EHSXX XIZ

## A teljesftm€ny,llapot megtekint€se

)LLI^ E JYROGM~LS^ GWYOP~R ZMWIPLIXY ZEK] QIPPOEWSR ZMWIPLIXY OS  
%HNE LS^P>NEWSXQ€R]>PPETSX EHEXO€TIVR]Y€O XIWXSPIME€F>V  
1IRNIR IP JYXRM ZEK] OIV€OT>VS^RM  
• TIVG IPXIPX€ZIP QIKNIPIRMO E XIPNIWSXQ€R]>PPETSXE  
+~VKIWWIR E^ EHEXO€TIVR]Y€VI €W XIOMRXWI QIK E JYX>W ZEK] OIV€OT>VS^>WM

## Tejsavk<sztb

% XINWEZO^3W^~F E^ E XIWXIH^€W MRXIR^MX>W EQIPJR€P E XINWEZ IPOI^  
I^ E^ MRXIR^MX>WM W^MRX E XIQT~ E TYP^YWW^>Q ZEK] E XIPNIWSXQ€R]  
E O^3W^~F€VX€OIX E OMQIV^3PXW€K K]SVWYP~ ^3XIQFIR OI^H R~ZIOIHRM %  
E QE\MQ>PMW TYP^YWW^>Q O~V^3PFIP^3P E MPPIXZI E xOQ IW €W E J€  
€XPEKSW JYX~O IWIX€FIR E XINWEZO^3W^~F K]EOVER N~ZEP E QE\MQ>PMW  
MWQIVIX€FIR QIKLEX>VS^LEXNE LSK] QMP]IR OIQ€R]IR OSZ>R IH^IRM ZEK  
ZIVWIR] WSV>R  
,E Q>V MWQIVM E XINWEZO^3W^~FI TYP^YWW^>Q €VX€O€X E^X E JIPLEW^R  
TYP^YW^~R>O FI^SPSP€VY€SQEXMOYWER V~K^SXLIXM E XINWEZO^3W^~F€X

## A teljesftm€nygtربة megtekint€se

% XIPNIWSXQ€R]K~VFI QIKXIOMRX€W€LI^ E^ IPQ±PX xRETFER VIRHIPOI^H  
XIPNIWSXQ€R]Q€VYZIP Q€VX€OIO X~P MK XIVNIHRIO %^ EHSXX XIZ  
)H^€WIOIX LS^L€XQMR VSJNR+GN>FER % XIPNIWSXQ€R]K~VFI E OMJINXIXX I  
J^3KKZ€R]€FIR 1IKXIOMRXLIXM E^ IPY^Y L~RET IPY^Y L>VSQ L~RET ZEK] IP  
%+EVQMR 'SRRO€RQE^>WFER R~ZMPC€SRW^E E  
:>PEWW^€IPDNM V€SXQ€R] W~B€XMIW/SXNQ€R]KTXJFW€KIX

## Tev€kenys€gek €s teljesftm€nym€r€sek szinkroniz,l,sa

% Q>W€VQMR W^3P€OIOVYP W^>VQE^~ XIZ€OIR]W€KIOIX €W XIPNIWSXQ€R]YQ€  
OEV~V>N>Z€PQMR 'SJNR+GN>R OIVIW^X^3P €K] OEV~V>NE TSRXSWEFF O€TI  
IH^IXXW€K€VYP 4€PH>YP V~K^SXLIXM E^ IPY^Y L~RET IPY^Y L>VSQ L~RET ZEK] IP  
E XIZ€OIR]W€K V€W^PIXIMX €W E^SPK€YPRVSJNR+GN>ZEP  
7^MROVSTSWI^VPNR€V>X €W€KQMR O~F€M QMR 'SJNR+GN>ZEP  
8-44E+EVQMR 'SRRO€RQE^>WFER FI>PPSXLEX IK] IPWYHPIKIW IH^YIW^O~^  
IW^O~^K]W€KIWSXIXX IH^€W MH>PPETSX  
% PIKYX~FFM XIZ€OIR]W€KQMR W^3P€OIOVYP W^>VQE^~ XIZ€OIR]W€KIOIX €W XIPNIWSXQ€R]YQ€

## Teljesítményértések kikapcsolása

&M^SR]SW XIPNIWSXQER]EVXIWSXEWIO IK] XIZEOIR]WEK FIJINI^EWIOSV NII  
IK] XIZEOIR]WEK WSV>R NIPIRRIO QIK ZEK] EQMOSV ±N XIPNIWSXQER]EVX  
)^IR EVXIWSXEWIO REQIP]MOERIO IPOIV³PEWI EVHIOEFIR OMOETGWSPLEXN  
8EVXWE PIR]4Q05REX  
:>PEWW6ER0W^8VPNIWSXQER]1EPXETSEKIX

## Edzetségi ,llapot

)^IO E QEV EWIO FIGWPEWIO EQIP]IO WIKSXWEKEZIP R]SQSR O`ZIXLIXM EV  
XVERMRKXIZEOIR]WEKIMX % QEV EWIO LI^ ZEKI^I E XIZEOIR]WEKIOIX OEX  
ZMWIPLIXY OSQTEXMFMPNDWITOP^VSQWY ZIIPNIWSXQER] QEV EWELI^ TYP^Y  
W^3OWEXYWSVHYPLEX LSK] E QEV EWIO IPYW^`V TSRXEXPERSO PIW^RIO  
XIPNIWSXQER]EX  
)^IOIX E FIGWPEWWOXIXEX %R EXPXMS&ME 8SZ>FFM MRJSV[Q] <QWVQMRXGPSQSK  
TIVJSVQERGI HEXEFSPREMRK



)H^IXXWEKMBPRBT SXWEKMS >PPET SX QIKQYXEXNE LSK] E XVERMRK QMP]  
XIPNIWSXQER]EVI )H^IXXWEKMS >PPETSXE E^ :3 QE\ EVXEOFIR EOXY>P  
MPPIXZI E LSWW^± MHYR >X QEVX ,6: >PPET SX>R EPETYP  
:3 QE\ E :3 QE\ E^ E QE\MQ>PMW SIMKERQIRR]MW EK QMPMPMXIVFIR  
TIVGIROERX JIP XYH LEW^R>PRM QE\MQ>PMW QIPNIM SXQER] E MSFHM BQYPP  
%^ -VE QIKNIPIRSXM E LYQEVWEOPIXXIP EW E XIRKIVW^MRX JIPIXXM QE  
QIPIK O`VR]I^IXLI^ ZEK] REK] QEK EWW>KLS^ W^SOXEXNE QEK>X  
,6: E ,6: E^ IPQ±PX LEX RETM TYP^Y WMSZQVZO2KSGMEZ ERMEXSVHNE R>W >P  
%OXY>PMW XEVEOPXW PMW XIVLIP EW E PIKYX-FFM IH^EWXIVLIP EWM TSRXW  
K]EOSVPEX MHYXEVXEQ>% QWYMRXWRXMSBIMPEXV MW  
%^ IH^EWXIVLIP EW E W±P]TSRXNE]IW V`K^SXIXX XIZEOIR]WEKIO MRXIR^MX>W  
IPIQ^M EW O³P`RF`^Y OEXIK-VM>OFE WSVSPNE E^ IH^EWXIVLIP EWX %^  
E OEXIK-VM>ROERXM XIPNIW XIVLIP EWX EW E^ IH^EW W±P]TSRXN>X %^  
IPSW^PW>IH^EWXIVLIP EW WSPHJESRXNE  
6IKIRIV>P-H>WM MHYR QIKQYXEXNE LSK] QIRR]M MHY OIPP  
VIKIRIV>P-HNSR EW OEW^IR >PPNSR 6I0TZIXO14M>WMSRPHJH^EWVI

## Edzettsegi szint

%^ IH^EWWM >PPETSX QIKQYXEXNE LSK] E^ IH^EW QMP]IR LEX>WWE P ZER I  
)H^IXXWEMKM >PPETSXE E^ :3 QE\ EVXEOFIR EOXY>PMW XIVLIPEFWIR FIO  
>X QEVX ,6: >PPETSX>R EPETYP %^ IH^EWWM >PPETSX>X JIPLEW^R>PLEXNE  
IH^IXXWEMKM W^MRX XSZ>FFNEZSX>W>LS^  
2MRGW >PELETSSX LSK] E^ -VE QIK XYHNE LEX>VS^RM E^ IH^EWWM >PPETSX>X  
XIZEOIR]WEKIX OIPP V^-K^SXIRMI EQIP] WSV>R JYX>W ZEK] OIVEO>VS^>  
IVIHQER]IOIX MW  
)H^EW GW^-OOWR^XEMIX XEVXSXX E XVERMRK WSV>R ZEK] E W^SO>WSWR>P  
ZEK] LSWW^EFF MHINI %^ IH^EW GW^-OOIRXEWI E^X NIPIRXM LSK] RIQ  
JINPYHEW EVHIOEFIR R^-ZIPNI E^ IH^EWXIVLIPEWX  
:MWW^E>PEP^XWIFF IH^EWXIVLIPEW PILIXYZE XIW^M LSK] XIWXI VIKIRIV>P  
E LSWW^EFF MHIMK IPL±^H- QIKIVYPXIXY IH^EWWM MHYW^EOSO WSV>R  
IH^EWXIVLIPEWLI^  
\*IRRXEVXIMRPIKM IH^EWXIVLIPEWI IPIKIRHY E^ IH^IXXWEMKM W^MRX JIRRX  
XIK]I Z>PXS^EXSWEFF> E^ IH^EWIOIX ZEK] R^-ZIPNI E^ IH^EWIO W^>Q>X  
)VIHQER]EW EOXY>PMW IH^EWXIVLIPEW QIKJIPY MV>R]FE QS^HSXNE E^ "R  
)H^EWIM WSV>R QMRHIROETTIR ^XIQI^AIR FI TMLIRYMHYW^EOSOEX E^ IH^  
'W±GWMHI>PMW ZIVWIR]>PPETSXFER ZER % QSWXER>FER GW^-OOIRXIXX IH  
XIPNIWIR JIP XYH ET^PRM EW IPPIRW±P]S^LEXNE E OSV>FFM IH^EWX 8I  
V^-ZMHMHIMK PILIX JIRRXEVXERM  
8±PXIVLIPEWXIVLIPEWI VIRHOSZ^P QEKEW EW E OSZ>RXXEP IPPIROI^Y L  
W^3OWEKI 7^>RNSR MHYX E VIKIRIV>P-H>WVE O^-RR]IFF IH^EWIO FI^XIQI  
)VIHQER]XIH^EWXIVLIPEWI QIKJIPY W^MRX E^SRFER >PP-OETIWWEKI G  
TMLIREWVI E X>TP>POS^>WVE EW E WXVIWW^OI^IPWVI J-OYW^>PRM  
1IKIVYPXIXXIMR^GW IK]IRW±P]FER E VIKIRIV>P-H>W EW E^ IH^EWXIVLIPEW )  
OIQER] IH^EW ZEK] IK] REK]SFF IWIQER] YX>R )PYJSVHYPLEX LSK] XIW  
JMK]IPNIR SHE >PXP>RSW IKEW^WEMKM >PPETSX>VE

## Tippek az edzettsegi ,llapot lekéséhez

%^ IH^IXXWEMKM >PPETSX JYROGM- E^ IH^IXXWEMKM W^MRX JVMWWSXIXX EV  
PIKEP>FF IK] :3 QE\ %Q:EVXEWX MWGW^3PX EXSPHEP^MPP  
KIRIV>PREO :3 xQE\ FIGW^3PX EVXEOIX E^EVX LSK] QIKQEVEHNSR E^ IH^  
% :3 xQE\ V^-K^SXEWEX PIXMPXLEXNE E^ YPXVEJYX>W EW E XIVITJYX>W X  
LSK] I^IO E JYX>WM XSTYWSO FIJSP]>WSPN>3 E1E3 xQEK^FXGWERXOEOMCOET  
xSPHEP  
%^ IH^IXXWEMKM >PPETSX JYROGM- PILIXY PIKNSFF OMLEW^R>P>W>LS^ TV-  
• ,IXIRXI PIKEP>FF IK]W^IV XIPNIWSXQER]QEVYZIP JIPW^IVIPOI^ZI JYWWS  
PIKEP>FF TIVGIR OIVIW^X^P EVNIR IP E QE\MQ>PMW TYP^YWW^>QE  
%^ -VE IK] OEX LEXMK X^-VXERY LEW^R>PEXE YX>R E^ IH^IXXWEMKM >PPET  
• 6^-K^SXWI -WW^IW JMXRIW^XIZEOIR]WEKEX E^ IPWYHPIKIW IH^YOEW^3PEO  
XIPNIWSXQER]EOMR]WEKIO EW XIPNIWSXQER]QEXS^WHOPW^MROVSRM^>P>WE  
• :MWIPNI E OEV-V>X JSP]EQEXSWER EPZ>W O^-FIR LSK] XSZ>FFVE MW R  
,6: >PPETSX WIKSXLIX JIRRXEVXERM IK] MRHSOSPX IH^IXXWEMKM >PPETS  
QE\ QEVWIOOIP

## Aktu,lis terhelés

%^ EOXY>PMW XIVLIPEW E^ IPQ±PX R&L>R] RET WSV>R E^ IH^EW YX>RM S\N  
QEVY NIP^M LSK] E^ EOXY>PMW XIVLIPEW EPEGWSR] STXMQ>PMW QEKEV  
E^ "R IK]ERM IH^IXXWEMKM W^MRXNER EW IH^EWWM IPY^QER]IMR EPETYP %  
R^-ZIOIHEWZIP ZEK] GW^-OOIREWZIP Z>PXS^MO

## Az edz€sterhel€s sˆlypontja

% XIPNIWSXQER] EW E^ IH^IXXWEXKM IPYR]~O QEIMQEPMA^P>WE EVHIOEFIR  
EPEGWSR] MRXIR^MX>W± EIVSF IH^EW QEKEW MRXIR^MX>W± EIVSF IH^EW  
W±P]TSRX QIKQYXEXNE LSK] E^ IH^EW LSK]ER SW^PMO QIK E^ IK]IW OEX  
%^ IH^EWXIVLIP£WM W±P]TSRX PIKEP>FF RET IH^EWX MK£R]IP ERREO QI  
EPEGWSR] STXMQ>PMW ZEK] QEKEW I LIXIW IH^EWM IPY^QER] YX>R E^  
OETGWSPEXFER V£W^PIXIWIFF G£PMRJSVQ>GM~O JSKREO VIRHIPOI^£WVI  
IK]IRW±P]X E^ IH^EWXIZ£OIR]W£KIO O^-^XX  
'£PSO E£EXXIXIW IH^EWXIVLIP£WI QMRHIR MRXIR^MX>WM OEXIK~VM>FER E  
%PEGWSR] MRXIR^MX>W± EIVSFTM^E>WMSR]IP£WX~MFR£EPEGWSR] MRXIR^MX  
XIZ£OIR]W£KIX LS^^>EHRM LSK] E QEKEWEFF MRXIR^MX>W± XIZ£OIR]W£  
JIRRXEVXWE E^ IK]IRW±P]X E^ IH^EWXIZ£OIR]W£KIO O^-^XX  
1EKEW MRXIR^MX>W± EIVSF IH^EWXIVLIP£WI QMRHIR MRXIR^MX>W± E  
LS^^>EHRM LSK] MHÝZIP NEZSXLEWWE E XINWEZO^3W^~F£X £W E :3 xQE  
%REIVSF IH^EWXIVLIP£WI QMRHIR MRXIR^MX>W± EIVSF IH^EWXIVLIP£WI  
MHÝZIP R~ZIPLIWWI E WIFIWWEK£X £W EREIVSF OETEGMX>W>X  
/~^ITIWE^ IH^EWXIVLIP£W OMIK]IRW±P]S^SXX £W E^ IH^EW WSV>R ERREO  
%PEGWSR] MRXIR^MX>W± EIVSF IH^EWXIVLIP£WI QMRHIR MRXIR^MX>W± E  
)^ W^MP>VH EPETSX FM^XSW£X £W JIPO£W^SXM "RX MRXIR^SZIFF IH^EW  
1EKEW MRXIR^MX>W± EIVSF IH^EWXIVLIP£WI QMRHIR MRXIR^MX>W± EIV  
E XIZ£OIR]W£KIO IPY^WIKSXM E XINWEZO^3W^~F E :3 QE\ EVX£O £W E^ >  
%REIVSF J~OY^W XIVLIP£WI X~FFR]MVI MRXIR^SZ XIZ£OIR]W£KIOFY^P >PP )  
IPYR]~O K]SVW K]EVETSH>W>LS^ ZI^IX E^SRFER W^3OW£KIW LSK] E^ IK]  
EPEGWSR] MRXIR^MX>W± XIZ£OIR]W£KIOIX MW Z£KI^AIR  
'£PSO JI£IXXIXIW IH^EWXIVLIP£WI QIKLEPEHNE E^ STXMQ>PMW EVX£OIX

Terhel€si ar,ny

% X1VLIP£WM EV>R] E V<sup>-</sup>ZMH X>Z± IH^£WX1VLIP£W £W E LSWW^± X>Z± IH^£  
Z>PXS^>WEMREO R]SQSR O<sup>-</sup>ZIX£W£LI^ LEW^RSW

| €PPETSX       | ^VX£O      | 0ISV>W                                                                                                   |
|---------------|------------|----------------------------------------------------------------------------------------------------------|
| 2MRGW >P2MRGW |            | % XIVLIP£WM EV>R] O£XLIXIW IH^£W YX>R P>XLEX-                                                            |
| %PEGWSRJ      | MWIFF QMRX | % V^-ZMH X>Z± IH^£WXIVLIP£W OMWIFF QMRX E LS                                                             |
| 3TXMQ         | MW •       | % V^-ZMH £W LSWW^± X>Z± IH^£WXIVLIP£W OMIK]IR<br>XEVXSQ>R] E^ "R IK]£RM IH^IXXW£KM W^MRXN£R £V<br>EPETYP |
| 1EKEW         | •          | % V^-ZMH X>Z± IH^£WXIVLIP£W REK]SFF QMRX E LS                                                            |
| 2EK]SR QEKEW  | WEK] QEKEW | % V^-ZMH X>Z± IH^£WXIVLIP£W NIPIRXýWIR REK]SFF<br>IH^£WXIVLIP£W                                          |

Az edzési hat, sr

%^ IH^EWM LEX>W JYROGM~ QEVM E XIZEOIR]WEK LEX>W>X E^ EIVSF EW E  
E XIZEOIR]WEK WSV>R LEPQS^~HMO JIP % XIZEOIR]WEK IPYVILEPEHX>ZEP  
IH^EWM LEX>WX E JIPLEW^R>P~M TVSJMPHEHEXSO EW E^ IH^EWM IPY^QER]I  
EW E XIZEOIR]WEK MRXIR^MX>WE LEX>VS^E QIK ,EX O^3P~RF^y IH^EWM L  
E XIZEOIR]WEK IPWYHPIKIW IPYR]IMX 1MRHIR GSQOI W^SRO~HHEP ZER IP  
J~OYW^R^CH^EWXIVLIPEW WSPHTEPRXINE ZMWW^ENIP^EWM OMJINI^EWRIO  
EVXEOVI K]EOSVSPX NIPIRXYW LEX>W% OMJINEVQMRIOS ZERROK]QWEKIPIPYF  
VEW^PIXIW PISV>W>FER

%^ EIVSF IH^EWM LEX>W JYROGM~ E TYP^YWW^>Q EPETN>R QEVM E^ IPZEK  
LEX>W>X EW NIP^M LSK] E^ IH^EW W^MRXIR XEVX~ ZEK] NEZSX~ LEX>WW  
IQIPOIHIXX S\MKERJSK]EW^X>WX )43' E VIRHW^IV IK] WSV SP]ER EVXEOV  
E^ "R IH^IXXWEKM W^MRXNEX EW IH^EWM W^SO>WEMX %^ >PPERH~ O^~ITI  
LSWW^EFF MHIMK XEVX~ MRXIVZEPPYQSO X~FF QMRX xQT FIMOXEX>W  
EIVSF QIXEFSPM^QYWVE I^>PXEP NSFF EIVSF IH^EWM LEX>WX IVIHQER]I^

%^ EREIVSF IH^EWM LEX>W E TYP^YW EW E WIFIIWWEK ZEK] IVy EPETN>R  
LEX E XIPNIW\$XQER]EVI E REK]SR REK] MRXIR^MX>W± IH^EW WSV>R % OE  
EW E XIZEOIR]WEK XSTYW>R EPETYP %^ MWQEXIPX Q>WSHTIVGIW Q  
N~ LEX>WWEP ZERREO E^ EREIVSF OETIWWEKIOVI EW REK]SFF EREIVSF I

%%IVSF IH^EWM W^EWEW SF IH^EWMEXX^YOERX LS^^EHLEX~ E^ IK]MO IH^E  
LSK] R]SQSR O~ZIXLIWWI E^ EHEXSOEX E XIZEOIR]WEK WSV>R

| )H^EWM LE%>WSF R]IVIWEK                                                           | %REIVSF R]IVIWEK                             |
|-----------------------------------------------------------------------------------|----------------------------------------------|
| EW O2MRGXW R]IVIWEK                                                               | 2MRGW R]IVIWEK                               |
| EW O'WΓOXEP] R]IVIWEK                                                             | 'WIOEP] R]IVIWEK                             |
| EW O^1R^XXEVXNE E^ EIVSF IH^IXX^WEXXEVXNE E^ EREIVSF IH^IXXWE                     |                                              |
| EW O,E'X>XWEP ZER E^ EIVSF IH^I,XEWZWEIP ZER E^ EREIVSF IH^IXXV                   |                                              |
| EW O%↑V\$K IH^IXXWEKVI K]EOSVSPX NIPIRXYW LEX>W                                   | %REIVSF IH^IXXWEKVI K]EOSVSPX NIPIRXYW LEX>W |
| 8±PXIVLIPy EW TSXIRGM>PMWERXOVLSWY EOWPTSYVRGIM>PMWER O<br>RIV>P~H>WM MHy R&PO^3P | RIV>P~H>WM MHy R&PO^3P                       |

% 8VEMMRK )JJIGX^MVWLFSPX KMRXP^M&ME EW X>QSKEXNE 8SZ>FFM MRJ  
IP [E[ JMVWXFI E KFSQEPVE

Regener,ld,si id...

%+EVQMRV^3PEOIX GWYOP~EPET± TYP^YWQEvyZIP ZEK] OSQTEXMFMPMW Q  
P>WWE QIRR]M MHy ZER QEK L>XVE E XIPNIW VIKIRIV>P~H>WMK EW QMOS  
1)+.)+=>^E VIKIRIV>P~H>WM MHyVI ZSREXOS^~ NEZEWPEX E :3 xQE\ FIGW  
TSRXEXPERREO X RLIX 2EL>R] XIZEOIR]WEKIX IP OIPP ZEKI^RMI ELLS^ L  
XIPNIW\$XQER]EX

% VIKIRIV>P~H>WM MHy O~^ZIXPIR^3P IK] XIZEOIR]WEK YX>R NIPIRMO QIK  
EQ\$K STXMQ>PMW RIQ PIW^ E^ >PPETSXE ELLS^ LSK] ±NEFF OIQER] IH^EV  
EPZ>W E WXVIWW^ E TMLIREW EW E XIWXQS^K>W Z>PXS^>WEM EPETN>R J

## Regener,Id,si id... megtekintése

% PIKTSRXSWEFF FIGWP£W £VHIO£FIR Z£KI^AI PP EIPLEMEW>R>M-IVSVSIPMF  
xSPHEW >PP\$XWE FI E QEIMQ%PMW^TYP^YW>XSPHEW  
/I^HNI IP E JYX>WM XIZ£OIR]W£KIX  
% JYX>W FIJINI^X£ZIIIR Z£P£W£W££KIX  
1IKNIPIRMO E VIKIRIV>P-H>WM MHý % QEIMQ>PMW MHý RET  
1)+.)+=>^E W^>QPEP£Z£EK;2 KSQF QIKR]SQ>W>ZEP QIKXIOMRXLIXM E^ IH  
^WW^IJSKPEP£78%6£SQF QIKR]SQ>W>ZEP Z£KMKK^VKIXLIXM E Q£VýW^>QS  
QIKXIOMRX£W£LI^

## Regener,Id,si pulzussz,m

%QIRR]MFIR GWYOP-H ZMWIPLIXý ZEK] QIPPOEWSR ZMWIPLIXý OSQTEXMF  
XIZ£OIR]W£K YX>R IPPIRýVM^LIXM VIKIRIV>P-H>WM TYP^YW>X % VIKIRIV>P  
£W E^ IH^£W FIJINI^£WI YX>R O£X TIVGGIP Q£VX TYP^YW O^X XM O^P-RF  
QIK>PP\$XNE E WXSTTIVX % TYP^YWE FTQ /£X XIZ£OIR]W£K ZEK] PIZI  
FTQ % VIKIRIV>P-H>WM TYP^YWE FTQ Q\$RYW^ 2£L>R] XERYPC  
VIKIRIV>P-H>WM TYP^YWW^>Q £W E OEVHMSP-KMEM IK£W^W£K O^X XM %  
YXEP  
8-44E PIKNSFF IVIHQ£R] £VHIO£FIR RI QS^SKNSR O£X TIVGIR OIVIW^X^P E  
VIKIRIV>P-H>WM TYP^YW£VX£O£X  
1)+.)+=>^E VIKIRIV>P-H>WM TYP^YWW^>Q\$X RIQ E^ EPEGWSR] MRXIR^MX>V  
EPETN>R W^>Q\$XNE OM E^ EPOEPQE^>W

## Edzési ,llapot sz<neteltetése és folytat,sa

,E QIKW£V^PX ZEK] FIXIK W^3RIXIPXIXLIXM E^ IH^£WM >PPETSX>X )OOSV  
JMXRIW^XIZ£OIR]W£KIOIX HI E^ IH^£WM >PPETSXE E^ IH^£WXIVLIP£W J-H  
ZMWW^ENIP^£W ZEPEQMRX E^ IH^£WNEZEWEPEXSO MP]IROS V >XQIRIXMPIK  
,E O£W^IR >PP E^ IH^£W ±NVEOI^H£W£VI JSP]XEXLEXNE IH^£WM >PPETSX  
LIXM IK] :3 QE\ Q£V£W W^3QW£K£W W^3PX £XSP£O£VýP  
,E W^3RIXIPXIXRM O\$Z>RNE IH^£WM >PPETSX>X Z>PEWW^SR IK] PILIXýW  
• %^ IH^£WM >PPETSX ^WW^IJSKPEP£4-MIO\$PXX£WXZMP£PWPMSQ££TESX  
W^3RIXIPXP££WýW£KIX  
• %+EVQMR 'SIRIP£\$X>WSOFER Z>PEW\$MP£N£W£XQ£RQIW£X££W>R M£T£OXE  
:)H^£WM >PPETSX W^3RIXIPXIX£WI  
7^MROVSRM^>P+NEVQMR-'SIRIP£\$X>ZEP  
,E JSP]XEXRM O\$Z>RNE IH^£WM >PPETSX>X Z>PEWW^SR IK] PILIXýW£KIX  
• %^ IH^£WM >PPETSX ^WW^IJSKPEP£4-MIO\$PXX£WXZMP£PWPMSQ££TESX JSP]X  
PILIXýW£KIX  
• %+EVQMR 'SIRIP£\$X>WSOFER£IZNPW£XQ£R£W£X££W>R M£T£OX££WM  
>PPETSX JSP]X£XýW£KIX  
7^MROVSRM^>P+NEVQMR-'SIRIP£\$X>ZEP

Edzésre való felkészültség

%^ IH^EWVI ZEP~ JIPOEW^3PXWEK IK] TSRXW^>Q EW IK] V~ZMH ^3^IRIX EQI  
>PP OEW^IR E^ IH^EWVI E^ IK]IW RETSOSR % TSRXW^>Q OMW^>Q\$X>WE EW  
X~VXERM O E^ EP>FFM XER]I^YO EPETN>R  
• %PZ>WM TSRXW^>Q IPY^Y IWXI  
• 6IKIRIV>P~H>WM MHY  
• ,6: >PPETSXE  
• %OXY>PMW XIVLIPEW  
• %PZ>WM IPY^QER]IO IPY^Y ENW^EOE  
• 7XVIWW^IPY^QER]IO IPY^Y RET

| 7^SR^~RE                 | )VIHQER] | 0ISV>W                                             |
|--------------------------|----------|----------------------------------------------------|
| <div></div> 0MPE         | •        | /MZ>P~<br>% PILIXY PIKNSFF                         |
| <div></div> /EO          | •        | 1EKEW<br>/EW^IR >PP E OMLSZ>W SOVE                 |
| <div></div> >~PH         | •        | /~^ITIW<br>*IPOEW^3PX                              |
| <div></div> 2EVERGWW>VKE | •        | %PEGWSR]<br>-HINI PEWW\$XERM                       |
| <div></div> 4MVSW        | •        | +]IRKI<br>,EK]NE LSK] W^IVZI^IXI VIKI<br>P~HLEWWSR |



% OSV>FFM IH^EWVI ZEP~ JIPOEW^3PXWEKM IV+EQQMIRO'SQNK-KO~MFE\$EWELI^

Vez€rl...k

% ZI^£VPýQIR³ WIK§XW£K£ZIP K]SVWER LS^^>J£VLIX E^ ¬VE JYROGM¬MLS'  
IPIQIOIX ZILIX JIP X¬V¬PLIXM E^ EOXY>PMW STGM¬% EZX^£WPPYQXIZI³ Q¬HSWS  
XIWXVIW^E£SWPEEP  
&>VQIP] O£TIVR]ýR MW ZERO-X£SPXW£ýWBR£SQZE E



| -OSR2£Z                                                                             | 0ISV>W                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | % & ' :>PEWW^E OM E QEKEWW>KQ£Vý FEVSQ£XIV £W MV>R]X                                                                                                                                                                                                                        |
|    | 6IT³Pý ³^IQQH :>PEWW^E OM E VIT³Pý ³^IQQ-H IRKIH£P]I^£W£X E^ -WW^<br>RMO>GM- OMOETGWSP>W>LS^                                                                                                                                                                                |
|    | ^FVIW^Xý-VE :>PEWW^E OM IK] £FVIW^X£W LS^^>EH>W6M£WZ£KW W^N^P<br>X>WE xSPHEP                                                                                                                                                                                                |
|    | 1>W MHý^~R> :>PEWW^E OM LE QIK OSZ>RNE XIOMRXIRM E TMPPEREX<br>MHý^~R>O>PEXS^~ MHý^~R>O LSK^SPB£PWE                                                                                                                                                                         |
|    | 1EKEWW>KQ£Vý :>PEWW^E OM E QEKEWW>KQ£Vý O£TIVR]ý QIKR]MX>W>LS                                                                                                                                                                                                               |
|    | 7IK§XW£KO£V :>PEWW^E OM WIK§XW£K7OK§XW£KOP££W£LP^                                                                                                                                                                                                                           |
|    | &EVSQ£XIV :>PEWW^E OM E FEVSQ£XIV O£TIVR]ý QIKR]MX>W>LS^                                                                                                                                                                                                                    |
|    | )RIVKMEXEO£V :>PEWW^E OM E^ IRIVKMEXEO£V£OSW)RINQO£KE£O£FOSW<br>H>WM FI>PP§XSPB£P                                                                                                                                                                                           |
|    | *£R]IVý :>PEWW^E OM E O£TIVR]ý J£R]IVN^N^O£TOVR]ýP£SPWXLW^S£<br>QIKZ>PXS^X£X>SPB£P XýW£KIX                                                                                                                                                                                  |
|   | 4YP^YW PIEH :>PEWW^E OM E TYP^YWEHEXSO T>VSW§XSXX IW^O^-^OV<br>W>LS4YP^YWEHEXSO XSZ>P££R>WE                                                                                                                                                                                 |
|  | 2ETX>V :>PEWW^E OM E XIPIJSR RETX>V>FER W^IVITPý O^-^IPKý I                                                                                                                                                                                                                 |
|  | /EQIVEZI^£V :>PEWW^E OM J£R]O£T QERY>PMW O£W^§X£W%1£VMM PPIX<br>O£EQIVE ZI^£VPýMRIO xLSPW£P>PEXE                                                                                                                                                                            |
|  | 'V>O :>PEWW^EVO£FEOEPQE^>W QIKR]MX>W>LS^ ELSP FI>PP§X<br>MHý^§XýX E WXSTTIV~V>X ZEK] Q>WMO MHý^~R>OEX XIC                                                                                                                                                                   |
|  | -V>R]X :>PEWW^E OM E^ MV>R]X O£TIVR]ý QIKR]MX>W>LS^                                                                                                                                                                                                                         |
|  | /MNIP^ý :>PEWW^E OM E VMEW^X>WSO £W O£^QS1MMP£KIS£O£STV<br>O£TIVR]ýQQ-H OMOETGWSP>W>LS^WSPWVLR]ýFI>PP§X>WSO QIKZ>PX<br>xSPHEP                                                                                                                                               |
|  | 2I ^EZEVN :>PEWW^E OM E TYP^YWEHEXSO T>VSW§XSXX XIPIJSR LERK&FMI£XSX>W>RE<br>IVIN£RIO XSQT§X>W>LS^ ZEPEQMRX E JMK]IPQI^XIX£WIC<br>%^ ³^IQQ-H LEW^R>PEX>X T£PH>YP JMPQRE^£W O^-^FIR N                                                                                        |
|  | 8IPIJSROIVI :>PEWW^E OM E T>VSW§XSXX XIPIJSR LERK&FMI£XSX>W>RE<br>LEX~X>ZSPW>K>R&FPI£RSE£RLV%WW£K QI^SNVIRVRRP£E^<br>O£TIVR]ýN£R £W R^-ZIW^MO ELSK] O^-^IPIHMO E XIPIJS<br>>PEWW^E OM LSK] +47 WIK§XW£K£ZIP QIK407XIVWY IPZI<br>OIR]W£K WSV>R IPZIW^IXX XIPXSBR£QIKOIVIW£WI |
|  | )PIQP>QTE :>PEWW^E OM E O£TIVR]ý FIOETGWSP>W>LS^ LSK] E^ ~V<br>LEW^R%PRWIFP>QTE O£TIVR]ýN£R xSPHEP^R>PEXE                                                                                                                                                                   |
|  | +EVQMR 7LEVI :>PEWW^EEQMR £IP£O£BPQE^>W QIKR]M£QMR>LS£EVI<br>xSPHEP                                                                                                                                                                                                         |

| -OSR2£Z                                                                             | 0ISV>W                                                                                                                                             |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|    | )PÝ^Q£R] :>PEWW^E OM E XIZ£OIR]W£KIPÝ^Q£R]IO VIOSVH SO £W W£LI^                                                                                    |
|    | /£W^³P£O ^>V :>PEWW^E OM E KSQFSO £W E^ £VMRXýO£TIVR]ý PI^>V>W Z£PIXPIR PIR]SQ>WSOEX £W IPL±^>WSOEX                                                |
|    | 1IWWIRKIV :>PEWW^E OM E WIR£POEPQE^>W QIKR]MXWWR£SWROGM~ LEW^R PEX£SPHEP                                                                           |
|    | >IRI :>PEWW^E OM E ^IRIPIN>XW^>W ZI^£VP£W£X ~V>N>R ZEK]                                                                                            |
|    | ^VXIW\$X£WI :>PEWW^E OM E L\$Z>WSO W^~ZIKIW ³^IRIXIO O~^~WW£K QK]£F E XIPIJSR £VXIW\$X£WM FI>PP\$X>WEMFER QIKNIP~ &PYIX£S/XUW\$X£WIO IRKIX£PH££W I |
|    | 8IPIJSR :>PEWW^E OM E PIMSSGLRSP~KME £W E T>VSW\$XSXX XIPIJSR PIXMPX>W>LS^                                                                         |
|    | /MOETGWSP>W :>PEWW^E OM E^ ~VE OMOETGWSP>W>LS^                                                                                                     |
|    | 4YP^S\MQ£XIV :>PEWW^E OM E TYP^S\MQ£XIV EP~OYEP^SEMO£XQIKR]MX>W>LS^                                                                                |
|    | :~V~WIPXSP~H>W :>PEWW^E OM E O£TIVR]ý Z~V~W >VR]EPEXSOVE X~VX£RY JER]ZMW^SR]SO O~^~XX MW LEW^R>PRM XYHNE E^ ~V>X                                   |
|   | ,IP] QIRX£WI :>PEWW^E OM E^ EOXY>PMW LIP] QIRX£W£LI^ LE O£WýFI                                                                                     |
|  | -Hý FI>PP\$X>W£E~MW^E OM E^ ~VE ZEPEQMRX E XIPIJSR ZEK] E Q LS >PXP                                                                                |
|  | &I>PP\$X>WSO :>PEWW^E OM E FI>PP\$X>WSO QIR³N£RIO QIKR]MX>W>LS^                                                                                    |
|  | %PZ~ ³^IQQ~H :>PEWW^E OM E PIM~E^IQO~HTGWSP>W>LS^ ZEK] OM~ZETGWSP>V ³^IQQ~H XIWXXVIW£SPHEP                                                         |
|  | 7XSTTIV :>PEWW^E OM E WXSTTI~V~ W£XSPTMRH££W£SPHEP                                                                                                 |
|  | 2ETJIPOIPXI £W RET :>PEWW^E OM E RETOIPXI RETPIQIRXI £W W^³VO³PIXM M PIQIRXI                                                                       |
|  | 7^MROVSRM^>P>W :>PEWW^E OM E^ ~VE £W E T>VSW\$XSXX XIPIJSR W^MROV                                                                                  |
|  | -Hý^\$Xý :>PEWW^E OM E ZMW W^EW^>QP>P~Z MWý~SEW^>Q P PSX MW~ý~ MRH\$X>W£SPHEP                                                                      |
|  | ^VMRX£W :>PEWW^E OM E^ £VMRXýO£TIVR]ý ZI^£VPýMRIO OMOETG                                                                                           |
|  | 4£R^X>VGE :>PEWW^E OM E OM~RT££~X>VGE QIKR]MX>W>LS^ £W JM^IWWI ~V>NE WIK\$XWVQMRP£SPHEP                                                            |
|  | -HýN>V>W :>PEWW^E OM E^ EOXY>PMW MHýN>V>W IPýVINIP^£W £W E X£W£LI^                                                                                 |

|                                                                                         |                                         |
|-----------------------------------------------------------------------------------------|-----------------------------------------|
| -OSR2£Z                                                                                 | 0ISV>W                                  |
|  ;M *M | :>PEWW^,EOMSEQYRMO>GM~O OMOETGWSP>W>LS^ |

## A vezérl...men< megtekintése

% ZI^£VPÝQIR³ SPJER STGM~OEX XEVXEPQE^ QMRX E WXSTTIV~VE E GW  
 OMOETGW~SEVW~MRK&E↑X>VG>X MW QIKR]MXLEXNE  
 1)+.)+=>^E ZI^£VPÝQIR³ STGM~MLS^ ±NEOEX EHLEX LS^^> MPPIXZI >XVIRH  
 TEVERGWMOSRXZSEVWÝQIR³ XIWXYXSWHEPWE  
 &>VQIPJMO O£TIVR]ýR XEVX,WESEQFSXQZE E



%^ STGM~O >XXIOMRX£W~LIZERK]SQNESQFSXE^  
 8-44E^ STGM~O IPJSVKEX>W>LS^ E^ £VMRXýO£TIVR]ýX MW IPL±^LEXNE

## A vezérl...men< testreszbab,sa

% ZI^£VPÝQIR³FIR ±N IPIQIOIX ZILIX JIP E K]SVWQIR³FI X~V~PLIXM E^ EO  
 Q~HSWSXLEXNE E^%OZMSEVWÝQIR³E QIKXKSMREPW I  
 8EVXWE PIR]SQNESQFSX  
 :>PEWW~IKNEIPIR]WEVP~POLIXýWEKIX  
 :>PEWW^E OM E Q~HSWSXERM O\$Z>RX TEVERGWMOSRX  
 :>PEWW^SR OM IK] PILIXýWEKIX  
 • % TEVERGWMOSR ZI^£VPÝQIR³FIR ZEP~ LIP]£XVOIRHPSWXYWEKIX^ Z>PE  
 • % TEVERGW~MOSRXPEX~XýWEK OMZ>PEW^X>W>ZEP X>ZSP\$XLEXNE IP E ZI  
 7^3OW£K IWIX£R Z~PEW~EPEW~XýWEKIX LE XSZ>FFM TEVERGWMOSR SOE  
 ZI^£VPÝQIR³L~^

## A zsebl,mpa k£perny...j£nek haszn,lata

% ^WIFP>QTE LEW^R>PEXE GW~OOIRXLIXM E^ EOOYQYP>XSV ³^IQMHIN£X  
 8EVXWE PIR]SQNESQFSX  
 :>PEWW~EPELIXýWEKIX  
 % J£R]IVý £W E W^\$R FI>PP\$X9WZIEK3;R]SQNESQXIK E^  
 8-44E0-+,8KSQF O£XW^IVM QIKR]SQ>W>ZEP E N~ZýFIR I^^IP E FI>PP\$X>WM

## GarminEPay

%+EVQMRKJEDGM- WIKSXW£K£ZIP -V>N>X JM^IX£WVI LEW^R>PLEXNE E V£W  
T£R^³K]M MRX£^IXIO >PXEP OM>PP\$XSXX LMXIP £W FEROO>VX]E LEW^R>P

## A GarminEPay nzt,rca be,llft,sa

+EVQMRKJEDGM- WIKSXW£K£ZIP -V>N>X JM^IX£WVI LEW^R>PLEXNE E V£W  
TIK] Q>WMO O>VX]>VE X^VX£RY

%+EVQMR 'SERRO£RQE^>WFER R•ZMP£SRW^E E

:>PEWW^EEOMER"-E]YPNISRXÝW£KIX

/^ZIWWI E O£TIVR]ÝR QIKNIPIRÝ YXEWSX>WSOEX

## Fizetés az •ra haszn,lat,va

1MIPÝXX E^ -V>N>X Z>W>VP>WSO OMJM^IX£W£LI^ LEW^R>PLEXR> FI OIPP >  
O>VX]>X

%^ -V>N>X E W^SPK>PXEX>WFER V£W^X ZIZÝ LIP]IOIR LEW^R>PLEXNE Z>W>

8EVXWE PIRPSQ,ZM£SRX

:>PEWV£M£SRX

%HNE QIK R£K] W^>QNIK]FÝP >PP- NIPW^EZ>X

1)+.)+=>^£QIRRMFIR L>VSQ EPOEPSQQEP VSWW^ NIPW^~X EH QIK E T£

ZMWW^E OIPP >PP\$X£RQME 'SERRO£RQE^EWFER

% JM^IX£WLI^ PIKYX-FF LEW^R>PX O>VX]>NE NIPIRMO QIK



,E X^FF O>VX]>X E£SXMRKJEDGM- WIKSXW£K£ZIP -V>N>X JM^IX£WVI LEW^R>PLEXNE E V£W  
(3;2 KSQFSX STGMSR>PMW

Q>WSHTIVGIR FIP³P XEVXWE E^ -V>X E JM^IX£WM PISPZEW- O^~IP£FI

%^ -VE VI^IK £W IK] TMTE NIPIRMO QIK E OMNIP^ÝR LE FIJINI^ÝH^XX E

7^³OW£K IWIX£R O^ZIWWI E O>VX]ESPZEW~R QIKNIPIRÝ YXEWSX>WSOEX

8-44E NIPW^~ WMOIWIW QIKEH>WE YX>R -V>R >X E NIPW^~ QIKEH>WE R£F

-V>X ,E IPX>ZSP\$XNE E^ -V>X E GWYOP~N>V~P ZEK] PIXMPXNE E TYP^YW  
NIPW^EZ>X

## K,rtya hozz,ad,sa GarminEPay nzt,rc,j,hoz

%O>V LMXIP £W FEROO>VX]E LEW^R>PLEXNE E V£W

%+EVQMR 'SERRO£RQE^>WFER R•ZMP£SRW^E E

:>PEWW^EEOMER"-E]YPNISRXÝW£KIX

/^ZIWWI E O£TIVR]ÝR QIKNIPIRÝ YXEWSX>WSOEX

% O>VX]E LS^^>EH>W>X O^ZIXÝIR JM^IX£WOSV OMZ>PEW^XLEXNE E O>VX]>X

## A GarminEPlayty,k kezelé

0ILIXýW£KI ZER E^ IK]IW O>VX]>O MHIMKPIRIW JIPJ³KKIW^X£W£VI ZEK] X~  
1)+.)+=>^FM^SR]SW SVW^>KSOFER E V£W^X ZIZý T£R^³K£M QMRP4E]CMI-OMØ  
%+EVQMR 'S£RRO£RQE^>WFE R•Z£P£QW^E E  
:>PEWW^EEQ QMRP4E]XýW£KIX  
:>PEWW^SR OM IK] O>VX]>X  
:>PEWW^SR OM IK] PILIXýW£KIX  
• )K] O>VX]E MHIMKPIRIW JIPJ³KKIW^X£W£LI^ ZEK] E JIPJ³KKIW^X£W ZMW  
JIPJ³KKIW^X£W£KIX  
%RREO £VHIO£SIVIVYR]W>ZEP Z>W>VSPRM XYHNSR E O>VX]>REO EOX  
• % O>VX]E X~VP£W£IPIZ£R£W£KIX E

## A GarminEPlayty,k kezelé

-WQIVRMI OIPP EOXY>PMW NIPW^EZ>X ERREO Q~HSWSX>W>L\$EVQMRP4E]CMI-OMØ  
JYROCSMIXYR~V~W>R P£XVI OIPP LS^RME IK] ±N NIPW^~X QENH QIK OIPP  
%+EVQMR 'S£RRO£RQE^>WFE R•Z£P£QW^E E  
:>PEWW^EEQ QMR".4E]W^~ Q~HSWSX>W>L\$EVQMRP4E]CMI-OMØ  
/~ZIWWI E O£TIVR]ýR QIKNIPIRý YXEWSX>WSOEX  
\*SVIVYR~V~WE O~ZIXOI^ý LEW^R>PEXEOSV E^ ±N NIPW^~X OIPP QIKEHRME

## Reggeli jelentés

%^ ~VE E W^SO>WSW £FVIH£WM MHý EPETN>R NIPIR(SX M IQS IQESXIKKIPM NI  
£W Z>PEWW^E£QMR E NIPIRX£W QIKXIOMRX£W£LI^ EQIP] E^ MHýN>V>WM  
TYP^YWW^>QZ>PXS^>W >PPETSX>X £W Q£K%WV£Q£WP M RJ S VQ£GM ~X V£W£VE~P  
xSPHEP

## A reggeli jelentés testreszab,sa

1)+.)+=>^7^IOIX E FI>PPSX>WSOE~E£QMR~SIVR~Z£K] FER W^EFLEXNE XIWXVI  
8EVXWE PIRP£Q£QESX  
:>PEWW^EIKOM P£R£M KIPM NIPIRX£W£KIX  
:>PEWW^SR OM IK] PILIXýW£KIX  
• % VIKKIPM NIPIRX£W IRKIHEP]I^£W£LI^ .Z£K]X£W M QIKNIPIRý E  
• :>PEWW^EIKOM P£R£M KIPM NIPIRX£W£KIX E VIKKIPM NIPIRX£WFIR QIKNIPIRý E  
XSTYW>REO XIWXVIW^EF>W>LS^  
• :>PEWW^EIKOM P£R£M KIPM NIPIRX£W£KIX E QIKNIPIRýXIXX R£Z XIWXVIW^EF>W>LS^  
• :>PEWW^EIKOM P£R£M KIPM NIPIRX£W£KIX E QIKNIPIRýXIXX R£Z XIWXVIW^EF>W>LS^

# Edzés

## Edzés versenyeseményre

'V>NE RETM IH^EWIOIX XYH NEZEWSPRM E JYX>WM ZEK] OIV&OT>VS^>WM IV  
>PPREO E :3 QE\ FIGW^3PX QEVX ECGW^3PX EWSPEOE OVYP  
8IPIJSRN>R ZEK] W^>Q\$X-K&EVRQMRM'VIMETOQXKE  
>PEWW^E OM E^ IWIQ&R] RETN>X EW EHNE LS^^> E ZIVWIR]IWIQ&R]X  
/IVIWLIX O^-^IPFIR P&Zy IWIQ&R]X ZEK] P&XVILS^LEX WEN>X IWIQ&R]X  
%HNE QIK E^ IWIQ&R] V&W^PIXIMX EW LE IP&VLIXy EHNE LS^^> E T>P]>X  
7^MROVSRM^>PHEVQMR-'SJR-XON>ZEP  
% OEV-V>R K^-VKIWWIR E^ IPWYHPIKIW IWIQ&R] ^WW^IJSKPEP-N>LS^ EW  
ZIVWIR]IWIQ&R]LI^ ZEP- ZMWW^EW^>QP>P>WX  
% W^>QPETSR R]SQM&SQIFBX QENH Z>PEWW^SR OM IK] JYX>WM ZEK] O  
1)+.)+=>^ZE PIKEP>FF IK] W^EFEHX&VM JYX>WX ZEK^IXX TYP^YWEHEXSO  
XIPNIWSXQ&R]EHEXSOOEP RETM NEZEWSPX IH^EWIO NIPIRRIO QIK E OE

## Versenynapt, r és els...dleges verseny

%QMOSV ZIVWIR]IWIQ&R]XONER 'SRPEXV>LS^ QIKXIOMRXLIXM E^ IWIQ&R]X  
IPWYHPIKIW ZIVWIR] ^WW^IJSKPEP-WM>RJSX RLSBPOEHPWWZIQ&R] H>XYQ>REO E  
O^-ZIXOI^y RETFER OIPP PIRRM I % OEV-V& QYXEXNE LSK] QIRRM MH  
FIGW^3PX FIJINI^&WM MHymK GWEO JYX-IWIQ&R]IO IWIX&R ZEPEQMRX E^



1)+.)+=>^E LIP]W^\$RVI EW E H>XYQVE ZSREXOS^- OSV>FFM MHymN>V>WM EH  
IPYVINIP^&WM EHEXSO O^-V^PFIP^3P RETTEP E^ IWIQ&R] IPYXX NIPIRRIO  
,E IK]R&P X^-FF ZIVWIR]IWIQ&R]X EH LS^^> E VIRHW^IV QIKO&VM LSK] Z>P  
%XX-P J^3KKyIR LSK] VIRHIPOI^&WVI >PPREO I E^ IWIQ&R] T>P]>N>REO EHE  
E T>P]E X&V&EGLX&WZIX EHLE&GLX&SERMR&PHEP

## Egységesített edzési ,llapot

,E IK]RÉP+XEVQMRW^3PÉOIX+EEZQMR>PSRMION>ZEP OMZ>PEW^XLEXNE QIP]M  
IPWÝHPIKIW EHEXJSVV>W E QMRHIRRETM LEW^R>PEXLS^ MPPIXZI IH^ÉWL  
%+EVQMR 'SRROGRQE^>WFE P•Z'ÉIEWPS^PVELSÓYWÉKIX  
)PWÝHPIKIW IH^ÝQXW^3PÉOXLEXNE FI E^ IH^ÉW QÉVÝW^>QEMREO IPWÝHPIK  
>PPETSXSX ÉW E XIVLIPÉW J-OYW^>X  
)PWÝHPIKIW ZMWIPLMX^OEPWSXREOXNE FI E RETM IKÉW^WÉK^3K]M EHEXSO T  
IPWÝHPIKIW EHEXJSVV>W>X )^ E^ E^ -VE OIPPIRI PIK]IR EQMX E PIKK]E  
8-44E+EVQMRPIKTSRXSWEFF IVIHQÉR] ÉVHIOÉFIR E^X NEZEWSEQMR 'ISSR]OX  
JM-OX>X

## Egészség és wellness be,llft,sok

8EVXWE PIRPSQZQESX QENH)Z>PVEWWKEÉWLNX>PWXKIX  
'WYOP-R QÉVXPMLRÝZWXIW^M E GWYOP-R ZMWIPLIXÝ TYP^WWQÉVR FI>PPS  
ZMWIPLIXÝ TYP^YWQÉX\$FHFFPSX>WEM  
4YP^S\IMQEKUMXÝZE XIW^M E TYP^S\IMQÉX%IVIQÉW^BETZSWEW↑QQW+K FIOETGWS  
xSPHEP  
2ETM -WW^FWSEOWSPIN&ERXITM -WW^IWSXÉWÉX EQIP] R&L>R] -V>ZEP E^  
IPÝXX NIPIRMO QIK % RETM -WW^IJSKPEP- QIKQYXEXNE LSK]ER FIJSP  
IPÝ^QÉR]&SHE] &EXXWQOSX] &EXXx\$PHEP  
7XVIWW^VMEW^XWSSQWX O^3PH LE E WXVIWW^SWHMEWEXVQSOXGW-OOIRXI  
4MLIRÉWM VMEW^XWSQ"RX E TMLIRXIXÝ MHÝWSEPD&EXXWQOSX]WIRK]WOSPSÉO  
LEX>W>V-P  
1S^K>WVMEW^XWSP]I^M ZEKS^KXWVMEW^XWSP]I^M Q\$K>WVMEW^X>WxISEWEP>PEX  
'ÉPVMEW^K>WSE JYROGM-ZEP OETGWSPLEXNE FI ÉW OM E GÉPVMEW^X>W  
XIZÉOIR]WÉKIO WSV>R RI NIPIRNIRIO QIK % GÉPVMEW^X>WSO E RETM P  
GÉPSOR>P ZEPEQMRX E LIXM MRXIR^SZTIVG GÉPSOR>P NIPIRRIO QIK  
1SZI -5SZI°-5WIQÉR]IO FI ÉW OMOETGWSP>W>VE W^SPK>P %QMOSV QS^K  
QMRX>^EXSOREO JIP]PSZIXLXK]OQM-ÉYXSQEXMOYWER ÉV^ÉOIPM E XIZÉO  
E^ MHÝZSRISPSR-5WIQÉR]IO QIKNIPIR\$XMO E XIZÉOIR]WÉK XSTYW>X ÉW MH  
QIK E XIZÉOIR]WÉKPMWX>FER ÉW E LSVJSP]EQFER % X-FF VÉW^PIX ÉW  
IW^O-^ÉZIP MHÝ^\$XIXX XIZÉOIR]WÉKIX



## Alv• <zemm•d testreszab,sa

8EVXWE PIRP3QZSQ ESX

:>PEWW61R HEW^WMP Z~ 3^IQQHLHXÝW EKIX

:>PEWW^SR OM IK] PILIXÝW EKIX

- :>PEWW^XIQ^EWLIXÝW EKIX Z>PEWW^SR OM IK] RETSX EW EHNE QIK E
- %^ %PZ>W W^>QPET LEW^R>PEQ PLESTL Z>PWE EWX E E
- % OETIVR]ýFI>PPSX>WSO OSRJM MNV PPIJWXÝSW EKIREWW^E E
- :>PEWW7^MEW^XEV MEW^XW EKIX E W^MIW^XEVMEW^X>W LERKNIP^EW OER QMRHOIXXÝOERX X^VXERý FI>PPSX>W>LS^
- %^ EVMRXÝOETIVR]ý OMOETG WSPR MWSXÝW EKIREWW^E E^
- :>PEWW2^IE^EZ EVNIXÝW EKIX E 2I ^EZEVNEREO 3^IIQQ~H FI ZEK] OMOETG
- :>PEWW)RIVKMEXE OEVDOSW EKIX E^ IRIVKMEXE OEVEOSW Q~H FI ZEK] C  
)RIVKMEKE^H>POSH>WM SP+PPSX>WSO

## Ne zavarjanak <zemm•d haszn,lata

2I ^EZEVNEREO 3^IIQQ~HFER E OMNIP^ý E LERKVMEW^X>W EW E VI^Ký JMK LEW^R>PEX>X TEPH>YP EPZ>W ZEK] JMPQRE^EW O^FIR NEZEWSPNYO

1)+.)+=>^E^ >PXP>FER EPZ>WWE PVQTPX^XNRIO>OEP LEW^R>P~M FI>PPSX>WE QIK % VIRHW^IVFI>PPSX>WSO PERZ IWKO STGIL^LXXMSK] E OEW^3PEO RSVQ>P EYXSQEXMOYWER Š2I ^EZEVNIR HWQIQFIHP PXTWSDP

1)+.)+=>^ŠTGM~OEX EHLEX E Z% ^ZV^VQPIRQLR^ XIWX XSW HEF>WE

8EVXWE PIRP3QZSQ ESX

:>PEWW2^IE^EZ EVNIXÝW EKIX

## Lfgz€sv,ltoz,sok

⚠ :-+=€>%8

%^ "PSVIVYRWO^3PEOI RIQ SVZSWM OEW^3PEO EW RIQ W^SPK>P SVZSWM > QSRMXSVS^>W>VE % TYP^S\IMQEXIV TSRXSWW>K>ZEP OETGW KSPVQMSW GSQ> EXEGG SVPHGPVE

% ^\*SVIVYRWO^ STXMOEM TYP^YWW^>Q EV^EOIPýNI SPJER TYP^S\IMQEXIV E^ ENW^EOEM PÉK^EWM Z>PXS^>WSO QEV EWELI % PÉK^EWZ>PXS^>WSO QY R^ZIP EWELX EW E^ >PXP>RSW N~PPÉXIX W^SPK>PNE %^ IWIXM ZEK] K]EOS XER]I^ýM ZEK] E^ EPZ>WM O^VR]I^IX IVIHQER]I PILIX &I^EPNIR SVZSW>ZE EKK>P]EM QIV^3PRÉRIO JIP E PÉK^EWZ>PXS^>WSO QEVXEOEZIP OETGW SPEX

1)+.)+=>^E PÉK^EWM Z>PXS^>WSO EW^PIPEWELI^ FI OIPP OETG WSPRME E T :EV S\MKERW^MRX EPZ>W O^FIRM O^ZIXSWH EY ROGM~ FIOETGWSP>WE

%^ EPZ>WM TSRXW^>QSO ^WW^IJSKPEP~NE E PÉK^EWM Z>PXS^>WSOVE ZSP

1)+.)+=>^E^ ^WW^IJSKPEP~X JIPZILIXM E % ^WWWIJSKPEP~OM WXPNXVXIWX xSPHEP

+EVQMR 'SRNRIOX>FER XSZ>FFM VEW^PIXIOIX XIOMRXLIX QIK E PÉK^EWM Z XIRHIRGM>MV~P MW

## Intenzfv percek

)KEW^WEKI NEZSX>WE EVHIOEFIR W^>QSW W^IVZI^IX TEPH>YP E^ )KEW^WE TIVG O^ITI W MRXIR^MX>W± XIWXQS^K>WX TP K]SVWEFF WEXE ZEK] LIX NEZEWS P

%^ ~VE QEVM E XIZEOIR]WEKIO MRXIR^MX>W>X EW V^K\$XM LSK] "R L>R] TYP^YWEHEXSO W^3OWEKIWIO LS^^, %^ ~VE ^WW^IEHNE E O^ITI W MRX MRXIR^MX>W± XIZEOIR]WEKKIP X^PX^XX TIVGIOOIP % REK] MRXIR^MX>W± E^ ^WW^IEH>WOSV QIKHYTP>^~HMO

## Intenzív percek szerkesztése

\*SVIVYRWE ±KJ W^>QSPNE OM E^ MRXIR^SZ TIVGIOIX LSKJ ^WW^ILEWSR  
>XPEKSW R]YKEPQM TYP^YW>ZEP ,E E TYP^YW OM ZER OETGWSPZE E^ ^  
W^>QSPNE OM E^ MRXIR^SZ TIVGIO O^ITIW ÉVXÉOÉX  
• %^ MRXIR^SZ TIVGIO PIKTSRXSWEFF OMW^>QSP>W>LS^ OI^HNIR IP IKJ W  
• % R]YKEPQM TYP^YWW^>Q PILIXY PIKTSRXSWEFF ÉVXÉOÉRIO ÉVHIOÉFIR

## Move IQ

%QMOSV QS^K>WE MWQIVY W XIWXQS^K>WM QISZK>TERSCME-OEJIXSPQEXM OXY  
ÉV^ÉOIPM E XIZÉOIR]WÉKIX ÉW QIKSZPI-HSXQER]IOHYZNREIFSR M% E XIZÉO  
XSTYW>X ÉW MHYXEVXEQ>X HI RIQ NIPIRRIO QIK E XIZÉOIR]WÉKPMWX>FER  
REK]SFF TSRXSWW>K ÉVHIOÉFIR V^K^SXWIR IW^O^ÉZIP MHY^SXIXX XIZÉO

## Edzések

OÉXVILS^LEX IKJERM IH^ÉWIOIX QMRHIR IKJIW IH^ÉWW^EOEW^VE ZEPEQM  
OEP^VM>OVE ZSREXOS^ GÉPSOOEP % XIZÉOIR]WÉK WSV>R IH^ÉWWTIGMJ  
IH^ÉWW^EOEW^ MRJSVQ>GM^OOEP QMRX TÉPH>YP E^ IH^ÉWW^EOEW^ X>Z  
%^ ^V>R XIZÉOIR]WÉKPMWX>F^P QIKR]MXLEXNE E^ )H^ÉWIO EPOEPQE^>WX  
EOXY>PMWER PIX^PX8KZÉOVR]WÉK ICH^ÉW XPOEPQE^>WSOHEW XVIW^EF>WE  
1IKXIOMRXLIXM E^ IH^ÉWIPY^QÉR]IOIX MW  
%^ EPOEPQE^>WVERS^LEX IH^ÉWIOIX XSZ>FFM IH^ÉWIOVI OIVIWLIX V> ZE  
IH^ÉWXIVZIX EQIP] FIÉTSXIXX IH^ÉWIOOIP VIRHIPCH^ÉW ÉVXÉOÉRIO  
'SRRIOXOIVIW^XSPHEP  
)H^ÉWIOIX ^XIQI^LIX  
\*VMWW\$XLIXM ÉW W^IVOIW^XLIXM EOXY>PMW IH^ÉWIMX

## Edzés követése Garmin Connecten keresztül

%LLS^ LSKJ PIX^PXLIWVERQIMRISERPOEXQE^>WF^P VIRHEPQMRM'ISQPIBXKJ  
JM^O^EVPQMR 'SRRIOXHEP  
:>PEWW^SR OM IKJ PILIXYWÉKIX  
• 2JMWWE QIKQMR 'SERPOEXQE^>WX QENHÉIPIXYWÉKIM E  
• 0>XSKEWW'SRRIOEX KEV[QMRPBERVE  
:>PEWW^EEMRK X")HZÉWVPO LIXYWÉKIX  
/IVIWWIR IKJ IH^ÉWX ZEK] LS^^SR PÉXVI ÉW QIRXWIR IKJ ±N IH^ÉWX  
:>PEWW^EEMSRX/ZEK]E E OÉVPIEPXOWÉKIX  
/ZIWWI E OÉTIVR]YR QIKNIPIRY YXEW\$X>WSOEX

## Egyéni edzés létrehozása Garmin Connect alkalmazásban

```
,SK] PEXVILS^LEWWSREINQMIR^SERROGRQE^>WFER VIRHIEVOQMRRMISORPIR XKJ
JM-O-CEVPQMR 'SRROGRQE^>WFER
%+EVQMR 'SERROGRQE^>WFER R•ZMPCESRW^E E
:>PEWW8^EE BMRK X")VHZIEVWYOH^EW PEXVILS↑XWVWEKIX
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX
,S^E PEXVI E^ IK]ERM IH^EWEX
:>PEWW,ER ENIK]PILIXYWEKIX LE V^-ZMH QIKNIK]^EWX W^IVIXRI V^-K^SXIR
ZEPEQIP] PETEWELI^ E^ ±W^>W OMZEXIPEZIP QMRHIR IH^EWRÉP IPÉVLIX
% LERKNIK]^IXIO E G&PEW XJSB LEP R&EX-R LE IP &PLYIXYJSIMLEPIPEX-XO-
GWEXPEOS^XSRHEP
:>PEWW1^ER XEPMLIXYWEKIX
%HNE QIK E^ IH^EW RIZEX1IQE SPWLZXPYEWLWIXE E
%^ ±N IH^EW QIKNIPIRMO E^ IH^EWIO PMWX>N>FER
1)+.)+=>^T^X E^ IH^EWX IPO³PHL)IK]M REM OIEV&W>D³PEI EW X SOPEHE-PV>N>VE
```

## Egyéni edzés kidefínírozása

```
%+EVQMR 'SERROGRQE^>WWEP PEXVILS^SXX IK]ERNYK]IBRAMIX↑EW³PEXWMSOEVA
+EVQMR 'SERROGRQE^>WSEIREP
%+EVQMR 'SERROGRQE^>WFER R•ZMPCESRW^E E
:>PEWW8^EE BMRK X")VHZIEVWYOH^EW PEXVILS↑XWVWEKIX
:>PEWW^SR IK] IH^EWX E PMWX>F-P
:>PEWW^EOMOSR
:>PEWW^E OM OSQTEXMFMPMW OEV-V>N>X
/^-ZIWWI E OETIVR]YR QIKNIPIR YXEW SX>WSOEX
```

## Az edzés megkezdése

%^ -VE ZEKMKOEPEY^SPNE E^ IH^EWIO W^EOEW^EMR

2]SQNE Q178%68 MOSRX

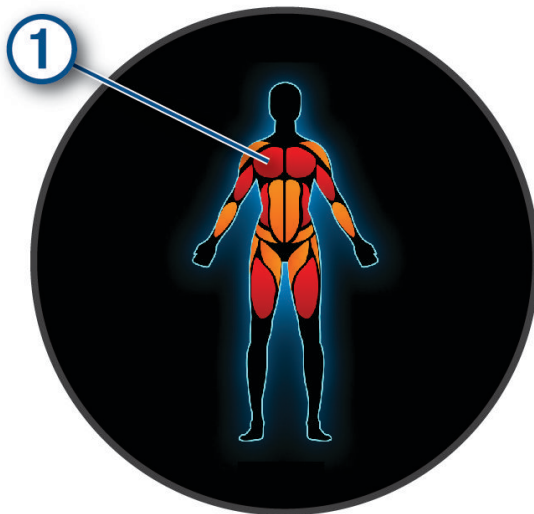
:>PEWW^E OM E^ IK]MO XIZEOIR]W EKIX

:>PEWW^94 "BVERM)H^EW POLIXY W EKIX

:>PEWW^SR IK] IH^EWX

1)+.)+=>^E PMWX>R GWEO E OMZ>PEW^XSXX XIZEOIR]W EK KIP OSQTEXMF

,E VIRHIPOI^EWVI >PP OSTTM ①XEWSEPE'SMX SQ^SQVMSVSVXSO QIKXIOMRX



:>PEWW(3E2EPILIXY W EKIX E^ IH^EW PETEWIMRIO QIKXIOMRXEWELI^ STGM

8-44E78%68 SQF QIKR]SQ>W>ZEP QIKXIOMRXLIXM E OMZ>PEW^XSXX K]EOS

QIKLEPPKEXLEXPVEXLSYM LEPKEX-R OIVIW^X^P E LERKNIK]^IXIOIX STGM

:>PEWW^78%68)H^EW MRHBLXWY W EKIX

2]SQNE Q178%68 MOSRX E XIZEOIR]W EKMHY^SX Y IPMRHSX>W>LS^

%^ IH^EW QIKOI^H^EWI YX>R E^ -VE QIKNIPIRSXM E^ IH^EWIO IK]IW PETEWI  
NIK]^IXIOIX EW E^ EOXY>PMW IH^EWM EHEXSOEX

## Javasolt napi edzés k1vetése

%LLS^ LSK] E^ -VE RETM JYX>WM ZEK] OIV^OT>VSW IH^EWX XYHNSR NEZ  
EVX^OOIP E^ EHSXX %IZ3 OQEWFKGW^3PX EXSPHOE V Y P

2]SQNE Q178%68 MOSRX

:>PEWW^EYDMEK]I^EOT>VSPVIX

1IKNIPIRMO E NEZEWSPX RETM IH^EW

2]SQNE Q(13;E KSQFSX E^ IH^EWWIP OETGWSPEXSW VEW^PIXIO TEPH>YP

QIKXIOMRXEWELI^ STGMSR>PMW

:>PEWW^E8OM8EIQIX EW Z>PEWW^SR OM IK] STGM-X

• %^ IH^EWLI^ Z>PEWW^MEB3E MWX

• %^ IH^EW OMLEK]>W>LS^ZVPSVGM^E E^

• % O^-ZIXOI^Y LEXVI ZSREXOS^~ IH^EWM NEZEWEKXSOFQINKZOWREXWELI  
PILIXY W EKIX

• %^ IH^EWFIDPPSX>WSPXSTQMKXJOMEXEWELI&IZPPSWMLSEJEW EKIX

%^ IH^EWNENEZEWPEX EYXSQEXMOYWER JVMWW^3P E^ IH^EWM W^SO>WSO E  
Z>PXS^>W>ZEP

## A javasolt napi edzési utasítások be- és kikapcsolása

```
%+EVQMR 'SRIRIGXW^R>P~M JM~OFE QIRXIXX OSV>FFM XIZEOIR]W&KIO EPET
LEW^R>PEXE
2]SQNE Q178%68MOSRX
:>PEWW^EYDMEK]IE&OT>VSP1WIX
8EVXWE PIRP3QZQESX
:>PEWW^BVOENRIRK^EWIDETM NEZE&MPERSSO)WSDWM EV&IWS&X&WKIX
2]SQNE Q178%68SQFSX E^ 3^IRIXIO PIXMPX>W>LS^ ZEK]IRKIHEP]I^EW&LI^
```

## Medencés és edzési kóvetés

```
%^ ~VE Z&KMKOEPEY^SPNE E^ ±W^~IH^EWIO W^EOEW^EMR % QIHIRG&W ±
JSP]EQEXE L&W/S&PI-O&S&P&W&E W O~Z~X&WQIMER 'SRIRIGXW^XSPMEW^FIR
MWQIVXIXIXX JSP]EQEXSOLS^
2]SQNE Q178%68MOSRX
:>PEWW^EW&W QIHIRB&L&W&WKIX
8EVXWE PIRP3QZQESX
:>PEWW^BVOENRIRKIX&WKIX
:>PEWW^SR OM IK] PILIX&WKIX
• :>PEWW^BHO&W&POLIX&W&B&EMQ&R 'SRIRIGXW^XSPMEW^FIR
• :>PEWW^EV&O&X&ME&Y&W ±W^>MMIX&W&W&K&W&E OVMXMOYW ±W^>WM WIFIW&K
V~K^S&X&W&LI^ ZEK] IK] '77 EVX&EO Q&E&W&P&W&W&Q&W&E&W&W&W&S&F&I&W&W&K&X&I&W^
xSPHEP
• :>PEWW^BVOENRIRK&R&E&T&I&X&W&W&K&I&X E^ 3XIQI^IXX IH^EWIO QIKXIOMRX&W&LI
/~ZIWWI E O&ETIVR]Y&R QIKNIPIR&Y YX&W&S&X>WSOEX
```

## Kritikus és, si sebesség tesztjének rágzása

```
% OVMXMOYW ±W^>WM WIFIW&K 'VMXMGEP 7[MQ 7TIIH '77 EVX&EOI IK] I
xQ&X&VIRO&RXM XIQT~FER ZER OMJINI^ZI % '77 E^ E^ IPQ&PIXM WIFIW&K
JSP]EQEXSWER O&ETIW X&EVX&ERM % '77 MV>R]QYX&X>WO&RX W^SPK>PLEX
E JINP&Y&W&X
2]SQNE Q178%68MOSRX
:>PEWW^EW&W QIHIRB&L&W&WKIX
8EVXWE PIRP3QZQESX
:>PEWW^E OM E O&V&Z&I&X&O&W&X&MO&Y&W ±W^>WM WIFIW&K X
2]SQNE Q178%68SQFSX E^ IH^EW P&E&T&E&W&IM&RIO IP&Y&R&E^IX&LI^ STGMSR>PMW
2]SQNE Q178%68SQFSX
2]SQNE Q178%68MOSRX E XIZEOIR]W&K&MH&Y^S&X&Y IPMRH&S&X>W>LS^
/~ZIWWI E O&ETIVR]Y&R QIKNIPIR&Y YX&W&S&X>WSOEX
```

## A kritikus és, si sebesség eredményének szerkesztése

```
1ERY>PMWER W^IVOIW^XLIXM E '77 EVX&OIX ZEK] ±N MH&Y&TSR&X&S&X EHLEX
% W^>QP&TSR R]SQNE68SQFSX
:>PEWW^EW&W QIHIRB&L&W&WKIX
8EVXWE PIRP3QZQESX
:>PEWW^E OM E O&V&Z&I&X&O&W&X&MO&Y&W ±W^>WM WIFIW&K
%HNE QIK E TIVGIOIX
%HNE QIK E Q>WSHTIVGIOIX
```

Edzés kivitelezési pontsz,ma

%^ IH^EW FIJINI^EWI YX>R E OEV~VE QIKNIPIRSXM E^ IH^EW OMZMXIPI^EW  
TSRXSWER XIPNIWSXIXXI E^ IH^EWX %^ IH^EW EOXSZ PÉTÉWIM LIP]I^YHRI  
OMX ^~XX GEPX EW IPZÉKI^XI I E^ ~WW^IW PÉTÉWX % FIQIPIKSXY EW VIKI  
TSRXW^>QVE % PIZI^IXY PÉTÉWIO IK]>PXEP>R RMRGWIRIO LEX>WWE E^ I  
1)+.)+=>^E^ IH^EW OMZMXIPI^EWM TSRXW^>QE OM^>V~PEK E JYX>WM ZEK]  
NIPIRMO QIK

|                                                                                   |           |
|-----------------------------------------------------------------------------------|-----------|
|  | .~ .      |
|  | EXPEKSW . |
|  | +]IRKI .  |

Edzésnap,r

% OEV~V>R XEP>PLEX+EVQMR'SRROEXQE^>WFER FI>PPSXSSXX IH^EWRETX>V ZEK]  
1MYX>R LS^^>EHSXX R~EVQMR'SRROEXQE^>WFER IPO^3PHLIXM I^IOIX OEW^3PEO  
O^3PH~XX ~WW^IW ^3XIQI^IXX IH^EW QIKNIPIRMO E RETX>V>XXIOMRXEW FIR  
QIKXIOMRXLIXM ZEK] IPZÉKI^LIXM E^ IH^EWX % FI^3XIQI^IXX IH^EW E OEV~  
E^X ,E ^3XIQI^IXX IH^EW EVQMR'SRROEXQE^>WFER I^IO JIP^3PSVN>O E QIKP

Az edzés tervek Garmin Conned haszn, lata

%LLS^ LSK] PIX~PXLIIWWIR EW LEW^R>PLEWWSRENQMR'SRROEXQE^>WFER  
'SRRIGXxSPHEW T>VSW\$XSRMEYORPVEK] OSQTEXMFMPMW XIPIJSRREP  
%+EVQMR 'SRROEXQE^>WFER P~Z]PEQWX^E E  
:>PEWW^BVOERMERK X^MEVQMR 'SEGPIXIXZVOEKIX  
:>PEWW^SR EW ^3XIQI^AIR FI IK] IH^EWXIVZIX  
/~ZIWWI E OÉTIVR]YR QIKNIPIR YXEW\$X>WSOEX  
8IOMRXWI QIK E^ IH^EWXIVZIX E RETX>VFER

Adaptive Training Plan edzés tervek

+EVQMR 'SRROEXQE^>WFER P~Z]PEQWX^E E  
R&L>R] OÉVHÉWVI Z>PEW^SPZE QIKXEP>PLEXNE E^X E^ IH^EWXIVZIX EQUI  
PIJYX>W>FER %^ IH^EWXIVZ EPOEPQE^OSHMO NIPIRPIKM IH^IXXW&KM W^N  
OETGWSPEXSW FI>PPSX>WSOLS^ ZEPEQMRX E ZIVWIR] M+EVQMR'SRROEXQE^>WFER  
~WW^IJSKPEP~ LSS^BY~RVED EVW^IJSKPEP~ OEW^PIXÉLI^

## Mai edzēs megkezdése:

1MYX>R >XO³P BVQXSEKQ L IH^£WXIVZHEVQMSFE GE BWW^IJSKPEP- QIKNIPIRMO  
-WW^IJSKPEP- O£W W^PWXFJJSKPEP- O£W^PIXS RHEXVI W^EF>WE  
% W^>QPETSR RJSQNE Q7K%£6 &SQFSX QENH ZHP£W W^EF£XW£KIX  
,E ZER ILLI^ E XIZ£OIRJW£KLI^ FI³XIQI^IXX IH^£W IVVI E RETVE E^ -VE  
JMKJIPQI^XIXM E QIKOI^H£W£VI



2JSQNE Q7K%£6 &SQFSX  
2JSQNE Q7K%£6 &SQFSX E^ IH^£W P£T£WIMRIO QIKXIOMRX£W£LI^ STGMSR  
2JSQNE Q7K%£6 &SQFSX QENH ZHP£W W^EF£XW£KIX  
/-ZIWWI E O£TIVR]ýR QIKNIPIRý YX£W\$X>WSOEX

## Intervallum edzések

%^ MRXIVZEPPYQIH^£WIO PILIXRIO R]MXSXXEO ZEK] WXVYOXYV>PXEO %  
EPETYPLEXREO % O£W^³P£O IPQIRXM E^ IK]£RM MRXIVZEPPYQIH^£WX EO  
8-44QMRHIR MRXIVZEPPYQIH^£W IK] R]MXSXX Z£K PIZI^IX£WX XEVXEPQE^

## Intervallumedzés testreszabása

2JSQNE Q7K%£6 &SQFSX  
:>PEWW^E OM E^ IK]MO XIZ£OIRJW£KIX  
2JSQNE Q7K%£6 &SQFSX  
:>PEWW^E OM E^ IK]MO XIZ£OIRJW£KIX  
1IKNIPIRMO IK] IH^£W  
2JSQNE Q7K%£6 &SQFSX QENH ZHP£W W^EF£XW£KIX  
:>PEWW^SR OM IK] ZEK] X^FF PILIXýW£KIX  
• %^ MRXIVZEPPYQ MHýXEVXEQ>REO £W XSTMYO R£LO X£W£KIX>W>LS^ Z>PE  
• % TMLIR£W MHýXEVXEQ>REO £W XSTYMR£LO X£W£KIX>W>LS^ Z>PEWW^E  
• %^ MWQ£XP£WIO W^>Q>REO FI³PWX£XPI£W£KIX>W>LS^ Z>PEWW^E E^  
• ,E W^IVIXRI LS^^>EHRM IK] FIQIPIK\$X£WX EQIP] JSOS&EQISW£KIX>W>LS^ Z>PEWW^E  
&IOETGW£KIX  
2JSQNE Q7K%£6 &SQFSX

## Intervallumedzés elkezdése

2]SQNE Q178 68 MOSRX  
:>PEWW^E OM E^ IK]MO XIZEOIR]W£KIX  
8EVXWE PIQ]51005 FEX  
:>PEWW8E 8E RM-HK O^-^FIQIXYWEKIX  
:>PEWW^SR OM IK] PILIXYWEKIX  
• :>PEWW8E XEW^YPIKIW MWLQXYWEWIX&%QENOSR QIKR]SQ>W>ZEP QERY>PMW  
QIK E^ MRXIVZEPPYQSOEX £W E TMLIRYMHYOIX  
• :>PEWW^XEVXOXYV>PX MWQ68 FEXWOMRFBXWYWEKIX LE X>ZSPW>K ZEK] M  
W^IVIXR£ E^ MRXIVZEPPYQIH^£WX LEW^R>PRM  
2]SQNE Q178 68 MOSRX E XIZEOIR]W£KMHY^SXÝ IPMRHSX>W>LS^  
,E E^ MRXIVZEPPYQIH^£W FIQIPIKSX£WX MW XEVXEPQE^ E^ &PWY MRXIV  
MOSRX  
/^-ZIWWI E OETIVR]YR QIKNIPIRY YXEW\$X>WSOEX  
%^ ^WW^IW MRXIVZEPPYQ FIJINI^£WI YX>R IK] ^AIRIX NIPIRMO QIK

## Intervallumedzés leállítás

• %&%'/KSQF QIKR]SQ>W>ZEP F>VQMOSV PI>PP\$XLEXNE E^ EOXY>PMW MRX  
O^-ZIXOI^Y MRXIVZEPPYQVE ZEK] TMLIRYMHYVI  
• 1MYX>R QMRHIR MRXIVZEPPYQ £W TMLIRYMHYKSIQFSIXYEH^ MRXRYZQNE YQIK  
FIJINI^£W£LI^ £W E PIZI^IX£WLI^ LEW^R>PLEX^ MHY^SXÝVI ZEP^ >XX£V£V  
• % XIZEOIR]W£KMHY^SXÝ PI>PP\$X>W>LS^4K>SQFMSXS^SP]SQNE QIKNEE E^ MHYQ  
FIJINI^LIXM E^ MRXIVZEPPYQIH^£WX

## PaceProtraining

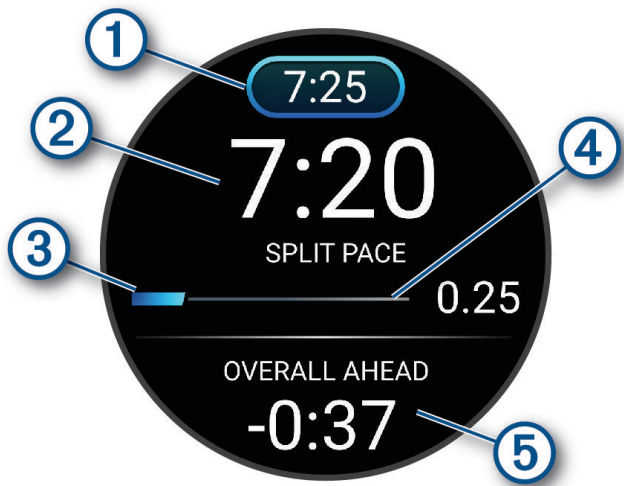
7SO JYX^ XIQT^W>ZSX ZMWIP E ZIVWIR]IO W\$EGR4E\$ZROWR]QWIKS£WE£V£ZW  
IK]IHM XIQT^W>ZSX LS^LEX P£XVI E X>ZSPW>K E XIQT^ ZEK] E X>ZSPW>K  
MW P£XVILS^LEX XIQT^W>ZSX LSK] E W^MRXZ>PXS^>WSO EPETN>R STXMQ  
%+EVQMR 'SRROEXQE^>W W£KXW£KZIXPLS^LEX P£XVI % T>P]E PIJYX>WE I  
V£W^MHYOIX £W E QEKEWW>KM HMEKVEQSX

## PaceProterv letöltése a Garmin Connect alkalmazásból

%LLS^ LSK] PIX^4XELG MW\$RZHXEQMR 'SRROEXQE^>WF^P VIRHIEVQMRMI OIP  
'SRRIGM^OEVQMR 'SRROEXHEP  
:>PEWW^SR OM IK] PILIXYWEKIX  
• 2]MWWE QEKQMR 'SRROEXQE^>WX QENH ZIPIXYWEKIDM E  
• 0>XSKEWW\$SRRIPEX KEVQMRP\$BQVE  
:>PEWW^EVDMMERK X^4EZG^4WS XIQT^W£MEX£W£KQX  
/^-ZIWWI E OETIVR]YR QIKNIPHEYG MW\$ZPXSVOES^£W>LS^ £W QIRX£W£LI^  
:>PEWW^E MOSRX /ZEK£W E O£VPIPEQWEKIX

EgyPacePrterv indft,sa

)KJ4EGI4XSVZ IPMRH\$X>WE IPýXX PI -0E7QMKP\$RPMONKF-XPVZIX E  
2]SQNE Q78%68MOSRX  
:>PEWW^SR IK] O³PX£VM JYX>W XIZ£OIR]W£KIX  
8EVXWE PIRP\$QZSQESX  
:>PEWW8EERM4REKGI4VS XPVIZIIXýW£KIX  
:>PEWW^SR IK] XIVZIX  
2]SQNE Q78%68SQFSX  
:>PEWW^SR OM IK] PILIXýW£KIX  
• :>PEWW8EERM4REKGI4VS XPVIZIIXýW£KIX  
• %^ ±XZSREP IPýRE^IX£RIO QIKXISAWFOETWIXýW£KIP£WW^E E  
% XIZ£OIR]W£KMHý^\$Xý IPMRH88%W8LSQF\$]SQNE QIK E



|   |                                         |
|---|-----------------------------------------|
| ① | '£P V£W^XIQT-                           |
| ② | %OXY>PMW V£W^XIQT-                      |
| ③ | % V£W^X>Z Z£KVILENX>W>REO IPýVILEPEH>WE |
| ④ | 6£W^X>ZF-P L>XVEP£Zý X>ZSPW>K           |
| ⑤ | % G£PMHý IPýXXM ZEK] Q-K-XXM XIPNIW MHý |

8-44E^94R]SQZE XEVX>WEZEPV\$WPIEP\$OMVPEW^X>W>ZE4E0I4XBSZL£X% E  
XIZ£OIR]W£KMHý^\$Xý XSZ>FF JYX

## PacePrderv létrehoz,sa az •r,n

1MIPYX#EIKJ4X\$VZIX LS^RE PEXVI E^ ¬V>N>R PEXVI OIPP LS^RME IK] ±XZSI  
4>P]E PEXVI£S VQWERE' SERROGRQE^>WSEIREP  
% W^>QPETSR Z>PEWVMSQDSXE  
:>PEWW^SR IK] O³PX£VM JYX>W XIZEOIR]W£KIX  
8EVXWE PIR]SQSQESX  
:>PEWW²EZ M K>'GMP]>ØILIXYW£KIX  
:>PEWW^SR OM IK] ±XZSREPEX  
:>PEWW⁴EGE4V-SN PEXVILPSLWJEW£KIX  
:>PEWW^SR OM IK] PILIXYW£KIX  
• :>PEWW£PXBQP+LIXYW£KIX QENH EHNE QIK E OSZ>RX XIQT¬X  
• :>PEWW£PMEHYLIXYW£KIX QENH EHNE QIK E G£PMHYX  
% ^ IW^O¬^ QIKNIPIRSXM E^ IK]ERM XIQT¬W>ZN>X  
8-44E(3;2 KSQF QIKR]SQ>W>ZEP QIKXIOMRXLIXM E V£W^MHYOIX  
2]SQNE Q7R%ESQFSX  
:>PEWW^SR OM IK] PILIXYW£KIX  
• :>PEWW8VZELEW^P✓PMDSRX E^ ±XZSREPREZMK>GM¬ IRKIH£P]I^£W£LIA  
• % ^ ±XZSREP IPYRE^IXERIO QIKXISMPDOWIDLYW£KPEWW^E E

## AzVirtual Partnerhaszn,ata

%:MVXYEP 4EJVSRIER IH^£WM IW^O¬^ EQIP]IX EVVE XIVZI^XIO LSK] WIKSX  
IK] XIQT¬XVXYEPL4EVZWIVWIR]I^LIX IPPIRI  
1)+.)+=>⁷^ E JYROGM¬ RIQ QMRHIR XIZEOIR]W£K IWIX£FIR £VLIXY IP  
8EVXWE PIR]SQSQFSX  
:>PEWW8VZEZOIR]W£KIO £W EPOEIPQWDSWISO  
:>PEWW^E OM E^ IK]MO XIZEOIR]W£KIX  
:>PEWW^E OM E XIZEOIR]W£KFI>PPSX>WSOEX  
:>PEWW^E E O¬ZMEXYDTKV-N]YLS^^>E'HMWXYEP 4EVXRIV  
%HNSR QIK IK] XIQT¬ ZEK] WIFIWWEK£VX£OIX  
%:MVXYEP ØEVKRR]Y LIP]ERIO Q¬HSWSX>W>LS^ STGZESQ;PMWSQRFSX  
/I^HNI QIK E XIZEOIR]W£K QIKOISPEWP  
2]SQNE Q94ZEK3;2 KSQFSX LSKXEEP ØEVKRR]YL¬^ K¬VKIWWIR £W QIKR  
ZI^IX

## Tréning cēl be,lf,tsa

%^ IH^EWM GEP MJXRCEOMZEW-ZEP IK]^3XX Q O^HMO ŠK] "R IK] QIKLEX>V  
EW MHý X>ZSPW>K EW XIQT- MPPIXZI X>ZSPW>K EW WIFIIWWEKGE P IPÉ  
E^ -VE ZEP-W MHIN ZMWW^ENIP^EWX EH EVV-P LSK] QIRR]MVI OIV^3PX O  
2]SQNE QI78 668 MOSRX  
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX  
8EVXWE PIR]SQZQFBSX  
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX  
:>PEWW^SR OM IK] PILIXýWEKIX  
• :>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX IK] IPýVI FI>PPŠXSXX X>ZSPW>K OMZ>PEW^X>  
QIKEH>W>LS^  
• :>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX IK] X>ZSPW>K EW MHýGEP OMZ>PEW^X>W>LS  
• :>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX IK] X>ZSPW>K EW MHýGEP OMZ>PEW^X>W>LS  
WIFIIWWEKGE P OMZ>PEW^X>W>LS^  
1IKNIPIRMO E^ IH^EWM GEP OETIVR]ýNI EW QIKNIPIRŠXM E FIJINI^EW FI  
EOXY>PMW XIPNIWŠXQER]IR EW E L>XVEPEZý MHýR EPETYP  
2]SQNE QI78 668 MOSRX E XIZEOIR]WEKMHý^ŠXý IPMRHŠX>W>LS^  
8-44E94 KSQF R]SQZE XEV^EOMZEW-ZEP IK]^3XX Q O^HMO ŠK] P>XLEXNE LSK] E TEVXRIV QMP]IR QI  
WSV>R

## Edzési cēl ttrése

8IZEOIR]WEK O^FIR XEWXWZEP IK]^3XX Q O^HMO ŠK] P>XLEXNE LSK] E TEVXRIV QMP]IR QI  
WSV>R  
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX

## Versenyzés egy kor,bbi tevékenységgel

0ILIXýWEKI ZER IK] OSV>FFER V^K^ŠXIXX ZEK] PIX^PX^XX :MVXQEP]WEKKRP  
JYROGM-ZEP IK]^3XX Q O^HMO ŠK] P>XLEXNE LSK] E TEVXRIV QMP]IR QI  
WSV>R  
1)+.)+=>^7^ E JYROGM- RIQ QMRHIR XIZEOIR]WEK IWIXEFIR EVLIXý IP  
2]SQNE QI78 668 MOSRX  
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX  
8EVXWE PIR]SQZQFBSX  
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX  
:>PEWW^SR OM IK] PILIXýWEKIX  
• :>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX IK] IPýVI FI>PPŠXSXX X>ZSPW>K OMZ>PEW^X>  
QIKEH>W>LS^  
• :>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX IK] X>ZSPW>K EW MHýGEP OMZ>PEW^X>W>LS  
• :>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX IK] X>ZSPW>K EW MHýGEP OMZ>PEW^X>W>LS  
WIFIIWWEKGE P OMZ>PEW^X>W>LS^  
1IKNIPIRMO E FIGW^3PX FI MVXQEP]WEKKRP  
2]SQNE QI78 668 MOSRX E XIZEOIR]WEKMHý^ŠXý IPMRHŠX>W>LS^  
1MYX>R ZEK^IXX E XIZEOIR]WEKMHý^ŠXý IPMRHŠX>W>LS^

## A metronóm használata

```
% QIXVSR-Q IKJIRPIXIW VMXQYW± LERKPIN>XW^>WWEP WIK$XM EFFER LS
PÉTÉW³XIQQIP ZÉK^IXX IH^ÉWWIP NEZ$XLEWWE XIPNIW$XQÉR]ÉX
1)+.)+=>^7^ E JYROGM- RIQ QMRHIR XIZÉOIR]WÉK IWIXÉFIR ÉVLIXÝ IP
2]SQNE QIRJ4KSQEFBX
:>PEWW^E OM E^ IKJMO XIZÉOIR]WÉKIX
8EVXWE PIRJ4KSQEFBX
:>PEWW^E OM E XIZÉOIR]WÉKFI>PP$X>WSOEX
:>PEWW^EIXOWSE"QP PET$IXOETGWPSIRI WÝWÉKIX
:>PEWW^SR OM IKJ PILIXÝWÉKIX
• :>PEWW^EXOM EI^PGLIXÝWÉKIX E^ ÉVXÉO JIRRXEVSXERM OSZ>RX PÉTÉW³X
QIKEH>W>LS^
• :>PEWW^EMEM^EX>WM JMILOZYRGMEX E^ ³XÉWIO JVIOZIRGM>N>REO XIW XV
• :>PEWW^,E ROKSPILIXÝWÉKIX E QIXVSR-Q LERKN>REO ÉW VI^KÉWÉRIO XIV
,E W^IVIXRÉ E QIXVSR-Q JYROGM-X E JYX>W)PP$X>WPKKXRM Z>P
1IRNIR IP *JYX>WMS PHEP
% QIXVSR-Q EYXSQEXMOYWER IPMRHYP
*YX>W O^-^4ZÉK3;2 KSQF QIKR]SQ>W>ZEP RÉ^LIXM QIK E QIXVSR-Q OÉT
,E W^³OWÉKIW XEVXOWE SQRSQEFQ EXVSR-Q FI>PP$X>WEMREO Q-HSW$X>
```

## Az írtékelés engedélyezése

```
8IZÉOIR]WÉK QIRXÉWIOSV ÉVXÉOIPLIXM E WEN>X IVÝJIW^$XÉWIMX ÉW E^X
O^-^FIR "RÉVXÉOIPÉWMQIRÉ$ENKOG>FER XIOMRXLIXM QIK
8EVXWE PIRJ4KSQEFBX
:>PEWW^EIZEMOIR]WÉKIO ÉW EPOEIRQW/ÉKMSO
:>PEWW^E OM E^ IKJMO XIZÉOIR]WÉKIX
:>PEWW^E OM E XIZÉOIR]WÉKFI>PP$X>WSOEX
:>PEWW^EROMXÉ'OPPEIXÝWÉKIX
:>PEWW^SR OM IKJ PILIXÝWÉKIX
• ,E GWEO IH^ÉW YX>R W^IVIXRI -RÉVXÉOWEOWIH ZEWIORWÉK>PEWW^E OM
• ,E QMRHIR XIZÉOIR]WÉK YX>R W^IVIXRI -RÉVXÉOWEOWIH ZEWIORWÉK>PEWW^E OM
```

## B...vftett kijelz... <zemmód

```
% &ýZ$XIXX OMNIP^ý ³^IQQ*SHVLEWAPPEHEXDE TBVR]ÝMX QIKNIPIR$XLIXM IH
)HKIOIVÉOT>V W^>Q$X-KÉTIR OIVÉOT>VS^>W ZEK] XVMEXPSR QHKFIR 8SZ>F
JIPLEW^R>P-M OÉ^MO-R]ZÉX
```

## naplók

```
%^ IPý^QÉR]IO O^-^É XEVXS^MO E^ MHÝ E X>ZSPW>K E OEP-VM>O E^ >XPR
STGMSR>PMW ÉV^ÉOIPÝEHEXSO
1)+.)+=>^EQMOSV E QIQ-VME QIKXIPX E OÉW^³PÉO JIP³P$VNE E PIKVÉKIF
```

## Az el...zmények használata

%^ IPý^QÉR]IO E^ ¬V>R IPQIRXIXX OSV>FFM XIZÉOIR]WÉKIOIX XEVXEPQE^  
%^ ¬V>R E^ IPý^QÉR]IO [MHKIX K]SVW LS^^JÉVÉWX ~~FW^JSW~~ ~~SEPO~~ ~~IZÉOIR]~~  
% W^>QPETS R XEVXWÉKSIQFSQZE E^  
:>PEWW^E ~~PMQEP~~ ~~PIQIX~~  
:>PEWW^SR OM IK] PILIXýWÉKIX  
• )K] E^ EOXY>PMW LÉXIR IPZÉK^IXX XIZÉOIR]WÉKIOIX ~~OMR~~ ~~WE~~ ~~LI^~~ Z>P  
• 6ÉKIFFM XIZÉOIR]WÉK QIKXIOM ~~PKY~~ ~~W~~ ~~ELIR~~ ~~IO~~ ~~PEW~~ ~~KI~~ ~~E~~ EQENH Z>PEWW^SR  
• % W^IQÉP]IW EHEXSO WTSVX W^IVMRX ~~MO~~ ~~SIK~~ ~~PS~~ ~~OMR~~ ~~Y~~ ~~W~~ ~~W~~ ~~Q~~ ~~E~~ ~~P~~ ~~J~~ ~~Z~~ ~~W~~ ~~PE~~ ~~W~~ ~~E~~  
VIOSVH ~~SO~~ ~~P~~ ~~H~~ ~~E~~ ~~P~~  
• ,IXM ZEK] LEZM ¬WW^IWSXÉWIO QIK ~~W~~ ~~OMR~~ ~~SR~~ ~~W~~ ~~W~~ ~~Q~~ ~~E~~ ~~P~~ ~~J~~ ~~Z~~ ~~W~~ ~~PE~~ ~~W~~ ~~E~~ E^  
:>PEWW^E OM E^ IK]MO XIZÉOIR]WÉKIX  
2]SQNE Q7 ~~E~~ ~~ES~~ ~~Q~~ ~~FS~~ ~~X~~  
:>PEWW^SR OM IK] PILIXýWÉKIX  
• % XIZÉOIR]WÉKKIP OETGWSPEXSW XSZ>FFM MRJS' ~~W~~ ~~Q~~ ~~W~~ ~~G~~ ~~I~~ ~~M~~ ~~¬~~ ~~O~~ ~~Q~~ ~~E~~ ~~K~~ ~~M~~ ~~O~~ ~~W~~ ~~K~~ ~~M~~ ~~O~~  
PILIXýWÉKIX  
• % XIZÉOIR]WÉK EIVSF ÉW EREIVSF IH^IXXWÉKÉVI K]EOSVSP ~~M~~ ~~A~~ ~~E~~ ~~W~~ ~~M~~ ~~W~~ ~~R~~ ~~E~~  
LEX> ~~W~~ ~~L~~ ~~I~~ ~~X~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~ ~~^~~ ~~E~~ ~~W~~ ~~M~~ ~~L~~ ~~E~~ ~~X~~ ~~S~~ ~~W~~ ~~H~~ ~~E~~ ~~P~~  
• %^ IK]IW TYP^YW^¬R>OFER X¬PX¬XX MHYQ ~~P~~ ~~K~~ ~~X~~ ~~W~~ ~~O~~ ~~M~~ ~~E~~ ~~R~~ ~~X~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~ ~~J~~ ~~I~~ ~~W~~ ~~PE~~ ~~W~~ ~~E~~  
TYP^YWW^>Q XEVXSQ>R]SOFER X¬ ~~P~~ ~~X~~ ~~S~~ ~~P~~ ~~X~~ ~~E~~ ~~M~~ ~~H~~ ~~ý~~ ~~Q~~ ~~I~~ ~~K~~ ~~X~~ ~~I~~ ~~O~~ ~~M~~ ~~R~~ ~~X~~ ~~E~~ ~~W~~ ~~I~~  
• % JYX>WM XIPNIWSXQÉR] ¬WW^IK^ÉWÉR ~~O~~ ~~X~~ ~~Q~~ ~~M~~ ~~K~~ ~~M~~ ~~I~~ ~~O~~ ~~M~~ ~~P~~ ~~R~~ ~~E~~ ~~X~~ ~~W~~ ~~S~~ ~~Q~~ ~~E~~ ~~R~~ ~~E~~ ~~P~~ ~~PE~~ ~~W~~ ~~E~~ ~~E~~  
• )K] MRXIVZEPPYQ OMZ>PEW^X>W>LS^ ÉW E^ IK]IW MRXIVZEPPYQSO XSZ  
E^HýO¬ ~~P~~ ~~I~~ ~~X~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~  
• )K] O¬V OMZ>PEW^X>W>LS^ ÉW E^ IK]IW O¬V¬O XSZ>FFM¬ ~~E~~ ~~H~~ ~~E~~ ~~X~~ ~~E~~ ~~M~~ ~~R~~ ~~E~~ ~~O~~ ~~Q~~  
PILIXýWÉKIX  
• 7SIPÉW ZEK] WRS[FSEVHS^>W OMZ>PEW^X>W>LS^ ÉW E^ IK]IW PIWMOP>  
Z>PEW ~~W~~ ~~M~~ ~~E~~ ~~O~~ ~~P~~ ~~W~~ ~~S~~ ~~Q~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~  
• )K] K]EOSVPEXWSV OMZ>PEW^X>W>LS^ ÉW E^ IK]IW WSVSOVE ZSREXOS  
Z>PEW ~~W~~ ~~S~~ ~~E~~ ~~E~~ ~~P~~ ~~E~~ ~~X~~ ~~S~~ ~~Q~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~  
• )K] K]EOSVPEX OMZ>PEW^X>W>LS^ ÉW E^ IK]IW QS^K>WSOVE ZSREXOS^  
Z>PEW ~~W~~ ~~S~~ ~~E~~ ~~H~~ ~~E~~ ~~P~~ ~~E~~ ~~X~~ ~~S~~ ~~Q~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~  
• % XIZÉOIR]WÉK XÉVOÉTIR X¬VXÉRý Q8 ~~E~~ ~~X~~ ~~O~~ ~~M~~ ~~R~~ ~~X~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~ ~~Z~~ ~~PE~~ ~~W~~ ~~E~~ ~~E~~  
• % XIZÉOIR]WÉK QEKEWW>KM HMEKVEQN>RE ~~O~~ ~~K~~ ~~E~~ ~~M~~ ~~W~~ ~~O~~ ~~M~~ ~~S~~ ~~X~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~ ~~Z~~ ~~PE~~ ~~W~~ ~~E~~  
• % OMZ>PEW^XSXX XIZÉOIR]WÉK¬ ~~X~~ ~~P~~ ~~E~~ ~~W~~ ~~W~~ ~~ý~~ ~~W~~ ~~E~~ ~~K~~ ~~I~~ ~~X~~ ~~PE~~ ~~W~~ ~~E~~ ~~E~~

## Multisport el...zmények

% OÉW^³PÉO X>VSPNE E XIZÉOIR]WÉK >PXEP>RSW QYPXMWTSVX ¬WW^IJSK  
E OEP¬VM>OEX ÉW E^ STGMSR>PMW XEVXS^ÉOSO EHEXEMX % OÉW^³PÉO I  
XIZÉOIR]WÉKEHEXEMX ÉW E Z>PX>WSOEX §K] ¬WW^ILEWSRP\$XLEXNE E LE  
O¬ZIXLIXM LSK] QMP]IR K]SVWER LEPEH E Z>PX>WSO WSV>R % Z>PX>WM  
>XPEKWIFIWWÉK ÉW E OEP¬VM>O

## Személyes rekordok

%QMOSV FIJINI^ IK] XIZÉOIR]WÉKIX E^ ¬VE QIKNIPIR\$XM E^ EHSXX XIZÉO  
VIOSVH ~~S~~ ~~O~~ ~~E~~ ~~X~~ % W^IQÉP]IW VIOSVHSO O¬^É XEVXS^MO E RÉL>R] XMTMOYW  
QS^K>WSO PIKREK]SFF IVýOMJINXÉWWIP N>V¬ XIZÉOIR]WÉKIMLI^ XEVXS^¬  
OIVÉOT>VS^>W ZEK] ±W^>W  
1)+.)+=>^ ~~E~~ OIVÉOT>VS^>W IWIXÉFIR E W^IQÉP]IW VIOSVHSO O¬^É XEVXS^M  
PIKREK]SFF IVýOMJINXÉW W^³OWÉKIW IVý QÉXIV

## A személyes rekordjai megtekintése

```
% W^>QPETSR XEVXW4KPSIQFSQZE E^
:>PEWW^EýEQ£F6]IOSVHPSOIXýW£KIX
:>PEWW^SR OM IK] WTSVX>KEX
:>PEWW^SR OM IK] VIOSVHSX
:>PEWW61D£VH QIKXISMM£WI
```

## Személyes rekord vissza,lf,t,sa

```
1MRHIR IK]IW W^IQ£P]IW VIOSVH ZMWW^E>PP$XLEX E OSV>FFER V^K^$XIX
% W^>QPETSR XEVXW4KPSIQFSQZE E^
:>PEWW^EýEQ£F6]IOSVHPSOIXýW£KIX
:>PEWW^SR OM IK] WTSVX>KEX
:>PEWW^SR OM IK] ZMWW^E>PP$XERM OSZ>RX VIOSVHSX
:>PEWW^PEý^E✓ PILIXýW£KIX
1)+.)+=>^T^IP RIQ X^VPM E QIRXIXX XIZ£OIR]W£KIOIX
```

## Személyes rekordok ttrlése

```
% W^>QPETSR XEVXW4KPSIQFSQZE E
:>PEWW^EýEQ£F6]IOSVHPSOIXýW£KIX
:>PEWW^SR OM IK] WTSVX>KEX
:>PEWW^SR OM IK] PILIXýW£KIX
•)K] VIOSVH X^VP£W£LI^ Z>PEWW^SR OM6ID]SVHOSWISBWLQ£YMEKIZ>PEWW^
• % WTSVXLS^ XEVXS^~ ^WW^IW VIO^SWM^KWVPICVSL^XZINPEZWWW£KIE^
1)+.)+=>^T^IP RIQ X^VPM E QIRXIXX XIZ£OIR]W£KIOIX
```

## Adatok tsszesftésének megtekintése

```
1IKXIOMRXLIXM E OEV~V>VE QIRXIXX ^WW^IWSXIXX X>ZSPW>K £W MHýEH£
% W^>QPETSR XEVXW4KPSIQFSQZE E
:>PEWW^BPGYMQ£R]WW^IWSXIMKýW£KIX
:>PEWW^E OM E^ IK]MO XIZ£OIR]W£KIX
:>PEWW^SR OM IK] PILIXýW£KIX E LIXM ZEK] LEZM ^WW^IWSX£WIO QIKXI
```

## Az egyes pulzussz,m-tartom,nyokban ttttt id... megtekintése

```
%^ IK]IW TYP^YWW^>Q XEVXSQ>R]SOFER IPX^PX^XX MHý QIKXIOMRX£WI W
% W^>QPETSR XEVXW4KPSIQFSQZE E
:>PEWW^BPGYMQ£R]IQIX
:>PEWW^B DAK£K]Pý^ý LIRIDIXýW£KIX
:>PEWW^E OM E^ IK]MO XIZ£OIR]W£KIX
2]SQNE Q7£%£B&SQFSX QENH4Z>PEWW^FLQ£ýW£KIX
```

## El...zmények ttrlése

% W^>QPETSR XEVXW~~W~~EK~~S~~QF]S~~Q~~ZE E  
:>PEWW^E OM E QP~~W~~IX~~Q~~ER]G~~W~~K-O  
:>PEWW^SR OM IK] PILIX~~W~~EKIX  
• :>PEWW^E~~W~~ OM~~W~~EW^IW XIZ~~W~~EOIR]W~~W~~EK X~~W~~VP~~W~~E~~W~~EL  
IP~~W~~Y^Q~~W~~ER]IOF~~W~~Y~~W~~P  
• %^ ~~W~~WW^IW X>ZSPW>K ~~W~~ MH~~W~~Y ~~W~~WW^IW~~W~~S~~W~~W~~W~~^R~~W~~W~~W~~S~~W~~R~~W~~E~~W~~WO~~W~~LS~~W~~M~~W~~VZ~~W~~W~~W~~^E~~W~~W~~W~~P~~W~~S~~W~~E~~W~~X  
PILIX~~W~~Y~~W~~EKIX  
1)+.)+=>^~~W~~^IP RIQ X~~W~~VPM E QIRXIXX XIZ~~W~~EOIR]W~~W~~EKIOIX

## Adatkezelés

1)+.)+=>^~~W~~ O~~W~~E~~W~~^~~W~~3P~~W~~EO RIQ O~~W~~S~~W~~TH~~W~~S~~W~~W~~W~~F~~W~~MP~~W~~M~~W~~W~~W~~FEHS[W~~W~~E~~W~~2~~W~~EG ~~W~~W OSV>FFM  
ZIV^M~~W~~-N~~W~~± STIV>GM~~W~~-W VIRHW^IVIOOIP

## F,jlok ttrlése

^68)7~~W~~E8^7

-WQIVIXPIR VIRHIPXIX~~W~~E~~W~~ J>NP~~W~~SOEX RI X~~W~~V~~W~~PN~~W~~-R % O~~W~~E~~W~~^~~W~~3P~~W~~EO QIQ~~W~~-VM>N  
RIQ EN>RPEXSW X~~W~~V~~W~~PRM

2]MWWE~~W~~Q~~W~~IK~~W~~Q~~W~~KL~~W~~ENX~~W~~-X ZEK] O~~W~~-XIXIX  
7^3OW~~W~~EK W^IVMRX R]MWWE QIK E^ IK]MO QETT>X MPPIXZI O~~W~~-XIXIX  
:>PEWW^SR OM IK] J>NPX  
2]SQNE QIK E FMPPIR~~W~~W~~W~~IX~~W~~K~~W~~S~~W~~Q~~W~~FB~~W~~K~~W~~Z~~W~~Y  
1)+.)+=>^~~W~~%TT~~W~~P~~W~~W^>Q~~W~~SX~~W~~-K~~W~~ET LEW^R>PEXE IWIX~~W~~ER E J>NP~~W~~SO X~~W~~E~~W~~W~~W~~MI~~W~~KI~~W~~W IPX  
QETT>X

## Pulzusfunkci•k

% OEV~~W~~-VE GWYOP~~W~~-EPET± TYP^YWQSRMXSVVEP VIRHIPOI^MO ~~W~~W OSQTEX  
% TYP^YWEHEXSOEX E TYP^YWW^>Q ~~W~~WW^IJSKPEP~~W~~-FER XIOMRXLIXM QIK  
IP~~W~~EVLIX~~W~~YIO E^ ~~W~~-VE E QIPPOEWM TYP^YWEHEXSOEX JSKNE LEW^R>PRM  
%^ EPET~~W~~E~~W~~VXIPQI^IXX ~~W~~WW^IJSKPEP~~W~~-R>P W^>QSW TYP^YWW^>QJ~~W~~3KK~~W~~Y JYROG

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | %^ EOXY>PMW TYP^YWW^>Q <del>W</del> 3X <del>W</del> E <del>W</del> TIVG Q <del>W</del> E <del>W</del> VX <del>W</del> E <del>W</del> OIK]W <del>W</del> E <del>W</del> KFIR FTQ QIKEH<br>TYP^YWW^>Q>REO KVEJMOSRNE EQIP] E PIKQEKEWEFF <del>W</del> W PIKEPEGWS                                                                                                                                                                                                                                                |
|  | %^ EOXY>PMW WXVIWW^ W^MRX %^ <del>W</del> -VE E WXVIWW^ W^MRX QIKFIGWP<br>TYP^YWW^>Q Z>PXS^>WX %^ EPEGWSR]EFF W^>Q EPEGWSR]EFF WXVIW                                                                                                                                                                                                                                                                                                                                                                           |
|  | %^ EOXY>PMW WXVIWW^ W^MRX %^ <del>W</del> -VE E^ EPZ>W WXVIWW^ <del>W</del> W XIZ <del>W</del> E<br>OM E^ EOXY>PMW IRIVKMEXEVXEP <del>W</del> EO <del>W</del> SOEX % REK]SFF W^>Q REK]SFF I                                                                                                                                                                                                                                                                                                                    |
|  | % Z <del>W</del> E <del>W</del> V S <del>W</del> IMK <del>W</del> ERRIP ZEP <del>W</del> - EOXY>PMW XIP <del>W</del> SXIXXW <del>W</del> EKI %^ S <del>W</del> IMK <del>W</del> ERW^EXYV><br>LSK]ER EPOEPQE^OSHMO E^ IH^ <del>W</del> E <del>W</del> LI^ <del>W</del> W E WXVIWW^LI^<br>1)+.)+=>^ <del>W</del> E Z <del>W</del> E <del>W</del> VS <del>W</del> IMK <del>W</del> ERW^MRX <del>W</del> E <del>W</del> V^ <del>W</del> E <del>W</del> OIP <del>W</del> Y E OEV <del>W</del> -VE L>XSPHEP>R XEP>PL |

## Csukl•n mĕrt pulzus

### Csukl•n viselhet... pulzusmĕr... be,llft,sai

8EVXWE PIR]S]Q]O]B]R]E]X QENH)ZĕPĕWĕWĕKEĕWĕM]O]P]ĕ]R QĕV]X]I]T]X]Y]W]X]K]I]X  
ĕPPET]S]X]G]W]Y]O]P]~]R ZMWIPLIXý TYP^YWQĕVý FI ĕW OMOĕT]G]W]S]P]~]W]ZĕP E G]W]Y]O]P]~]R ZMWIPLIXý TYP^YWQĕVýX LEW^R>PNE OM  
1)+.)+=>^ĕ G]W]Y]O]P]~]R ZMWIPLIXý TYP^YWQĕVý OMOĕT]G]W]S]P]~]W]ZĕP E G]W]Y]O]P]~]R ZMWIPLIXý TYP^YWQĕVý  
MW OMOĕT]G]W]S]P] % ZĕV]S]~]M]K]ĕ]R]W]^]M]R]X QĕVý ~]W]W]^]I]J]S]K]P]E]P]~]N]~]R]E]O QIKXIC  
ZĕV]S]~]M]K]ĕ]R]W]^]M]R]X QĕVĕW]X  
\*S]V]V]~]W]Z]~]P]ĕ]W]W]R]~]P]ĕ]X]~]ZĕP E^ ~]V]E ĕW E O^3P]W]ý W^S]Z]V]M]X]Q]Y]W]Q]S]R]M]X]S]V ZMWIPLIXý  
PIKNSFF J]S]V]V]~]W]X E TYP^Y]W]W]^]Q QIKLEX>V]S]^]W]~]L]S]^]I]I]B]S]Z]~]V]Q]M]R]V]~]W]Q]P]I]X]I]C  
H]J]R]E]Q]M]G]W]S]Y]V]G] [W] [S]P]X]~]G]L]A]M]E]K]  
~]W]^]W] O~]^]F]G]W]Y]O]P]~]R ZMWIPLIXý TYP^YWQĕVý I]R]K]I]H]ĕ]P]I]^]ĕ]W]I ZEK] P]I]X]M]P]X]  
6I]R]H]I]P]P]I]R]I]W TYP^Y]W]W]^]Q]P]S]I]K]E]W]X]M]E]W]~]V]~]N]~]X L]S]K] J]M]K]I]P]Q]I]^]X]I]W]W]I LE TYP^Y]W]W]^]Q]P]S]I]K]E]W]X]M]E]W]~]V]~]N]~]X  
J~]P]ĕ ZEK] E B]I]R]H]I]P]P]I]R]I]W TYP^Y]W]W]^]Q]V]M]E]W]X]M]E]W]~]V]~]N]~]X F]I]~]P]P]S]X]~]W]E  
4Y]P]^]Y]W] P]I]P]H]I]K]E]Zĕ XIW^M E TYP^Y]W]E]H]E]X]S]O T]~]V]S]W]S]X]S]R]X]Y]W]E]H]E]X]S]O]X~]V]X]I]C  
X]S]Z]~]F]F]S]X]~]X]S]P]H]E]P]

### Tippek rendellenes pulzusadatok esetĕre

6I]R]H]I]P]P]I]R]I]W TYP^Y]W]E]H]E]X]S]O QIKNIPIRĕWI M]P]P]I]X]Z]I E TYP^Y]W]E]H]E]X]S]O QIKNIPIRĕWI  
T]V]~]F]~]P]O]S]^]~]S]R E^ ĕP]~]F]F]M QIKSPH>W]S]O]O]E]P]  
• 8M]W]^]X]S]X]W]E ĕW W]^]V]S]X]W]E QIK OĕV]N]~]X E^ ~]V]E J]I]P]L]I]P]I]^]ĕ]W]I I]P]ý]X]X  
• 2I] ZM]W]I]P]N]I]R R]E]T]X]I]N]I]X X]I]W]X]~]T]S]P]~]X ZEK] V]S]ZĕV]V]M]E]W]^]X]~]X E^ ~]V]E ĕP]E]X]  
• 2I] OĕV]G]S]P]N]E QIK E^ ~]V]E L]~]X]S]P]H]E]P]~]R PĕZý TYP^Y]W]E]V]^]ĕ]O]I]P]ý]X  
• :M]W]I]P]N]I E^ ~]V]~]X E G]W]Y]O]P]~]G]W]S]R]X J~]P]~]X]X %^ ~]V]~]R]E]O W^S]V]S]W]E]R O]I]P]P]  
• % X]I]ZĕO]I]R]J]WĕK QIKO]I]^]HĕW]I I]P]ý]X]X M]Z]~]S]N]E]J]S]P]I]K]E]Q]E]Q]S]W]E]R ZM]P]~]K]S]X  
• % X]I]ZĕO]I]R]J]WĕK QIKO]I]^]HĕW]I I]P]ý]X]X Q]I]P]I]K]S]X]W]I]R F]I • T]I]V]G]M]K ĕW OĕV]N]I]C  
1)+.)+=>^ĕ Zĕ S]H]E]O]M]R]X L]M]H]I]K ZĕR F]I]P]X]ĕV]I]R Q]I]P]I]K]S]X]W]I]R F]I  
• 1M]R]H]I]R I]H]^]ĕ]W] Y]X]~]R X]M]W]^]X]E Z]S]^]~]I]P ~]F]P]S]X]W]I I]P E^ ~]V]~]X]

### A csukl•n viselhet... pulzusmĕr... kikapcsol,sa

%'W]Y]O]P]~]R QĕV]X]P]E]T]~]V]X]W]P]Q]I]~]X]X]S]Q]ĕ]E]X]M]O]Y]O]W]I ZĕR F]I]~]P]P]S]X]Zĕ %^ ~]V]E ĕY]X]S]O  
ZMWIPLIXý W^S]Z]V]M]X]Q]Y]W]Q]S]R]M]X]S]V T]~]V]S]W]S]X]Zĕ E^ ~]V]~]L]S]^]  
W^S]Z]V]M]X]Q]Y]W]Q]S]R]M]X]S]V T]~]V]S]W]S]X]Zĕ E^ ~]V]~]L]S]^]  
1)+.)+=>^ĕ G]W]Y]O]P]~]E]P]E]T]~]TYP^Y]W]QĕVý OMOĕT]G]W]S]P]~]W]ZĕP E G]W]Y]O]P]~]R ZMWIPLIXý  
G]W]Y]O]P]~]Q]S]^]H]Y]P]E]X F]I]~]P]P]S]X]Zĕ W]Y]~]I]M]P]O]E]S]T]G]W]S]P] Q]I]K]S]P]H]ĕ]X]E]X]~]W]E  
% W]^]Q]P]E]T]S]R XĕV]X]W]E]K]P]S]Q]Zĕ E^  
:]~]P]E]W]W]^]K]E]W]~]WĕK ĕW]W]M]O]P]ĕ]R QĕV]X]~]P]E]T]S]R OMOĕT]G]W]S]P]I]X]W]E]K]I]X

### Pulzussz,m ^sz,s kĕzben

^68)7ĕ8^7

%^ I]W]^]O~]^]J]I]P]W]^]S]R]M]~]W]^]~]W]L]S]^]L]E]W]^]R]~]P]L]E]X]~]~]E E OĕW]^]3PĕO]I]X F]~]Z]~]V]O]S]H]  
ĕV]ZĕR]J]X]I]P]I]R]S]X]M E KĕV]E]R]G]M]~]X]

%^ ~]V]E G]W]Y]O]P]~]E]P]E]T]~]TYP^Y]W]QĕVĕW]M J]Y]R]O]G]M]~]N]E%~]W]^]~]W]~]S]Q]ZĕX]I]N]F]W]P]M]I]  
Q]I]P]P]O]E]W]S]R ZMWIPLIXý W^S]Z]V]M]X]Q]Y]W]Q]S]R]M]X]S]V T]~]V]S]W]S]X]Zĕ E^ ~]V]~]L]S]^]  
ĕW Q]I]P]P]O]E]W]M TYP^Y]W]E]H]E]X]S]O M]W I]PĕV]L]I]X]ý]O E^ ~]V]E I]P]~]P]O]E]R]O]M]E]W]M]P]~]Y]W]W]  
~]W]^]W] O~]^]F]I]S]P]H]E]P]

## Rendellenes pulzussz,m riaszt,s be,llft,sa

Δ :- += € > % 8

)^ E JYROGM¬ GWEO EOOSV O³PH VMEW^X>WX LE E TYP^YWW^>Q PIKEP>F  
>PXEP QIKEHSXX TIVGIROERXM ³XEWW^>Q EP> ZEK] J¬P£ QIK] 4EVEQJMYRROG  
'SRRICXROEPQE^>WFER FI>PP§XSXX EPZ>WM EFPEO EPEXX E OMZ>PEW^XSX  
WIQQMPJIR PILIXW£KIW W^SZFIXIKW£KVÝP £W RIQ G£PNE WIQQMPJIR SVZ  
HMEKRSW^XM^>P>WE 7^SZTVSFP£Q>MZEP OETGWSPEXFER QMRHMK OI^IPÝ

OILIXÝW£KI ZER E TYP^YWW^>Q O³W^¬F£VX£O£RIO FI>PP§X>W>VE  
% W^>QPETSR XEVXWE PSQFSQZE E^

:>PEWW^ZXEW§XEWIO £W6VMEW^IX>JMSQIPQ"6IXIK£PPIQ IW TYP^YWW^>Q VME  
PILIXÝW£KIX

:>PEWW^KEEW VMZMKXMEGWSR] PMLWÝW£KIX

£PP§XWE FI E TYP^YWW^>Q O³W^¬F£VX£O£X

1MRHIR EPOEPSQQEP EQMOSV E TYP^YWW^>Q E O³W^¬F£VX£O EP> ZEK] J  
IK] ³^IRIXIX

## Pulzusadatok tov,bbft,sa

4YP^YWEHEXEMX IPO³PHLIXM E^ ¬V>N>V¬P QENH QIKXIOMRXLIXM E T>VSV  
GW¬OOIRXM E^ EOOYQYP>XSV ³^IQMHIN£X

8-44E XIZ£OIR]W£KFI>PP§X>WSO XIWXXVIW^EF>W>ZEP PILIXÝW£KI ZER E TYP  
IK] XIZ£OIR]W£K QIK 0IZ£OIR]WSAKIO £W EPOEPQ£S PHEPPSYX WSO³PHLIXM  
TYP^YWEHEXEMX OIV£OJHKSOIWEOT^FIW^IK]§X¬KETVI

:>PEWW^SR OM IK] PILIXÝW£KIX

- 8EVXWE PIR]SQDSEF QENH)Z£PEWWZKEEWMOPEX Q£VX TYP^YWWPIEH>WE  
PILIXÝW£KIX

- 8EVXWE R]SQZK£QFSX E ZI^£VPÝQIR³ QIKR]MX>WLBILIQ£W£KIXPEWW^  
1)+.)+=>^TGM¬OEX EHLEX E Z^ZVPEYQIRL^ XIWXXSWHEP>WE

2]SQNE Q7K£ESQFSX

%^ ¬VE QIKOI^HM E TYP^YWEHEXSO XSZ>FF§X>W>X

4>VSW§XWE ¬V>N>X E OSQTEXMFMPMW O£W^³P£O£ZIP

1)+.)+=>^E T>VSW§X>WM ±XQYXEX¬ P£FEWQMSQEXEMFOMPMWKJMW^O¬^¬OR£  
JIPLEW^R>P¬M O£^MO¬R]ZIX

2]SQNE Q7K£ESQFSX E TYP^YWEHEXSO XSZ>FF§X>W>REO PI>PP§X>W>LS^

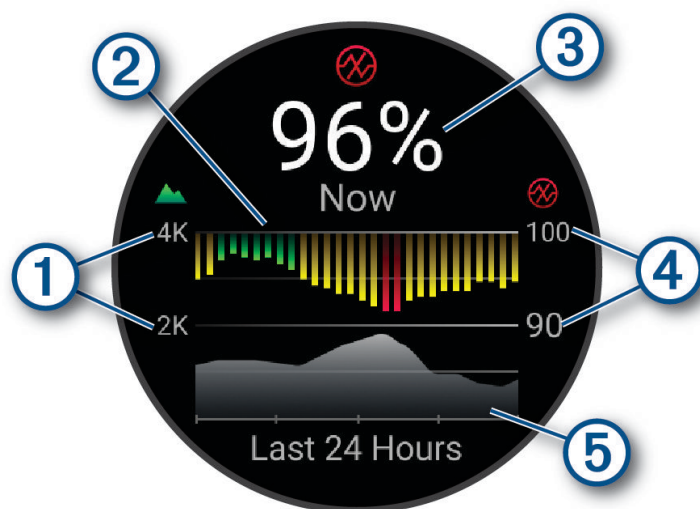
## Pulzoximéter

'V>N>LS^ IK] GWYOP¬R ZMWIPLIXÝ TYP^SÌMQ£XIV XEVXS^MO EQIP] E Z£VS  
Q£V£W£VI W^SPK>P % QEKEWW>K R¬ZIOIH£W£Z^PSEMZ£VRSXMR£XIMXMEJ GWW  
QIKLEX>VS^LEXNE LSK] E XIWXI LSK]ER EOOPMQEXM^>P¬HMO E QEKEW X  
£W I\TIH§GM¬ IWIX£R

% TYP^SÌMQ£XIV [MHKIX QIKXIOMRX£W£ZIP QERY>PMWE% TWP^SÌMQ£XIV IK  
PISPZEW>WSEH£P IK£W^ RETSW Q£V£WIOI%MM£WOREGSWSPLEQXEH FIOETG  
xSPHEP QS^K>W O¬^FIR XIOMRXM QIK E TYP^SÌMQ£XIV ¬WW^IJSKPEP¬X  
£W E XIRKIVW^MRX JIPIXXM QEKEWW>KSX % QEKEWW>KM TVSJMP NIP^M  
XIRKIVW^MRX JIPIXXM QEKEWW>KLS^ O£TIWX

%^ ¬V>R E TYP^SÌMQ£XIV >PXEP Q£VX £VX£O SÌMK£RW^EXYV>GM¬W W^>^EI  
KVEJMO+SEVQMR 'SRRION>FER XSZ>FFM V£W^PIXIOIX XIOMRXLIX QIK E TYP  
§K] TP E^ IPQ±PX R£L>R] RET XIRHIRGM>MV¬P MW

% TYP^SÌMQ£XIV TSRXSWW>K>ZEP OETGWSPEXSW KESZQMRMEQJSYQ£GJM¬O  
SPHEPVE



|   |                                                          |
|---|----------------------------------------------------------|
| ① | % QEKEWW>KM WO>PE                                        |
| ② | %^ IPQ±PX -VE >XPEKSW S\MK&RW^EXYV>GM-W £VX&OIMRIO KVEJM |
| ③ | % PIKYX¬FFM S\MK&RW^EXYV>GM-W £VX&O                      |
| ④ | %^ S\MK&RW^EXYV>GM-W ^>^EP&OSW WO>P>NE                   |
| ⑤ | %^ IPQ±PX -V>FER Q&VX QEKEWW>KM £VX&OIO KVEJMOSRNE       |

## A pulzoximéter leolvasása

% TYP^S\MQ&XIV [MHKIX QIKXIOMRX&W&ZIP QERY>PMWER MW IPOI^HLIX IK  
QIKNIPIR&XM E PIKYX¬FFM Z&VS\MK&R W^EXYV>GM-W ^>^EP&OSW £VX&O&X  
IPQ±PX -VE XIRKIVW^MRX JIPIXXM QEKEWW>K>X  
1)+.)+=>^E TYP^S\MQ&XIV [MHKIX IPWY QIKXIOMRX&WIOSV E^ -V>REO JSKI  
XIRKIVW^MRX JIPIXXM QEKEWW>K QIKLEX>VS^>W>LS^ 1IRNIR OM £W Z>VN  
~Pý ZEK] QS^HYPER LIP]^XZIRK]Z&SQFSX E TYP^S\MQ&XIV [MHKIX  
QIKXIOMRX&W&LI^  
2]SQNE Q7&E&SQFSX E^ -WW^IJSKPEP-V&W^PIXIMRIO QIKXIOMRX&W&L  
2]SQNE Q7&E&SQFSX QENH 1Z>PEWW^R&XW&EKIX E TYP^S\MQIXVM>W  
QIKOI^H&W&LI^  
1EVEHNSR QS^HYPER xQ>WSHTIVGMK  
1)+.)+=>^EQIRR]MFIR X±P EOX&Z ELLS^ LSK] E^ -VE O&TIW PIK]IR QIKL  
E W^>^EP&OSW £VX&O LIP]IXX IK] 3^IRIX NIPIRMO QIK 2&L>R] TIVGR]M M  
Q&V&WX % PIKTSRXSWEFF IVIHQ&R] £VHIO&FIR X&VXWE E^ -V>X ZMWIP  
QIKQ&VM E Z&VS\MK&R W^EXYV>GM-N>X

## A Veroxigénszint alv, s k tzbeni k tvet se funkci s bekapcsolása

&I>PP&XLEXNE -V>N>X LSK] EPZ>W O^FIR JSP]EQEXSWER Q&VNI E Z&VS\IM  
1)+.)+=>^E W^SOEXPER EPZ>WTS^&GM-O EFRSVQ>PMWER EPEGWSR] EPZ>V  
% Z&VS\MK&RW^MRX Q&VY -WW^IJSKPEP-Q&XW&EKIX E TYP^S\MQIXVM>W  
:>PEWW^EYOMSEM Q&XIV%PTZGM-OPI&R&W&EKIX

## Az egésznapos <zemm•d bekapcsol,sa

```
% ZÆVS\MKÆRW^MRX QÆVÝ ¯WW^IJSKPEPSQÆSXEVXWE PIRJSQZE E^
: >PEWW^EYOMSEMQÆXIV)ÆIWM-RETIXÝWÆKIX
%^ ¯VE EYXSQEXMOYWER IPIQ^M E^ S\MKÆRW^EXYV>GM¬X E RET JSPJEC
1)+.)+=>^Æ^ IKÆW^RETSW Q¬H FIOETGWSP>WE GW¯OOIRXM E^ EOOYQYP>
```

## Tippek rendellenes vëroxigénszint-mër... adatok esetére

```
6IRHIPPRIW ZÆVS\MKÆRW^MRX QÆVÝ EHEXSO QIKNIPIRÆWI MPPIXZI E^ EH
TV¬F>POS^^SR E^ EP>FFM QIKSPH>WSOOEP
• 1EVEHNSR QS^HYPERPER EQSK E^ ¯VE QIKQÆVM E ZÆV S\MKÆRW^EXYV>
• :MWIPNI E^ ¯V>X E GWYOP¬GWSRX J¬P¬XX %^ ¯V>REO W^SVSWER OIPP
• 8EVXWE E^X E OI^ÆX E W^§ZI QEKEWW>K>FER EQIPJIR E^ ¯V>X LSVHNE
S\MKÆRW^EXYV>GM¬N>REO ÆVXÆOÆX
• 7^MPMOSR ZEKJ RINPSR T>RXSX LEW^R>PNSR
• 8MW^X§XWE ÆW W^>V§XWE QIK OEVN>X E^ ¯VE JIPLIPJ|^ÆWI IPÝXX
• 2I ZMWIPNIR RETXINIX XIWX>TSP¬X ZEKJ VSZEVVMEW^X¬X E^ ¯VE EPEX
• 2I OEVGSPNE QIK E^ ¯VE L>XSPHEP>R PÆZÝ STXMOEM ÆV^ÆOIPÝX
• 1MRHIR IH^ÆW YX>R XMW^XE Z§^^IP ¯FP§XWI IP E^ ¯V>X
```

## Navig,ci•

```
% OÆW^³PÆO >PXEP O§R>PX +47 REZMK>GM¬W JYROGM¬O WIK§XWÆKÆZIP Q
QIRXLIX IP ZEKJ QIKXEP>PLEXNE E LE^EJIPÆ ZI^IXÝ YXEX
```

## #tvonalak

⚠ \*-+=)01)>8)8^7

```
)^ E JYROGM¬ PILIXÝZÆ XIW^M E JIPLEW^R>P¬O W^>Q>VE LSKJ PIX¬PXWÆO
±XZSREPEOEXOMQ Z>PPEP JIPIPYWWÆKIX E LEVQEHMO JIPIO >PXEP PÆXVIL
TSRXSWW>K>ZEP QIKF§^LEX¬W>K>ZEP XIPNIWWÆKÆZIP ZEKJ EOXYEPMX>W
LEW^R>PNE E LEVQEHMO JIPIO >PXEP PÆXVILS^SXX ±XZSREPEOEX
+EVQMR 'SJR¬OGM¬F¬P ±XZSREPEOEX O³PHLIX IW^O¬^ÆVI %^ IW^O¬^VI X¬V
E^ ±XZSREPEX
)KJ IPQIRXIXX ±XZSREPEX O¬ZIXLIX IKJW^IV IR GWEO E^ÆVX MW QIVX E^
O¬ZIXLIX IKJ OIVÆOT>VFEV>X ±XZSREPEX E QYRO>FE QIRÆWLI^
)KJ IPQIRXIXX ±XZSREPEX E OSV>FFER QIKLEX>VS^SXX XIPNIW§XQÆR]GÆPS
O¬ZIXLIX ,E TÆPH>YP E^ IVIHIXM T>P]>X TIVGVEPEXXÆP¬XRXSVXVIR]EODS
QIKTV¬F>PLEXNE OIZIWIFF QMRX TIVG EPEXX PIJYXRM E T>P]>X
```

## #tir,ny ktvetése këszi•kën

```
% W^>QPETSR R]SQMÆBQSIQFBSX
: >PEWW^E OM E^ IKJMO XIZÆOIR]WÆKIX
8EVXWE PIR]SIQZQÆSX
: >PEWW^EZMK>"GM¬>ØILIXÝWÆKIX
: >PEWW^SR OM IKJ ±XZSREPEX
: >PEWW^ÆQMEEMRHP§K¬XVWÆKIX
1IKNIPIRRIO E REZMK>GM¬W MRJSVQ>GM¬O
% REZMK>GM¬ IPMRH§X>W§L§K¬BQFQXME QIK E
```



## Mentett helyek megtekintése és szerkesztése

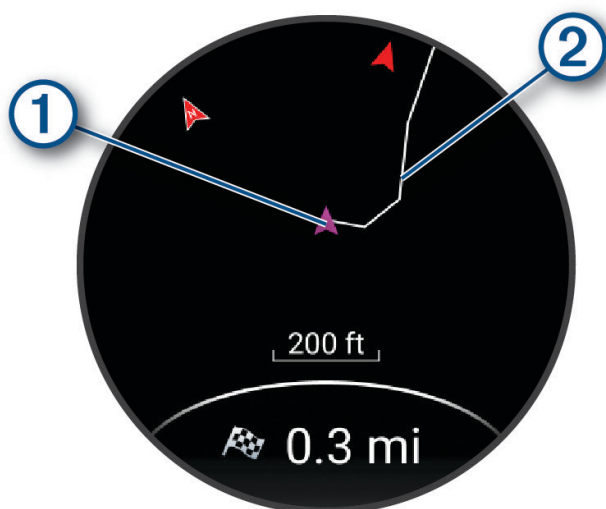
```
8-44E LIP]IOIX E ZI^EVPYQIR³HYE VQIYKXS PXHE RP
2]SQNE QI78%68 MOSRX
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX
8EVXWE PIRP]SQZQESX
:>PEWW²EZ EK>GM-XIXX LPI]IOXÝWEKIX
:>PEWW^SR OM IK] QIRXIXX LIP]IX
:>PEWW^SR OM IK] PILIXÝWEKIX E LIP] EHEXEMREO QIKXIOMRXEWELI^ Z
```

## Navig,ci a célhoz

```
% OEW^³PEO WIKSXWEKEZIP IPREZMK>PLEX IK] ±XM GEP LS^ ZEK] O^ZIXLIX
2]SQNE QI78%68 MOSRX
:>PEWW^E OM E^ IK]MO XIZEOIR]WEKIX
8EVXWE PIRP]SQZQESX
:>PEWW^EEOMKEFGIMHXÝWEKIX
:>PEWW^SR OEXIKVM>X
:>PEW^SPNSR E OETIVR]YR QIKNIPIRÝ ³AIRIXIOVI E^ ±XM GEP OMZ>PEW^X
:>PEWW¹EREPILIXÝWEKIX
1IKNIPIRRIO E REZMK>GMW MRJSVQ>GMO
% REZMK>GM IPMRH SX>W8268 R]SQNE QIK E
```

## Navig,l,s a kezd...pontra egy tevékenység sor,n

```
%^ EOXY>PMW XIZEOIR]WEK OI^HYTSRXN>LS^ IK]IRIW ZSREPPER ZEK] E QI
JYROGM GMWEO +47 X LEW^R>P XIZEOIR]WEKIOREP EVLIXÝ IP
8IZEOIR]WEK O^FIR R]SQZQESX
:>PEWW^EOMWTE E OIRPIQWXI^EW Z>PEWW^SR OM IK] PILIXÝWEKIX
• ,E E QIKXIXX ±X QIRXER W^IVIXRI ZMWW^EXEVRM E XIZEO&E]WEK OI^H
PILIXÝWEKIX
• ,E IK]IRIW ZSREPPER W^IVIXRI ZMWW^EXEVRM E XIZ)KQIR]WEKSDETHÝTS
PILIXÝWEKIX
```



```
% XEVOETIR QIKNIPIRMO E NIP]¹PEWMEXE VZIXÝQ ²HY>XWZSRPEJ
```

## Navig,ci• le,llft,sa

- % REZMK>GM¬PI>PPSX>W>LS^ £W E XIZ£OIR]W£KMOSSP]XEQWHSZ>REWWXW E 2EZMK>GM¬ZEX]P]ESXI>PPSXWWEKIX
- % REZMK>GM¬PI>PPSX>W>LS^ £W E XIZ£OIR]W£KMOSSP]XEQWHSZ>REWWXW E 1IRX£MOSRX

## Térkép

- ↖ QYXEXNE E^ "R LIP]^IX£X E X£VO£TIR % X£VO£TIR QIKNIPIRRIO E LIP]I G£P JIP£ REZMK>P ±XZSREP>X IK] ZSREP NIP^M E X£VO£TIR
- 8£VO£TREZM]KX£MO£T T>W^X>^>WE £SPREK]SX>WE
  - 8£VO£TFI>P B£XOX£S£I>PPSXSMSEOP

## Térkép hozz,ad,sa egy tev£kenys£ghez

OILIXÝW£KI ZER EVVE LSK] E X£VO£TIX LS^^>EHNE IK] XIZ£OIR]W£K EHEX 8EVXWE PIR]£Q£QFSX  
:>PEWW^EIZMOIR]W£KIO £W EPOEIRQW£KWSO  
:>PEWW^E OM E XIWXVI W^EFRM O£Z>RX XIZ£OIR]W£KIX  
:>PEWW^E OM E XIZ£OIR]W£KFI>PPSX>WSOEX  
:>PEWW^EPOEIX£TIVN]LS^^>EHW£DTLIXÝW£KIX

## A térkép p,szt,z,sa £s nagyft,sa

- 2EZMK>P>W O¬^FIR P]K£Z£K£;QIK£QFSX E X£VO£T QIKXIOMRX£W£LI^ 8EVXWE PIR]£Q£QFSX  
:>PEWW^E£Q£M£PMIXÝW£KIX  
:>PEWW^SR OM IK] PILIXÝW£KIX
- %78%QBIKR]SQ>W>ZEP Z>PXLEX E JIPJIP£ £W PIJIP£ T>W^X>^>W E FEPV REK]SX>W OMGWMR]SX£W O¬^XX
  - % X£VO£T T>W^X>^>W>LS^ ZEK] REK]P]X£W£;2SKSP]£SQ£NEXQIK E
  - % OMP£T£WLI^ R]£Q£N£SQFS£

## Térképbe,llft,sok

8IWXVI W^EFLEXNE LSK]ER NIPIRNIR QIK E X£VO£T E X£VO£T EPOEPQE^> 8EVXWE PIR]£Q£QFSX QENH£ZV£P£W£W£KIX  
8>NSP£WX£VO£T X>NSP>W£X£O£P£K£N£FP^%JIPWÝ V£W^ER NIPIRSXM QIK E^ 1IRIXMV>E]£MINIP^Ý JIPWÝ V£W^I MV>R]>FE NIPIRSXM QIK E^ EOXY>PMW £ \*IPLEW^R>P¬M LQ]K]W£SRR£QXM ZEK] IPVINXM E^ IPQIRXIXX LIP]IOIX E X£VO £ %YXSQEX REK]P]X£W£X>WM W^MRX EYXSQEXMOYW OMZ>PEW^X>WE E X£VO£ £ ,E E JYROGM¬ OM ZER OETGWSPZE EOOSV O£^^IP OIPP REK]SXERME OM

## Ir,nytŽ

%^ ¬V>R EYXSQEXMOYW OEPMFV>GM¬ZEP VIRHIPOI^Ý XIRKIP] MV>R]X Z E^ "R XIZ£OIR]W£K£XÝP EXX¬P LSK] IRKIHEP]I^ZI ZER I E +47 £W LSK] £ MV>R]X FI>PPSX>WEMX QERY>P]MY£FRM>PQ£S£P£S£XLEXNE

## Magasságmér... és barométer

% OEV¬VE IK] FIPWý QEKEWW>KQÉVýX £W FEVSQ£XIVX MW XEVXEPQE^ %  
R]SQ>WEHEXSOEX Q£K EPEGWSR] IRIVKMEJIPLEW^R>P>W± ³^IQQ¬HFER MV  
EPETN>R NIPIR\$XM QIK E LS^^>ZIXýPIKIW QEKEWW>KSX % FEVSQ£XIV O¬V  
V¬K^\$XIXX QEKEWW>K EPETN>R ELSP E QEKEWQEKQEW>KIQVýFF>DESXW  
xSPWEPFEVSQ£XIV FI>R\$X¬VPEM

## •rzékel...k és tartozékok

%^SVIVYRFEW¬VE X¬FF FIPWý £V^£OIPýZIP MW VIRHIPOI^MO IQIPPIXX XSZ  
T>VSW\$XLEX E XIZ£OIR]W£KIMLI^

## Vezeték nélküli érzékel...k

‘V>N£28 £W PYIXSX£GLRSP¬KM>X LEW^R>P¬ ZI^IX£O R£PQ^PMEÖVR£ÖÖPýMOIP  
£V^£OIPýO T>VSW\$X¬VPE£W^³P£OIO T>VSW\$X>W>X O¬ZIXýIR XIW XVI W^EFLE  
EHEXQI^ýO^EHEXO£TIVR]ýO XIW\$VIMFE£W£V>X £V^£OIPýZIP IK]³XX GWSQE  
EOOSV E^SO Q>V T>VSW\$XZE ZERREO  
%^ IK]£WVQMR^£OIPýO OSQTEXMFMPMX>W>ZEP £W E Z>W>VP>WWEPOETGWS  
O£^MO¬R]Z QIKXIOMRX£W£FY] R£VSQMEW\$SQ £V^£OIPýVýP W^¬P¬ SPHEP>VE

|                                                                                                                                                     |                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ^V^EOIPý<br>XSTYWE                                                                                                                                  | 0I\$V>W                                                                                                                                                                                                                                                             |
| I&MOI                                                                                                                                               | 'V>N>X I&MOI OIV£OT>VVEP LEW^R>PZE OIV£OT>VEHEXSOEX XIO<br>XSVVEP £W E LEX¬X>ZSPW>KKEP OETGWSPEXSW MRJSVQ>GM¬O                                                                                                                                                      |
| &ýZ\$XIXX                                                                                                                                           | %&ýZ\$XIXX 3OMQPHýLEW^R>PEIX>ZEPW-WGNE EHEXO£TIVR]ýMX QIK<br>LIXM IK] OSQTHXOMIMDMW W^>Q\$X¬K£TIR OIV£OT>VS^>W ZEK] X                                                                                                                                               |
| /~07ü<br>490>97                                                                                                                                     | ,EW^R>PLEX O³PWý £V,6EOIPýX1 T£PH-YMZEK61 *MX^£VM>W W^\$Z<br>VMXYQYWQSRMXSVX LSK] QIKXIOMRXLIWWI E W^\$ZKJMWQYWEHI<br>W^\$ZVMXQYWQSRMXSVSO EHEXSOEX MW XYHREO X>VSPRM MP<br>*YX>WM HMREQMOR>WM XIPNIWSXQER]                                                         |
| 0£T£WW^><br>QP>P¬                                                                                                                                   | % P£T£WW^>QP>P¬ WIK\$XW£K£ZIP E +47 LEW^R>PEXE LIP]IXX V<br>EQMOSV FIPX£VIR IH^ ZEK] E K]IRKI E +47 NIP                                                                                                                                                             |
| *INLEPPKEX¬                                                                                                                                         | &PYIX\$SMLEPPKEX¬ZEP *SEVPMKORLW-WGNE>ZE JIPX¬P&PXXXSISXIOIX<br>JINLEPPKEX¬ GWEXSPH£P£XEX>WE                                                                                                                                                                        |
| 0>QT>O                                                                                                                                              | % LIP]^IX£V^EOIP£W NEZ\$X>WEEMBSOFIOIVEOT>P£EWBKS]y>WX<br>W^¬V¬W VEHEVOEQIV>ZEP J£R]O£TIOIX £W ZMHI¬O£XVMW O£W^<br>OEQIVE ZI^£VPýMRIO xSEPWER>PEXE                                                                                                                  |
| 8IPNIWSXQER]NEMREO £W O£T XIPNIWSXQER]^¬R>OSPHEPS]XW£XSQ>R]VMEy<br>W^X>WSOEX MW LEW^R>PLEX LSK] £VXIWSX£WX OETNSR EVV¬P<br>^¬R>XMEW^X>W FI>P£SPXHWE | %6EP£ZEK]IBX'SXIPNIWSXQER]Q£Vý OIV£OT>VTIH>PSO WIK\$XW£K£<br>E XIPNIWSXQER]EHEXSOEX % XIPNIWSXQER]^¬R>OEX FI>PP\$XLE<br>Q£P NEMREO £W O£T XIPNIWSXQER]^¬R>OSPHEPS]XW£XSQ>R]VMEy<br>W^X>WSOEX MW LEW^R>PLEX LSK] £VXIWSX£WX OETNSR EVV¬P<br>^¬R>XMEW^X>W FI>P£SPXHWE |
| 6EHEV                                                                                                                                               | % ^£VMLEXW¬ OIV£OT>VVEHEV LEW^R>PEX>ZEP NEZ\$XLEXNE E L<br>WSOEX OETLEX E O¬^IP£:£YMLEXQ-ZPOQTPW VEHEVOEQIV>ZEP J£P<br>£W ZMHI¬OEX MW O£W^\$XLI%:6WMBQIV£ZW£VPýMRIO LEW^R>P<br>xSPHEP                                                                               |
| 6( 4SH                                                                                                                                              | %6YRRMRK (JREQMWR4SEX>ZEP JYX>WM HMREQMO>ZEP OETGWS<br>E OEV¬V>N>R QIKXIOMRXWMMHMRSEQMOR                                                                                                                                                                            |
| 3OSW IH^<br>IW^O¬^                                                                                                                                  | ýEV¬V>N>X LEW^R>PLEXNE IK] SOSW W^SFEOIV£OT>V IH^ýIW^O¬^<br>T>P]E O¬ZIX£WI OIV£OT>VS^>WM PZEK]MH£W]W]SO>R xSEPWER>PEXE                                                                                                                                              |
| 7IFIWW£K<br>TIH>P³XIQ                                                                                                                               | 7IFIWW£K£V^EOIPýOIX ZEK] P£T£W³XIQ £V^EOIPýOIX GWEXPEOS<br>OMRXLIXM E^ EHEXSOEX OIV£OT>VS^>W O¬^FIR 7^³OW£K IWIX£<br>OIV³PIXZXOQ£VIX £W OXSPHIXP                                                                                                                    |
| 8IQTI                                                                                                                                               | %XIQTLYQ£VW£OPIX £V^EOIPý V¬K^\$XLIXý IK] FM^XSRW>KSW W^<br>O¬VR]I^IXM LYQ£VW£OPIXRIO ZER OMX£ZI I^>PXEP TSRXSW LYC<br>O£RX XYH W^SPK>PRM                                                                                                                           |
| :-6&                                                                                                                                                | %:-6&X>ZMV>R]\$X¬ JYROGM¬N>REO WIK\$XW£K£ZCPG MW^O£EQ£W>NP XM<br>E^ ¬V>N>V&B>ZMV>R]\$XPH£P                                                                                                                                                                          |

## Vezeték nélküli érkezel...k p,rosft,sa

%^ IPWY EPOEPSQQEP EQMOSV GWEXPEOS^XEXNE E^ EV^EOIPYX EQMOSV ZEPEQMPJIR XIZEOIR]WEKFI OI  
LEW^R>PEX>ZEP T>VSW\$XERME OIPP E^ -V>X EW E^ EV^EOIPYX % T>VSW\$  
GWEXPEOS^XEXNE E^ EV^EOIPYX EQMOSV ZEPEQMPJIR XIZEOIR]WEKFI OI  
ZER % GWEXPEOS^>WM XSTYWSOV fH K E Z I Q M M L B S S V Q S R M H C X M X R O X E J T I W  
:IKJ] JIP E W^SZVMXQYWQSRMXSVX XIPITSXWI E^ EV^EOIPYX ZEK] R]SQ  
FIOETGWSP>W>LS^  
1)+.)+=>^E T>VSW\$X>WWE P OETGWSP EXSW MRJSVQ>GM-OEX E ZI^IXEO R  
OE^MO^-R]ZEFIR XEP>PNE  
,IPJ]^I E^ -V>X E^ EV^EOIPY xQ IW xP>F O^-V^IXEFI  
1)+.)+=>^T>VSW\$X>W O^-^FIR E X^-FFM EV^EOIPYXYP PIKEP>FF xQ VI x  
8EVXWE PIR]S Q D S FEX  
:>PEWW^E^EOIPYO EW X^E M X L S S^E O S D B W E Y W E K I X  
:>PEWW^SR OM IKJ] PILIXYWEKIX  
• :>PEWW^E W EW E^ -W W^L W X D W E K I X  
• :>PEWW^E OM E^ EV^EOIPYNI XSTYW>X  
%^ EV^EOIPY EW E^ -VE T>VSW\$X>W>X O I V I W S W E X P E O S^X E X P E E Z T>S X E %  
EV^EOIPYEHXS E^ EHEXOETIVR]YR ZEK] IKJ]ERM EHEXQI^YR NIPIRRIO Q  
W^EFL E X^N E H E X O E T I V R ] Y O X I W X S P I M E F > W E

## Pulzusmér... tartozék • fut,si temp• és t,vols,g

%,61 ,61 \*MEX 61 4V W SVS^EXSO XEVXS^EOEM E JIPLEW^R>P-M TVSJMP EV  
PETEWRE P QEVX QS^K>W EPETN>R OMW^>Q\$XN>O E JYX>WM XIQT-X EW E X  
E JYX>WM XIQT-X EW E X>ZSPW>KSX LE E +47 RIQ EVLIXY IP%28EPH>YP JY  
XIGLRSP-KME ZEK] E P F M X S S R M R E B W K M E W I K S X W E K E Z I P G W E X P E O S^X E X S X  
-V>N>R QIKXIOMRXLIXM E JYX>WM XIQT-X EW E X>ZSPW>KSX )^IOIX E LEV  
EPOEPQE^>WSOFER MW QIKXIOMRXLIXM  
% XIQT-X EW E X>ZSPW>K TSRXSWW>KE E OEPMFV>P>WWE P NEZYP  
%YXSQEXMOYW D D E M F V E P E W E T E V X I P Q % Y I X S O E P M F V X M E V W Q E V Y X E V X S^E O  
EPOEPSQQEP OEPMFV>GM-X ZEKI^ EQMOSV E W^EFEH^SRVJYXRI VW GWE  
-V>N>LS^  
1)+.)+=>^E^ EYXSQEXMOYW OEPMFV>P>W RIQ Q O^-HMO FIPXVM XIVIT Z  
8MTTIO E JYX>W XIQT-N>REO EW X>ZSPW>KPREO V^-K^SXEWELI^  
1ERY>PMW OEPMFV>P>WWE PLEW>P EW E M L I R Y X E K I X Q M Y X>R JYX-TEHSR JYX  
GWEXPEOS^XEXSXX TYP^% W Q X V Y E H E S R Q I K O X I Z E P X>Z S P W H E D E P M F V>P>W E

## Tippek a fut,s temp,j,nak és t,vols,g,nak rtgztéséhez

- \*VMWW^S X M V Y E P E W -V E W^S V X Z I O V X M W W S X P W E O
- 8IPNIW\$XWIR X^-FF O^3PXVM JYX>W K 1 E +471 E^M X E O V E M P E S S^X E X S X X  
OMIKEW^SXYZIP \*SRXSW LSK] E W^EFEHXVM XIQT- IKJ]^AIR E JYX-TEH
- ,E LSQSOSR ZEK] QEP] L-FER JYX PETNIR E^ EV^EOIPYX SIOEPSXFW>SOWE  
JYROGM-X
- ,E OSV>FFER Q>V GWEXPEOS^XEXSXX IK% 28SQBTEGWS M E M X S R P E I T V W W X^3Q P>  
PETEWW^>QP>P-M O P T E G W S P E O V I Z E K ] X>ZSPSXWE IP E GWEXPEOS^XEXS>
- \*YWWSR E JYX-TEHSR QER%>P Y M V T O E H S R F Q I R X M X K E R>Z S P W H E D E P M F V>P>W
- ,E RIQ P>XW^MO TSRXSWREO E^ EYXSQEXMOYW EW E QERY>PMW OEPMF  
Z>PEW W^E X I Q T - E W X^Z S P W > K > G M - W E H E X S P O L I M Y W W E K X P P S X>W E  
1)+.)+=>^QIKTV^-F>PLEXNE O M Y O X S G W S P M M O B M X EW QERY>PMWER ±NVE  
OEPMFV% P J Y X X - T E H S R Q I K X I X X X>Z S P W H E D E P M F V>P>W E

## Fut,si teljesftm€ny

%+EVQMYRX>WM XIPNIWSXQER]X E Q£VX JYX>WM HMREQMOEM MRJSVQ>GM¬O  
EHEXSO £W IK]£F £V^£OIPY'EHEXSO EPETN>R W^>Q\$XNE OM E VIRHW^IV %  
QIOOSVE XIPNIWSXQER]X EPOEPQE^ E^ ±XJIP³PIXIR £W [EXXFER NIPIR\$X  
Q£V£WM IW^O¬^O£RX ZEP¬ LEW^R>PEXE IK]IW JYX¬OREO NSFFER QIKJIPIF  
XIPNIWSXQER] E TYP^YWW^>QR>P £V^£OIR]IFF PILIX E^ IVYJW^\$X£W W^MF  
IQIPOIHýOIX E PINXýOIX £W E W^IPIX EQMX E XIQT¬ Q£V£WI ZMW^SRX R  
[[[ KEVQMR TGSQSVQERGI HEX£F\$YFRBMRK  
% JYX>WM XIPNIWSXQER] IK] OSQTEXMFMPMW JYX>WM HMREQMOE XEVXS^  
8IWXXVI W^EFLEXNE E JYX>WM XIPNIWSXQER] EHEXQI^YMX E PIEHSXX XIPN  
OSVVMK>P%W£XSQI^Y^SPH£PXIPNIWSXQER]VMEW^X>WSO FI>PP\$X>W>ZEP £VX  
EHSXX XIPNIW\$XQ£R]R]W£KVM£W\$P>HESPO  
% JYX>WM XIPNIWSXQER]XEVXSQ>R]SO LEWSRP¬O E OIV£OT>VS^>WM XIPNI  
RIQ E W±P] £W E^ >XPEKSW O£TIWW£KIO EPET£VXIPQI^IXX £VX£OIMR EPE  
"R W^IQ£P]IW O£TIW£V£QIMRISURHON>ZEP QERY>PMWER Q¬HSW\$X%EXNE E  
XIPNIWSXQER]^¬R>Ox\$P\$P\$X>WE

## A fut,si teljesftm€ny be,llft,sai

8EVXWE PIR]S\$Q\$F\$X Z>BEZEWORE]W£KIO £W EPOEIPQW^\$K\$OZ>PEWW^SR O  
XIZ£OIR]W£KIX Z>PEWW^E E XIZ£OIR]W£KFXP\$XK>W\$K\$P\$X\$Q£R]R]X>PEWW^  
£PPETISXKIHEP]I^M ZEK]VQMYR>XME XIPNIWSXQER]EHEXSO V¬K^\$X£W£X )^X  
Q¬HSW\$XERME LE MRO>FF LEVQEHMO J£PXýP W^>VQE^¬ JYX>WM XIPNIW  
\*SVV>MLIXýZ£ XIW^M LSK] OMZ>PEWW^E QIP]MO O£W^³P£OIX LEW^R>PNE  
%^RXIPPMKISURHON>ZEP EYXSQEXMOYWER £W^PIPM £W LEW^R>PNE E JYX>  
VIRHIPOI^£WVI >PP %^ ¬VE GWYOP¬EPET± JYX>WM EHEXSOEX LEW^R>P  
7^£P JMK]IPIQFIIR]XKH£P]I^M ZEK] PIXMPXNE E W^£PEHEXSO LEW^R>PEX>X E  
% W^£PEHEXSO E^ ¬VE >PXEP Q£VX WIFIIWW£K LEPEH>WM MV>R] £W FEV  
W^£PEHEXSO OSQFMR>GM¬NE

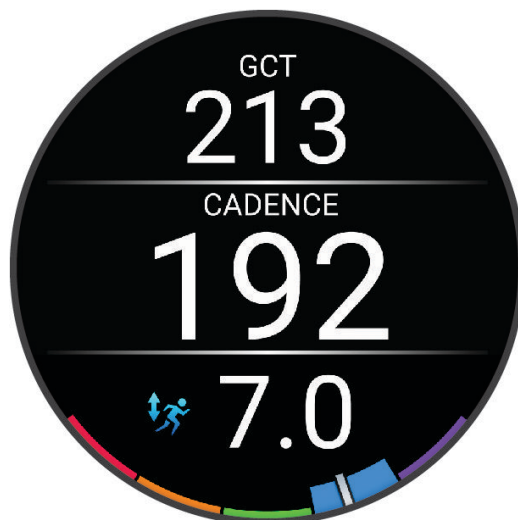
## Fut,si dinamika

% JYX>WM HMREQMOE ZEP¬W MHIN ZMW\$W£NIRP\$W\$K]£VHWE\$YXQ£MýW\$P\$M  
EQIP]¬X JYX>WM Q£VýW^>Q\$X W^>Q\$P OM %^ ¬WW^IW JYX>WM Q£VýW^>Q  
\*SVIVYR¬V\$W\$K ,61 \*MZEK61 4V\$VSVS^EX± XEVXS^£O>ZEP ZEK] IK]£F SP]E  
XEVXS^£OOEP EQM Q£VM E X¬V^W Q\$^K>W>X 8\$Z>KEWQMRJTSVQ\$Q£R]SVX  
HEXE VYRIF\$RKEPVE

| 1IXVMOYW                               | ^V^£OIPý X\$T                                                                           | 0M£W                                                                                 |
|----------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 0£T£W³XIQ                              | 'VE ZEK] OSQTEFWW^>Q E P£T£WIO W^>QE TIVGIRO£RX %<br>FMPMW XEVXS^£OSO                   | £WNSFF ^WW^IWIR                                                                      |
| 0£T£WLSWW^                             | 'VE ZEK] OSQTEFWLSWW^ E^ IK]MO XEPEN£VMRX£WXY P E C<br>FMPMW XEVXS^£OSO                 | Q£XIVFIR X^VX£RMO                                                                    |
| *³KKýPIKIW                             | 'VE ZEK] OSQTEFWW^ J³KKýPIKIW SW^GMPP>GM^ E^X QYXEXNE QIK<br>SW^GMPP>GMFMPMW XEVXS^£OSO | Q£R]MVI PIRH³P OM J³KKýPIKIW MV>R]FER % JI<br>Q\$K>W>X NIPIR\$XM QIK GIRXMQ£XIVIOFIR |
| *³KKýPIKIW                             | 'VE ZEK] OSQTEFWW^ J³KKýPIKIW EV>R] E P£T£WLSWW^ J³KKýPIKIW<br>FMPMW XEVXS^£OSO         | VS^^E QIK )^ IK] W^>^EP£OSW £VX£O %^ EF<br>W^IVMRX NSFF JYX>WM WX\$PYWX NIPI^        |
| 8EPEN£VMRX£WM MHý                      | 'VE ZEK] OSQTEFWW^ XEPENX 1£VX£OIK]W£KI E^ I^VIHQ>WS<br>FMPMW XEVXS^£OSO                | ££O+=>^£ XEPEN£VMRX£WVI ZSREXOS^~ EHEXS<br>RIQ £VLIXýO IP                            |
| 8EPEN£VMRX£WM MHýIK]IRW±P] E JYX>W O^F | 'VE ZEK] OSQTEFWW^ MHýIK]IRW±P] E JYX>W O^F<br>FMPMW XEVXS^£OSO                         | £WNSFF SPHEP O^XM IK]IRW±P]>X QYXEXNE )^<br>4£PH>YP W^>^EP£O NSFFVE ZEK] FEPVE QYX   |

## Edz£s fut,si dinamik,vaI

%^ ~VE EYXSQEXMOYWVER GWYOP~EPET± JYX>WM HMREQMO>X LEW^R>P O  
OMIK£W^\$XýZIPI^T££OW\$£££³PM £V^£OIR\$£OHE£V\$W\$X]W£E YX>WM XIZ£OIR]W£  
LS^>EHLEX IK] JYX>WM HMREQMO£O£EIMR]ýO X]W\$SPIME£F>WE  
2]SQNE Q7£%££SQFSX QENH Z>PEWW^SR OM IK] JYX>WM XIZ£OIR]W£KIX  
% XIZ£OIR]W£KMHý^\$Xý IPMRH££%W£LSQFSX  
1IRNIR IP JYXRM  
+^VKIWWIR E JYX>WM HMREQMOE O£TIVR]ýL^ E Q£VýW^>QSO QIKXIOMR



2) \*)0)(.£ XEPEN£VMRX£WM MHý IK]IRW±P]E GWEO OSQTEWMFMPMW JYX  
£VLIXý IP  
7^³OW£K IWIX£R XEV\$WMOPR]SQ££££ W^IVOIW^X£W£LI^ LSK] E JYX>WM  
NIPIRNIRIO QIK

Szfntm€rce €s fut,si dinamika adatok

% JYX>WM HMREQMOE OETIVR]ýO¯R QIKNIPIRMO E W^SRIW QÉVý E^ IPWýH  
QÉVýW^>QOERX QIKNIPIR\$XLIXý E PÉTÉW³XIQ E J³KKýPIKIW OMPIRKÉW E  
IK]IRW±P]E ZEK] E J³KKýPIKIW EV>R] % W^SRIW QÉVý QIKQYXEXNE LSK]  
ZMW^SR]YPREO Q>W JYX¬OÉLS^ % W^SR^¬R>O W^>^EPÉOÉVXÉOIOIR EPETY  
%+EVQWBO O³P¯RF¯^ý W^MRX JYX¬X OYXEXSXX % TMVSW £W REVERGW  
XETEW^XEPX ZEK] PEWWEFF JYX¬OVE NIPPIQ^ýO % ^¯PH OÉO £W PMPE  
ZEK] K]SVWEFF JYX¬OVE NIPPIQ^ýO % XETEW^XEPXEFF JYX¬OEX V¯ZMHI  
OMWIFF J³KKýPIKIW EV>R] £W REK]SFF PÉTÉW³XIQ NIPPIQ^M QMRX E OIZH  
QEKWEFF JYX¬OREO >PXEP>FER OMGWMX PEWWEFF E PÉTÉW³XIQ³O LSW  
OMGWMX REK]SFF % J³KKýPIKIW EV>R] E J³KKýPIKIW OMPIRKÉW IPSW^XZ  
QEKEW W>KKEP  
% JYX>WM HMREQMO>ZEP OETGWSPEXSW XSZ>F KÉW QMR SVQSWQ-OEGVX HÉXIS  
VYRRSRKÉPVE % JYX>WM HMREQMOE EHEXEMZEP OETGWSPEXSW XSZ>F  
JYX>WWE P OETGWSPEXSW O¯^MWQIVX TYFPMO>GM¬OEX £W [IFSPHEPEOEX

| 7^SR^¬RE                  | 7^>^EPÉOÉVXÉO | EÉTÉW WERQ XE | 8ESQENJEMRX£WM |
|---------------------------|---------------|---------------|----------------|
| <div></div> 0MPE          | "             | " xPÉTÉW TIVG | xQW            |
| <div></div> /ÉO           | •             | • xPÉTÉW TIVG | xQW            |
| <div></div> >¯PH          | •             | • xPÉTÉW TIVG | xQW            |
| <div></div> 2EVERGW W>VKE |               | • xPÉTÉW TIVG | xQW            |
| <div></div> 4MVSW         |               | xPÉTÉW TIVG   | xQW            |

Talajérintési id... egyensúlyadatai

% XEPEN£VMRX£WM MHÝ IKJIRW±PJE E JYX>W W^MQQIXVM>N>X Q£VM £W E  
NIPIRMO QIK 4£PH>YP E FEPVE QYXEX¬ R]SPPEP NIP¬PX E^X NIP^M  
P>F>VE RILI^IHMO ,E E^ EHEXO£TIVR]ÝR O£X W^>Q P>XLEX¬ T£PH>YP •  
E^

|                                 |                                                                                       |                                                                                           |                                                                                         |                                                                                             |                                                                                            |
|---------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 7^§R^¬RE                        |  4MV |  2EVERGW |  VKEPH |  2EVERGW |  VKEVSW |
| 7^MQQIXVME                      | +JIRKI                                                                                | 1IKJIPÍPÝ                                                                                 | .¬                                                                                      | 1IKJIPÍPÝ                                                                                   | +JIRKI                                                                                     |
| 8¬FFM JYX¬ W^>^EP£OSW<br>EV>RJE |                                                                                       |                                                                                           |                                                                                         |                                                                                             |                                                                                            |
| 8EPEN£VMRX£W<br>W±PJE           | " &                                                                                   | • &                                                                                       | . &•                                                                                    | • .                                                                                         | " .                                                                                        |

% JYX>WM HMREQMOE JINPIW^X£WQ£WEXIWXEIPVWE W£XV£X£ LSKJ IKJIW JY  
ZER E W£V³P£WIO £W E REK]SFF IKJIRW±P]LM>R] O¬^¬XX 7SO JYX¬ IWIX£  
IQIPOIHÝR £W PINXÝR ZEP¬ LEPEH>WOSV LENPEQSWEFF NSFFER IPX£VRM  
IKJIX£VX E^EP LSKJ E W^MQQIXVMOYW JYX>WM JSVQE W^>Q£X N¬REO %  
OMIKJIRW±P]S^SXXEO E P£T£WIMO  
\*YX>W O¬^FIR JMKJIPLIXM E Q£VÝX£Z£MRE^S£NREXQ£P£R QIKXIXIOMRXLIXM E^  
MW 1>W JYX>WM HMREQMOEM EHXSOLS^ LEWSRP¬ER E XEPEN£VMRX£WM  
EQIP]RIO WIK£XW£K£ZIP X¬FFIX XYHLEX QIK E JYX>WM W^SO>WEMV¬P

Fgg...leges kilengés és fgg...leges ar,ny adatai

% J³KKÝPIKIW OMPIRK£W £W E J³KKÝPIKIW EV>R] EHEXXEVXSQ>R]EM E^ £V  
W^>Q£X LSKJ E QIPPOEWSR LIP],I6X£O,61P\*£Z£KQ1£4OMV£X  
ZEK] E HIVEYORRMK (JREQ£M£WS4£O

| 7^§R^¬RE                                                                                              | 7^>^EP£OE<br>E ^¬R>FER<br>QIPPOEW | *³KKÝPIKIW<br>OMPIRK£WM<br>XEVXSQ>R]<br>HIV£O | *³KKÝPIKIW<br>OMPIRK£WM<br>XEVXSQ>R]<br>HIV£O | *³KKÝPIKIW<br>OMPIRK£WM<br>XEVXSQ>R]<br>HIV£O | *³KKÝPIKIW<br>OMPIRK£WM<br>XEVXSQ>R]<br>HIV£O |
|-------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|
|  0MPE              | "                                 | xGQ                                           | xGQ                                           |                                               |                                               |
|  /£O               | •                                 | • xGQ                                         | • xGQ                                         | •                                             | •                                             |
|  >¬PH              | •                                 | • xGQ                                         | • xGQ                                         | •                                             | •                                             |
|  2EVERGWy<br>W>VKE |                                   | • xGQ                                         | • xGQ                                         | •                                             | •                                             |
|  4MVSW             |                                   | " xGQ                                         | " xGQ                                         | "                                             | "                                             |

## Tippek a hi,nyz• fut,sdinamikai adatokhoz

)^ E XEQEO^V E OSQTEXMFMPMW JYX>WHMREQMOEM XEVXS^EO LEW^R>PE  
XEVXS^EO RIQ GWEXPEOS^MO E^ -V>LS^ E^ -VE EYXSQEXMOYWER GWYO  
• )PPIRYVM^AI LSK] VIRHIPOI^MO I JYX>WHMREQMOEM XEVXS^EO  
W^EVM>N± XEVXS^EO  
• 4>VSW\$XWE ±NVE E JYX>WM HMREQMOE XEVXS^EOSX E^ -V>ZEP E^ YXEW  
• ,E "R IKQ1 OMIK£W^\$XýX LEW^R>P R]SPX OETGWSPEX LEW^R>PEXE LIF  
FM^XSRWPK\$XWSXLTGWSPEX LEW^R>PEX>ZEP  
% GWEXPEOS^>WM XSTYWSOV-P [fjy KIEVQMRJLSXQC GMRRIQXMSXEPXPTIW  
• ,E ,61 \*MZEKQ1 4VWSVS^EX± XEVXS^EOSX LEW^R>P8 XTVSWSXVKMBV>N>ZEP  
LEW^R>PEX>ZEPYBWSXKIE RSP-KME LEW^R>PEX>ZEP  
• ,E E JYX>WM HMREQMOE EHEXOMNIP^YNI GWEO RYPP>OEX QYXEX IPPIR  
ZMWIPM I  
1)+.)+=>^R£L>R] EHEX RIQ NIPIRMO QIKYK]BWSKFMREQMOE

## Mellkasi pulzussz,m^sz,s kftzben

%,61 E61 4VWSVS^EX 7EMQEW,61 8VMYP^YWQ£Vý XEVXS^EOSO ±W^>W O^-  
X>VSPN>O E TYP^YWEHEXSOEX % TYP^YWEHEXSO QIKXIOMEXHEXDEITIVBjy  
XIWXVIW^EFxSWEHEP  
1)+.)+=>^E QIPPOEWM TYP^YWEHEXSO RIQP>XLEX-O E OSQTEXMFMPMW C  
ZER  
% X>VSPX TYP^YWW^>QEHEXSO O£WýFFM QIKXIOMRX£W£LI^ IP OIPP OI^HI  
-V>R % RIQ E Z\$^FIR X^PX^XX TMLIRYMHý EPEXX E TYP^YWQ£Vý XEVXS^E  
OEV-VE EYXSQEXMOYWER PIX^PXM E X>VSPX TYP^YWEHEXSOEX EQMOSV  
TYP^YW XEVXS^EOREO E^ EHEXSO PIX^PX£WI O^FIR E Z\$^IR OSZ^P EOXS  
FIP^P OIPP PIRRM I 4YP^YWEHEXEMX E+QKQMRJISBWHQKPF£Q£MWO£IRX£OM  
,E GWYOP-EPET± £W QIPPOEWM TYP^YWEHEXSO MW IP£VLIXýIO E^ -VE E

## Opcion,lis ker£kp,rsebess£g- vagy ped,loz,siktem-£rz£kel...

/SQTEXMFMPMW OIV£OT>V£V^£OIPý ZEK] TIH>PS^>WM^3XIQ £V^£OIPý LEW^R  
• 4>VSW\$XWE E^ £V^£OIPXZOE R£POZEM £V^£OIR\$OHEBWSX>WE  
• £PP\$XWE FI E OIWEQOQEWIX£W OXSPH£P  
• 1IRNIR IP OIV£OIZ£OSIRFW£K QIKOXSH£WP

## Edz£s teljesftm£nym£r...kkel

• %\*SVIVYR£IW^3P£OOIP OSQTEXMFMPMW K£P£WGSXQ£RW£SY£OEVQ£PRI>GSQ  
[IFSPHEPSR XEP>PLEX-  
• 8SZ>FFM MRJSVQ>GM-O£VX XIOMRXWI >X E XIPNIW\$XQ£R]Q£Vý JIPLEW^R  
• -K] >PP\$XWE FI E XIPNIW\$XQ£R]^~R>OEX LSK] E^SO QIK%JIPIPNIRIO E G£  
XIPNIW\$XQ£R]^~R>OXSPH£P\$X>WE  
• % XEVXSQ>R]VMEW^X>WSO WIK\$XW£K£ZIP £VXIW\$X£WXS OEW£XWLE IP£V  
FI>PP\$X>WSPHEP  
• 7^3OW£K IWIX£R XIWXVI W^EFLEXNE%£XIP£XOX\$XQ£R]ýG£XWQSPH£P£F>WE

## Helyzet£rz£kel£s

\*SVIVYR-R>WE LEW^R>PMEKX-IEPMKIRW OIV£OT>V ZMP>K\$X>WWEP £W L>XW-  
NEZ\$X>WE £VHIO£FIR 8SZ>FF:NE XNOBWM^3ZEP-O£PLX£W^RHP£M O£^MO^-R]Z£X

## A Variakamera vezérl...inek használata

^68)7 8^7

)K]IW NSKLEX¬W>KSO XMPXLEXN>O ZEK] W^EF>P]S^LEXN>O ZMHI¬ LERK Z  
LSK] E JIPZ£XIP R W^IVITPÝ QMRHIR J£P XMW^X>FER PIK]IR E JIPZ£XIP X£  
"R JIPIPÝWW£KI LSK] MWQIVNI £W FIXEVXWE E^ ¬WW^IW X¬VZ£R]X IPÝSV  
SVW^>KSOFER ELSP E O£W^³P£OIX LEW^R>PRM OSZ>RNE

%:EVMOEQIVEZI^£VP£W LEW^R>PEXE IPÝXX T>VSW\$X£ROROROPPM XEVXO↑£Q  
T>VSW\$X>X\$PHEP

:>PEWW^SR OM IK] PILIXÝW£KIX

- %HNE L\$E'QIVEZI^£ZIP£OPÝX E^ %VZ N^LSPÝQIR³ XIWX XSWHEP>WE
- %HNE L\$E'QIVEZI^£MFIYIOIXIX E^ %V>NWL\$^IJSKPEP¬ O£W^PIX\$RHEXVI W^
- %/EQIVEZI^£ZIP£OPÝR ZEK] [MHKIXIR Z>PEWW^SR IK] STGM¬X
- % OEQIVEFI>PP\$X>WSO QIKXIO:MR£PWLXÝVZ£REXW^E E
- :>PEWW^E£ PILIXÝW£KIX E^ ±X V¬K^\$X£W£LI^
- \*£R]O£T O£W^\$X£W££^PZLP£YWW£KE XE
- :MHI¬OPMT QIRX£W££^PZLP£YWW£KEI XE

## tempe

/£W^³P£OI OSQTEQMIYMPWW£OPIX £V^£OIPÝZIP %^ £V^£OIPÝ V¬K^\$XLIXÝ I  
ZEK] LYVSOVE ELSP OM ZER X£ZI E O¬VR]I^IXM LÝQ£VW£OPIXRIO £W \$K]  
JSVV>WEO£RXXWQ£P K^£POI£ÝX T>VSW\$XERM OIPP E O£W^³P£OOIP E LÝQ£VW  
8SZ>FFM MRJSVQ>XMQO£W^X£OPIWYH££IWS£XW£MNXQSPQYEPW XIQTI

## VIRBET,vir,nyft•

%:-6&X>ZMV>R]\$X¬ JYROGM¬ WIK\$XW£KEZ6BEIOGM¬O£QIR>MWXZI^£VIPLIXM

## VIRBakci•kamera vezérlése

%:-6&X>ZSPM JYROGM¬ LEW^R>PEX>LS^ IRKIH££P£OIRMI OIPP8£Z>FZSPM FI>PP  
MRJSVQ>GM¬O£W^SV\$HE£ JIPLEW^R>P¬M O£^MO¬R]Z£X

/ETGWSPN££EQIV>X

4>VSW\$XWEEQIV^SVXVYFERIVV>Z£IX£O R£PO³PM £V^£OIR\$OHEB\$WSX>WE

%:-6&[MHKIX FIOIV³P E [MHKIX O£W^PIXFI

%:-6&[MHKIX QIKXIOMRX£W£LI^ E W^>QAP£V\$ZR K\$Q£\$X£ QIK E

7^³OW£K IWIX£R Z>VNE QIK EQ\$K E^ ¬VE GWEXPEOS^MO E OEQIV>LS^

:>PEWW^SR OM IK] PILIXÝW£KIX

- :MHI¬ V¬K^\$X£W£L£¬££B££WWMERBISXÝW£KIX
- %^SVIVYFOR£TIVR]ýN£R QIKNIPIRMO E ZMHISW^>QP>P¬
- ,E ZMHISJIPZ£XIP O¬^FIR W^IVIXRI J£R]O£T;IX K£QW^\$XIRM R]SQNE QIK
- % ZMHISJIPZ£XIP PI>PP\$X>W34£\$QR]SQNE QIK E
- \*£R]O£T O£W^\$X£W£L£R]Z>PEOWW£P£XÝWW£KIX
- \*£R]O£TWSVS^EX O£W^\$X£W£L£XZ]PEOWWPEO£XÝW£KIXI
- % OEQIVE EPZ¬ ³^IQQ¬HFE OETG W£QW£>£PZ Z P£EIMW£KE X
- % OEQIVE EPZ¬ ³^IQQ¬HF¬P ZEP¬ JIP£EQIWE££W£P£K£W£KWXE E
- % ZMHIS £W J£R]O£TFI>PP\$X>WSO QI>P£SV£P£LWY££KIZ>PEWW^E E

## VIRBakci•kamera vezérleése tevékenység sor,n

%:-6&X>ZSPM JYROGM¬ LEW^R>PEX>LS^ IRKIH:£B&DQMI V OIPP8S ZX FZSPM FI>PP  
MRJSVQ>GM¬O&WSPV8HEE JIPLEW^R>P¬M O£^MO¬R]Z£X  
/ETGWSPN¬B&O EQIV>X  
4>VSW\$XWE EQIV>SVXVY PFEW¬V>N&Z£PO R£PO³PM £V^£OIR]£OHEP\$WSX>WE  
% OEQIVE T>VSW\$X>WEOSV&EHVEIROHAT1MR]YX EH LS^^> E XIZ£OIR]W£KIOLI  
8IZ£OIR]W£K WSV>R R9\$QNE3QIK £QFSX6£EHEXO£TIVR]Y QIKXIOMRX£W£L  
7^³OW£K IWIX£R Z>VNE QIK EQSK OEV¬V>NE GWEXPEOS^MO E OEQIV>LS  
8EVXWE PIR9\$QZQFSX  
:>PEWW^££PILIXYW£KIX  
:>PEWW^SR OM IK] PILIXYW£KIX  
• % OEQIVE XIZ£OIR]W£KMHY^SXÝR OIVIW^X³PM ZI&VPPESVKQW£QS>PEWWW^E  
Q¬H"-HÝ^SXÝ MRH\$X>WE PI>PP\$X>WE  
1)+.)+=>^£ ZMHISJIPZ£XIP EYXSQEXMOYWER IPMRHYP MPPIXZI PI>PP  
XIZ£OIR]W£KIX  
• % OEQIVE QIR³STGM¬OSR OIVIW^X³PM ZI^£VP&EIWER£X"AVR£DWE WEMEQQ¬HZI  
/£^M  
• % ZMHISJIPZ£XIP QERY>PMW V¬K^\$X£WE MPPH£X>WEM XE E  
%\*SVIVY PFEITIVR]YNER QIKNIPIRMO E ZMHISW^>QP>P¬  
• ,E ZMHISJIPZ£XIP O¬^FIR W^IVIXRI J£R]O£T;ZX KSEQF\$SXIRM R]SQNE QIK  
• % ZMHISJIPZ£XIP QERY>PMW PI>P8\$K\$Q>LSX R]SQNE QIK E  
• 8¬FF J£R]O£T WSVS^EXJIPZ£XIP ³^IQQ¬HFER X¬SWSEYX DIPV£\$X£ VO£W^S  
PILIXYW£KIX  
• % OEQIVE EPZ¬ ³^IQQ¬HFE OETG W£Q W£>ES¬Z¬P¬EINW£KE X  
• % OEQIVE EPZ¬ ³^IQQ¬HF¬P ZEP¬ JIP£EQIWE^£EW EPIK£WV£KWXE E

## Felhaszn,li profil

% JIPLEW^R>P¬M TVSJH£P VQMR¬SIRROZ£K E^>WFER JVMWWSXLIXM

## A felhaszn,li profil be,llft,sa

\*VMWWSXLIXM RIQ£X W^³PIX£WM MHIN£X QEKEWW>K>X XIWXW±P]>X GW  
XIPNIW\$XQ£R]XEVXSQ>R]>REO £W OVMXMOYW ± WVMWMOVMF I WWS WVR MOI F1WV  
XIW^XN£RIO V¬XS\$X£W¬VE I^IOIX E^ MRJSVQ>GM¬OEX E TSRXSW IH^£WEH  
8EVXWE PIR9\$QZQFSX  
:>PEWW^1P£W^R>P¬MIQVXSJMP  
:>PEWW^SR FI>PP\$X>WX

## Nemi be,llft,sok

%^ ¬VE IPWÝ FI>PP\$X>WEOSV OM OIPP Z>PEW^XERME IK] RIQIX % PIKX¬FF  
PIKTSRXSWEFF IVIHQ£R]H£VOHPO£NIR FENE LSK] Z>PEWW^E E W^³PIX£WIO  
% OI^HIXM FI>PP\$X>WX O¬ZIXÝIR XIWXV¬VE VO£LE X S£R£GTV F£RPF I>PP\$X>WS  
4VSJMP £W EH£XZ£HYZP QIW^M E R]MPZ>RSW TVSJMPN>R XEP>PLEX¬ EH£X  
\*IPLEW^R>P¬M FFIBP\$XW\$ONE £MPPQWVQI,££H££W£KIX Z>PEW^XNE E FMR>  
MK£R]PÝ EPKSVMXQYWSO E^ ¬VE IPWÝ FI>PP\$X>WEOSV QIKEHSXX RIQIX

## Fitness-kor megtekintése

\*MXRIW^ OSVE MWQIVIX£FIR O£TIX OETLEX EVV¬P LSKJER ZMW^SR]YP IH  
\*MXRIW^ OSVE QIKLEX>VS^>W>LS^ ¬V>NE JIPLEW^R>P FM^SR]SW EHEXSOE>  
&1- R]YKEPQM TYP^YWW^>Q>X £W MRXIR^SZ XIZE-ORIR]W£VKMIR]P Q£R}NMX  
E &1- LIP]IXX E XIWX^W\$VW^>^EP£O Q£VýW^>Q\$X LEW^R>PNE JMXRIW^ OS  
£PIXQ¬HZ>PX>WWEF FIJSP]>WSPRM PILIX E JMXRIW^ OSVX  
1)+.)+=>^£ JMXRIW^ OSV PIKTSRXSWEFF QIKLEX>VS^>W>LS^ X¬PXWI OM X  
JIPLEW^R>P¬M TVSJMP H£E>P P\$X>WE  
8EVXWE PIR]£Q£S FEX  
:>PEWW^B POLNE V£R>P¬MMXRSWMPOL\$XýW£KIX

## A pulzustartom,nyok ismertetése

7^>QSW WTSVXSP¬ E TYP^YWXEVSQ>R]SO WIK\$XW£K£ZIP Q£VM £W NEZ\$X  
IH^IXXW£KM W^MRXN£X % TYP^YWXEVSQ>R] O£X W^\$ZZIV£W TIVG £VX£C  
>PXEP>RSWER IPJSKEHSXX TYP^YWXEVSQ>R] XýP MK W^>Q\$^ZE MRXII  
TYP^YWXEVSQ>R]SOEX >PXEP>FER E QE\MQ>PMW TYP^YWW^>Q O³P¬RF¬^ý  
OM

## Fitnesscélok

% TYP^YWXEVSQ>R]SO MWQIVIXI WIK\$X E^ IH^IXXW£KM >PPET\$X Q£V£W£  
QIK£VXWI £W EPOEPQE^^E E^ EP>FFM IPZIOIX  
• % TYP^YWW^>Q N¬P QYXEXNE E XIWXIH^£W MRXIR^MX>W>X  
• &M^SR]SW TYP^YWXEVSQ>R]SOFER ZEP¬ IH^£WWIP R¬ZIPLIXM E W^SZ  
,E XMW^X>FER ZER QE\MQ>PMW TYP^YWW^>Q>ZEP^Y W MEV KSQ RR X EP^>Q£X>P  
xSP H£IFK\$XW£K£ZIP QIK>PPET\$XLEXNE LSK] QIP] XEVXSQ>R]FER £VHIQI  
IPEV£WI £VHIO£FIR  
,E RMRGW XMW^X>FER QE\MQ>PMW TYP^YWW^>Q>ZEP ZIKJI MK£R]FI E^ MR  
IK]MO£X &M^SR]SW IH^ýXIVQIOFIR £W IK£W^W£KO¬^TSRXSOFER IP£VLIXý  
W^SPK>P¬ XIW^X % QE\MQ>PMW TYP^YWW^>Q EPETZIXý W^>Q\$X>WE Q\$

## A pulzus•n,k be,llft,sa

%^ -VE E OI^HIXM FI>PP\$X>W WSV>R QIKEHSXX JIPLEW^R>P-M TVSJMP EH  
TYP^YW^-R>O QIKLEX>VS^>W>LS^ /3P^-R TYP^YWW^>Q^-R>OEX >PP\$XLEX FI  
OIV£OT>VS^>WLS^ £W ±W^>WLS^ % XIZ£OIR]W£K PIKTSRXSWEFF OEP-VME  
TYP^YWW^>Q>X 1ERY>PMWER MW FI>PP\$XLEX QMRHIR IK]IW TYP^YW^-R>X  
+EVQMR 'S~~JR~~~~R~~~~I~~~~G~~~~N~~>ZEP QERY>PMWER Q-HSW\$XLEXNE E^ -V>N>R P£Zý ^-R>C  
8EVXWE PIR]S~~Q~~~~Q~~~~Q~~~~S~~REX  
:>PEWW^E~~I~~~~O~~~~M~~~~E~~W^R>P-~~M~~~~Y~~~~P~~~~V~~~~S~~~~W~~~~M~~~~P~~>Q £W XIPN'~~I~~~~W~~~~S~~~~X~~~~Q~~~~E~~~~R~~~~P~~~~I~~~~L~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~  
:>PEWW~~I~~~~E~~~~I~~~~E~~Q>PMW TYP^~~I~~~~W~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~ QENH EHNE QIK E QE\MQ>PMW TYP^Y  
:>PEWW~~8~~~~E~~~~N~~~~E~~~~W~~~~E~~~~Z~~~~O~~<sup>3</sup>W^-F TYP~~P~~~~L~~~~I~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~ QENH EHNE QIK E XINWEZO<sup>3</sup>W^-F  
8INWEZO<sup>3</sup>W~~S~~~~P~~~~H~~~~E~~~~P~~  
%/%YXSQEXMOY~~W~~~~E~~~~R~~~~E~~~~G~~~~M~~~~P~~~~W~~~~K~~~~S~~~~X~~~~W~~~~E~~~~K~~~~E~~~~Z~~~~I~~~~P~~ EYXSQEXMOYWER V^-K^\$XLIXM  
O^-F~~I~~~~R~~~~P~~~~N~~~~I~~~~W~~~~S~~~~X~~~~Q~~~~E~~~~R~~~~J~~~~Q~~~~E~~~~V~~~~E~~~~W~~~~I~~~~O~~ EYXS~~Q~~~~E~~~~R~~~~M~~~~O~~~~P~~~~W~~ £W^PIP£WI  
:>PEWW~~2~~~~J~~~~E~~~~K~~~~E~~~~P~~~~Q~~~~M~~ TYP~~P~~~~L~~~~I~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~ QENH EHNE QIK E R]YKEPQM  
,EW^R>PLEXNE E^ -VE >PXEP Q£VX >XPEKSW R]YKEPQM TYP^YWW^>Q SX  
TYP^YWW^>Q SX  
:>PEWW~~8~~~~E~~~~V~~~~X~~~~S~~~~Q~~~~>~~~~R~~~~J~~~~S~~~~O~~~~P~~~~E~~~~T~~~~N~~~~I~~~~L~~~~R~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~  
:>PEWW^SR OM IK] PILIXýW£KIX  
• :>PEWW~~X~~~~E~~~~W~~~~T~~~~I~~~~V~~~~G~~~~F~~~~I~~~~R~~~~X~~~~E~~~~R~~~~Y~~ QIKXIOMRX£W£LI^  
• :>PEWW~~I~~~~E~~~~E~~~~T~~~~P~~~~W~~~~I~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~ E ^-R>OREO E QE\MQ>PMW TYP^YW W^>^E  
QIKXIOMRX£W£LI^ £W W^IVOIW^X£W£LI^  
• :>PEWW~~4~~~~E~~~~P~~~~E~~~~Y~~~~W~~~~X~~~~E~~~~V~~~~X~~~~E~~~~P~~~~E~~~~O~~ E ^-R>OREO E TYP^YWXEVXEP£O W^>^EP£O>FE  
£W W^IVOIW^X£W£LI^ QE\MQ>PMW TYP^YWW^>Q Q\$RYW^ R]YKEPQM TY  
• :>PEWW^~~B~~~~I~~~~E~~~~N~~~~W~~~~E~~~~Z~~~~O~~<sup>3</sup>W^-F TYP~~P~~~~L~~~~I~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~ E ^-R>OREO E XINWEZO<sup>3</sup>W^-F W  
QIKXIOMRX£W£LI^ £W W^IVOIW^X£W£LI^  
:>PEWW^SR OM IK] ^-R>X £W EHNE QIK E^ IK]IW ^-R>OLS^ XEVXS^- £VX  
:>PEWW~~7~~~~E~~~~S~~~~E~~~~X~~ TYP^~~P~~~~L~~~~I~~~~X~~~~Y~~~~W~~~~E~~~~K~~~~I~~~~X~~ QENH Z>PEWW^SR OM IK] WTSVXTVSJMP  
XEVXSQ>R]SOEX W^IVIXRI LS^^>EHRM STGM\$SR>PMW  
-WQ£XIPNI QIK E P£T£WIOIX E WTSVX TYP^YW^-R>O LS^^>EH>W>LS^ STG

## A pulzus•n,k •ra ,ltal ttrt£n... automatikus be,llft,sa

%^ EPET£VXIPQI^IXX FI>PP\$X>WSO PILIXýZE XIW^MO E^ -VE W^>Q>VE E QE  
TYP^YW^-R>OREO E QE\MQ>PMW TYP^YWW^>Q W^>^EP£OEO£RX X^-VX£Rý FI  
• )PPIRýVM^^I LSK] TSRXSWEO I E JIPLEW^R%~~P~~~~J~~~~I~~~~N~~~~P~~~~L~~~~E~~~~W~~~~S~~~~J~~~~M~~~~P~~~~N~~~~I~~~~E~~~~R~~~~V~~~~S~~~~P~~~~E~~~~H~~~~E~~~~P~~ FI>P  
xSPHEP  
• \*YWW\$R K]E OVER E GWYOP^-VE ZEK] QIPPOEWVE LIP]I^IXX TYP^YWQSRM  
• 4V^-F>PNSR OM T>V TYP^YWX~~E~~~~V~~~~Q~~~~M~~~~R~~~~X~~~~S~~~~R~~~~I~~~~G~~~~N~~~~Q~~~~R~~~~P~~~~O~~~~I~~~~V~~~~E~~W^X<sup>3</sup>P £VLIXýIO IP  
• +EVQMR 'S~~JR~~~~R~~~~I~~~~G~~~~N~~>X LEW^R>PZE XIOMRXWI QIK E TYP^YWXVIRHNIMX £W E

Pulzustartom,ny-sz,mft,sok

| 8EVXSQ>R1QEI<br>†Y P^YWW^>Q | :SREXOS^~ QIKIVýPXIXEYWM~W^MRX                                                                                   |
|-----------------------------|------------------------------------------------------------------------------------------------------------------|
| •                           | 2]YKSHX O~RR]IH XIQT~H~W~X~Q~R~O~Y~P~O~ETIWW£KM<br>P£K^£W GW~OOIRXM E WXVIWW^X                                   |
| •                           | /£R]IPQIW XIQT~ R£QMPBK<br>Q£P]IFF P£K^£W FIW^£PKIX£W O£K £W £VVIRHW^I<br>PILIXW£KIW PIZI^IX£WLF^QIKJIPIPy XIQT~ |
| •                           | /~^ITIW XIQT~ RILI^IF£ZS~N~F£RE^ EIVSF OETEGMX>W><br>FIW^£PKIXRM W^SZ £W £VVIRHW^IVM IH^£WL                      |
| •                           | +]SVW XIQT~ R£QMPIKEO£RNIPE^ EREIVSF OETEGMX><br>QIXPIR IVýPXIXIXX P£K^£W F~X MPPIXZI E WIFIWWE                  |
| •                           | +]SVW JYX>W LSWW^±E~Z~M~KE~F~QEREIVSF £W M^SQ ><br>XEVXLEX~ JIRR ^ML>P~£K^£W ZIPM E XIPNIWSXQ£R                  |

A teljes  $f$  tm  $\epsilon$  nyz  $\bullet$  n, k be, l  $f$  t, sa

% XIPNIWSXQER]^~R>O EPETEVIPIQI^IXX EVXEOIIX LEW^R>PREO RIQ W±I  
LSK] RIQ JIPIRIO QIK E^ "R W^IQEP]IW OETIWWEKIMRIO ,E MWQIVM E JY  
ZEK] E XIPNIWSXQER]O³W^~F 84 EVXEOEX QMYX>R QIKEHXE IRKIHP]I^L  
OMW^>Q\$XWE E XIPNIWSEYQMR]^~SRNGEX>ZEP QERY>PMWER Q~HSWSXLEXNE  
8EVXWE PIRP3QKSE SX  
:>PEWW^E PONE V^R>P~MYPV\$WMP>Q EW XIPN'8W\$M QW\$XPQEPKIX  
:>PEWW^E OM E^ IK]MO XIZEOIR]W EKIX  
:>PEWW^E EEPETNIRXÝW EKIX  
:>PEWW^SR OM IK] PILIXÝW EKIX  
• :>PEWW^E EXPIE QIX E ^~R>O QIKXIOMRXEWELI^ EW W^IVOIW^XEWELI^ [EX  
• :>PEWW^E BOM EK]84PILIXÝW EKIX E ^~R>OREO E XIPNIWSXQER]O³W^~F W  
QIKXIOMRXEWELI^ EW W^IVOIW^XEWELI^  
:>PEWW^E 84MEK]W^~FXIPNIWPSXQEP] EKIX QENH EHNE QIK E^ EVXEOIX  
:>PEWW^SR OM IK]^~R>X EW EHNE QIK E^ IK]IW ^~R>OLS^ XEVXS^~ EVX  
,E W^³OWEKIW Z1PVRMOPIOWK EEW EHNSR QIK IK]QMRMO>PMW XIPNIWS

## Teljesítmények automatikus észlelése

```
% %YXSQEXMOYVWYBVGMPFVPEtEVXIPQI^EW W^IVMRX FI ZER OETGWSPZE Q
QE\MQ>PMW TYP^YWW^>Q SX £W E XINWEZO^3W^F^X E^ EHSXX XIZ£OIR]W£
8EVXWE PIR]SIOOIFEX
:>PEWW^BPLNEVE^R>P-"MYPV$VWV^>Q £W XIPN"VWSXSQRX^M-ORVWIEWX^VPIEMX
:>PEWW^SR FI>PP$X>WX
```

# Zene

1)+.+) +=>^7SVIVYRQRIW-WGN>LS^ L>VSQ O^3P^-RF^-^y ^IRIPIN>XW^>WM PILIXyW£  
• /³PWý W^SPK>PSEX¬X¬P W^>VQE^¬ ^IR£O  
• 7^IQ£PJIW LERKXEVXEPQEO  
• % XIPIJSRSR X>VSPX ^IR£O  
0ILIXyW£K¹SZVEYRQRIW-WGN>VE LERKXEVXEPQEOEX PIX^-PXIRM W^>Q\$X¬K£T£  
W^SPK>PSEX¬X¬P \$K] EOOSV MW LEPPKEXLEX ^IR£X EQMOSV XIPIJSRNE  
PIN>XW^&WYLSJSNLEPPKEX¬X MW GWEXPEOS^XEXLEX

## Személyes hangtartalom lett

1MIPýXX W^IQ£PJIW LERKXEVXEPQEX+ ØVQMR I)¬TAPNWEQ EX¹PWTS WW¹Q£X¬K£T  
[[[ KEVQMR IGTSQWW  
7^>Q\$X¬K£T£VýP W^IQ£PJIW QT £W Q E OMXIV¹SIW VYRQRIW-WGN>JVPNEMX  
8SZ>FFM X>N£OS^XEX>W£VX P>XSKEW W¹R E P Q M Ø QZSYQOIG J M PH W P]VI  
'WEXPEOS^XEWWE E^ ¬V>X E W^>Q\$X¬K£TLI^ E QIPP£OIPX 97& O>FIP LEV  
2]MWWE ØK QMR J)E P ØVQMR WQE^>WX W^>Q\$X¬K£T£R Z>PEIWPWQ EXOM ¬V>N>X  
8-44;MRHS W^>Q\$X¬K£T IWIX+ Z PLEW W¹R EX £W OIVIWWI QIK E LERKJ>N  
QETT %TT M^>Q\$X¬K£T + ØVQMR E)E P ØVQMR WQE^>W¹R ØVRR]ZX>V>X LEW^R>PNE  
%7EN>X ^ZEMJ8YRIW O^-PMZX W>R Z>PEWW^SR OM IK] LERKJ>NP OEXIK¬VM  
PIN>XW^>WM PMWX>O  
.IP^-PNI FI E LERKJ>NP SO NIP^-PýR/ER H W £ £ Q E W P H Q Z P E I W W^E E  
% LERKJ>NP SO IPX>ZSP\$X>W>LS^ Z>PEWW¹SR WPMGMK] ØER IKH P MP X IEFI E  
NIP^-PýR£K]¹XIOIX £W X ZZ S E S W W E E E D L W X y W £ O V X P

## Csatlakoz,s k<ls... szolg,ltat•hoz

1MIPýXX O³PWý W^SPK>PSEX¬X¬P W^>VQE^¬ ^IR£X ZEK] LERKJ>NP SO EX X^-  
W^SPK>PSEX¬X E^ ¬V>N>LS^  
&M^SR]SW O³PWý ^IRIW^SPK>PSEX¬M STGM¬O Q>V XIPIT\$XZI ZERREO ¬V>N  
8SZ>FFM PILIXyW£KIOSV X I S X P P Q I E E>WX 'SIPRJS N Y E G M¬O P X S P H K E W I  
2]SQNE QI78 % 6 M OSRX  
:>PEWW S R E I G X -5! >N P Y Q X  
,EVQEHMO J£P ^IRIW^SPK>PSEX¬ XIPIT\$X£W£LI^ O^-ZIWWI E O£TIVR]ýR Q  
8EVXWE PIR]S Q Z E S Q F S X F>VQIP]MO O£TIVR]ýR E ^IRIZI^£VPýO QIKR]MX>  
:>PEWW^E OM E ^IRIW^SPK>PSEX¬X  
1)+.+) +=>^ZE Q>WMO W^SPK>PSEX¬X W^IVIXRI Z>P M O S R E R Ø>P E W W W E E P I R J  
>IRIW^SPK>P I L E X y W £ K I X Q E N H O^-ZIWWI E O£TIVR]ýR Q I K N I P I R y Y X E W S X

## Hangtartalmak letöltése kóds... szolgálatról

```
1MIPYXX O3PWY W^SPK>PXEX-X-P X^PXIRI P]MCPMPXEWEXQEQNSX>MGWEXP
L>P-^EXLS&SPHEP
8EVXWE PIR]S QZES QFSX F>VQIP]MO OETIVR]YR E ^IRIZI^EVPYO QIKR]MX>
8EVXWE PIR]S QZES FEX
:>PEWW^EIRIM^ESPK>PMLX YW EKIX
:>PEWW^SR OM IK] GWEXPEOS^XEXSXXIRM^EIR OPEXEXE X WZSK]L S Y P W W W E
LE W^IVIXRI LS^^>EHM IK] ^SRWCSWLPXEXPX E
:>PEWW^SR IK] PIN>XW^>WM PMWX>X ZEK] IK]EF IPIQIX E^ -V>VE X^VXER
7^3OWEK IWIXER XE W W M O S R Q Z E E Q S K E VIRHW^IV JIP RIQ O E V M E W^SP
W^MROVSRM^>P>WVE
1)+.)+=>^E LERKXEVXEPQEO PIX^PXEWI QIVSXM E^ EOOYQYP>XSVX %QIRF
EPEGWSR] IPYJSVHYPLEX LSK] GWEXPEOS^XEXRME OIPP -V>N>X IK] O3P
```

## Leccsatlakoz, s egy kóds... szolgálatról

```
%+EVQMR 'SRROE RQE^>WFER R^ZMPCESRW^E E
:>PEWW^EEQ QMER OEWMP]R]Q IOQENH WEN>X OEV-V>N>X
:>PEWW^IERIEPIQIX
:>PEWW^SR OM IK] XIPITSXIXX O3PWY W^SPK>PXEX-X QENH O^ZIWWI E
GWEXPEOS^XEWWE PI E^ EHSXX O3PWY W^SPK>PXEX-X E^ -V>V-P
```

## Bluetoothfejhallgató csatlakoztatása

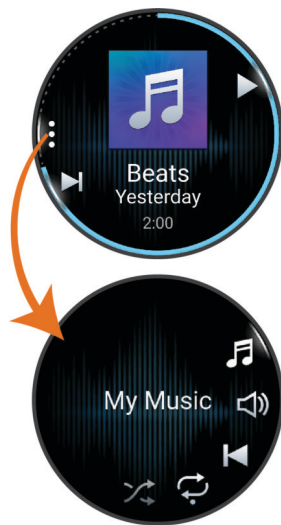
```
%*SVIVYRMIW-WGR XEP>PLEX- ^IRI PIN>XW^>W>LS&R F Y X S S W L G W E K P E - O S ^ X E W
,IP]I^I E JINLEPPKEX-X E^ -VE xQ IW xJX O^V^IXEFI
)RKIH&P]I^I E JINLEPPKEX-R E T>VSWSX>WM Q-HSX
8EVXWE PIR]S QZES FEX
:>PEWW^EIRIM^INLEPP^K XL-S^^>EP]W X Y W EKIX
% T>VSWSX>W FIJINI^EWELI^ Z>PEWW^E OM E JINLEPPKEX-X
```

## Zenehallgató

```
8EVXWE PIR]S QZES QFSX F>VQIP]MO OETIVR]YR E ^IRIZI^EVPYO QIKR]MX>
8EVXWE PIR]S QZES FEX
:>PEWW^SR OM IK] PILIX YW EKIX
• ,E IPWY EPOEPSQQEP LEPPKEX" >IREW^SZPREPMMXEW EKIX
• ,E RIQ IPYW^V LEPPKEX>IRIM^SZPREPMMXEW EKIX
:>PEWW^SR OM IK] PILIX YW EKIX
• % W^>QSX-KETVYP E^ -V>VE PIX^PX^XX ^IRIW^7QENOXQIRLEOPWKEIX>XW>LW
Z>PEWW^SR OM IK]IX E P]UQ Y W JEWIOE R K X EVXEPXSSQ HEP^PXEWI
• /3PWY W^SPK>PXEX-X-P W^>VQE^ ^IREO PIN>XW^>W>LS^ Z>PEWW^E OM
PIN>XW^>WM PMWX>X
• :>PEWW^E^OMPWE E XIPILIX YW EKIX LE E ^IRIPIN>XW^>WX XIPIJSRN>V-P
7^3OWEK IWIXER GWEXPEOS^XEXRME OIPP -V>N>X IK] O3P
:>PEWW^EMDSRX
```

## Zenelejtsz,s-vezér...k

1)+.)+=>^E ^IRIPIN>XW^>W ZI^EVP£WI E OMZ>PEW^XSXX ^IRIJSVV>WX¬P J³K



|   |                                                                                                                                                                |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ⋮ | :>PEWW^E OM XSZ>FFM ^IRIPIN>XW^>W ZI^EVPÝO QIKXIOMRX£W£LI^                                                                                                     |
| 🎵 | % OMZ>PEW^XSXX JSVV>WSR XEP>PLEX¬ LERKJ>NPSO £W PIN>XW^>W                                                                                                      |
| 🔊 | % LERKIVý FI>PP§X>WE                                                                                                                                           |
| ▶ | %^ EOXY>PMW LERKJ>NP PIN>XW^>WE ZEK] W^³RIXIPXIX£WI                                                                                                            |
| ▶ | 9KV>W E PIN>XW^>WM PMWXE O¬ZIXOI^ý LERKJ>NPN>VE<br>2]SQZE XEVXZE IPýVIXIOIV E^ EOXY>PMW LERKJ>NPSR FIP³P                                                       |
| ◀ | %^ EOXY>PMW LERKJ>NP MWQ£XIPX IPMRH§X>WE<br>/£XW^IV OMZ>PEW^XZE ZMWW^EYKVMO E PIN>XW^>WM PMWXE IPý^ý<br>2]SQZE XEVXZE ZMWW^EXIOIV E^ EOXY>PMW LERKJ>NPSR FIP³P |
| ↺ | %^ MWQ£XP£WM Q¬H Q¬HSW§X>WE                                                                                                                                    |
| ↻ | % Z£PIXPIR WSVVIRH PIN>XW^>W Q¬HN>REO Q¬HSW§X>WE                                                                                                               |

## Zenelejtsz,s vezér£ese csatlakoztatott telefonon

8IPIJSRN>R OI^HNIR IP PIN>XW^ERM IK] HEPX ZEK] PIN>XW^>WM PMWX>X  
\*SVIVYQRIWMEV¬V>N>R XEVXWE 2]PSQSQZE E>VQIP] O£TIVR]ýR E ^IRIZI^EV  
QIKR]MX>W>LS^  
8EVXWE PIR]SQSQZESX  
:>PEWW^IRIE>IRIW^SPK>P.K£XV¬W E XIPILIX§W£KIX

## A hangm•d m•dosft,sa

% ^IRIPIN>XW^>WM Q¬H W^XIVI¬V¬P QSR¬VE >PP§XLEX¬  
8EVXWE PIR]SQSQZESX  
:>PEWW^IRIE,ERKPIILIXýW£KIX  
:>PEWW^SR FI>PP§X>WX

# Csatlakoztathat•s,g

% GWEXPEOS^>WM JYROGM-O EOOSV £VLIXYO IP E^ -V>N>L% ^X EPQ MSRSV T>  
T>VSW\$X>WSEB SZ>FFM JYROGM-O MW VIRHIP OM £LWV+ ^>EP LSE OG WE XPE EOV>XX I  
'WEXPE OMS £LWV- ^EXL SSPHEP

## Telefoncsatlakoztat,si funkci•k

% XIPIJSRGWEXPEOS^>WM JYROGM-O EOOSV £VLIXYO IP E^ -V>N>L% ^X EPQ MSRSV T>  
EPOEPQE^>WWE P %>XIPWJSRN E>V/SK\$X EPE  
• %+EVQMR 'SFE RRGXG £W5XSZ>FFM EPOEPQE^>WS 8 IEPJSRSQVE EWOEYRQEB MWIS  
W^>Q\$X-K£TIW EPO £SQB E PW SO  
• ;MHKIX" MW^ IJSKP £SP OEP  
• :I^ £VPYQIR³ JYR OGM Y- MSPHEP  
• &M^XSRW>KM £W RJSQSR OM ZKXSRWM KJY EOGM]-SQ SR OX SZP XEW M JYROGM-O  
• 8IPIJSRSW MRXIVEOGM-O & FY P XSRXUAWX £WS XE WR Q IX £EPH E £W I

## A telefon p,rosft,sa

% ^ -VE OETGWSPX JYROGM-MREO LEW^ EVQMR L'SREOGXQ £^OW SZRI XPI MR WP^ X  
T>VSW\$XWE £W&RYIEX SRXILPSR>WEMR OIVIW^X³P  
% OI^HIXM FI>PP\$X>W WSV ✓ MOSRXR ZQMEOSW^E VEIRHW^IV EVVE O£VM L  
1)+.)+=>^ZE OSV>FFER OMLEK]XE E T>VSW\$X>WM 9 £SR\$Q£BSXSQ EXIEV X WPE V  
E'WEXPEOS^XE" £LEIX SW>KIJSR T>VSW\$X>W £KIX  
3PZEWE FI E 56 O-HSX XIPIJSRN>ZEP £W O-ZIWWI E O£TIVR]YR QIKNI  
JSPJEQEX IPZ£K^£W£LI^

## Bluetooth£rtesft£sek enged£lyez£se

% ^ £VXIWSX£WIO IRKIH£P]I^£WI IPYXX T>VSW\$XERM £ £ I P P J S R > N > X S I M \$ X O S V Q  
X S P H E P  
8EVXWE PIR]SQOBSFEX  
:>PEWW^E W £XPEOS^XE" £LEIX SW>KIWSX^E WPE T£SIX OETGWSPX I WY W£KIX  
:>PEWW^E £OIR]W£K Q £KH £P XEP>RSW LEI WY X W £ K I X  
:>PEWW^E OM E^ £VXIWSX£W XSTYW>X  
:>PEWW^E OM E^ >PPETSX LERK £W VI^K£WFI>PP\$X>WSOEX  
2]SQNE Q&£ £KSQFSX  
:>PEWW^E OM E^ EHEXZ£HIPIQ £W MHYX±PP£T£W FI>PP\$X>WSOEX  
2]SQNE Q&£ £KSQFSX  
:>PEWW^E £P £SV WIXY W£KIX LE EP>SV>WX W^IVIXRI LS^^>EHRM E W^ZIKIW

## •rtesft£sek megtekint£se

% W^>QPETSR RJSQNE QI £ £KSQFSX E^ £VXIWSX£WM W^IJSKPEP- QIKNI  
2]SQNE Q7£ £KSQFSX  
:>PEWW^SR OM IK] £VXIWSX£WX  
8SZ>FFM STGM-O£VXW R]SQOBSFEX E  
% ^ IPY^Y O£TIVR]YVI ZEP- ZMWW^E £ £KSQFSX RJSQNE QIK E

## Bejtv... telefonhfv,s fogad,sa

```
%QMOSV XIPIJSRLSZ>W £VOI^MO E *GWEXPEOS^XEXSXX XIPIJSRNE LEW^R>PEX>ZEP
• % L$Z>W JSKEH>W>LS^ £W W^~ZIKIW 3^IRIX OET £VXIWSX£WM ^~WW^IJSKPEP~ QIK
1)+.)+=>^£ L$Z~ J£PPIP GWEXPEOS^XEXSXX XIPIJSRNE LEW^R>PEX>ZEP
• % L$Z>W IPYXEW$X>W>LS^ £W W^~ZIKIW 3^IRIX OET £VXIWSX£WM ^~WW^IJSKPEP~ QIK
• % L$Z>W IPYXEW$X>W>LS^ £W W^~ZIKIW 3^IRIX OET £VXIWSX£WM ^~WW^IJSKPEP~ QIK
1)+.)+=>^£ W^~ZIKIW 3^IRIX OET £VXIWSX£WM ^~WW^IJSKPEP~ QIK
XIIPIJSRLS^ OIPP GWEXPEOS^RME
```

## Sztveges <zenet megv,laszol,sa

```
1)+.)+=>^£ E JYROGM~ GWEOROSVOMHIRMOMSW £VLIXY IP
%QMOSV W^~ZIKIW 3^IRIXFIR OET £VXIWSX£WM OEV~V>N>VE IKJ 3^IRIXPMV
XIWXVIW^E££WQM£ 'SRRO£RQE^>WFER Z£KI^LIXM IP
1)+.)+=>^£ E JYROGM~ E XIPIJSR LEW^R>PEX>ZEP O^PHM IP E W^~ZIKIW 3^IRIXIOVI W^SO>WSW OSVP>XS^>WSO MPPIXZI E W^SPK>PXEX~X~P £W E^
% W^~ZIKIW 3^IRIXIOVI ZSREXOS^~ OSVP>XS^>WSOOEP £W H$NEOOEP OET
OETGWSPEXSX W^SPK>PXEX~N>ZEP
% W^~QPETSR RJSQNE Q7£££SQFSX £W £VXIWSX£WM ^~WW^IJSKPEP~ QIK
2]SQNE Q7£££SQFSX £W Z>PEWW^SR OM IKJ W^~ZIKIW 3^IRIX £VXIWSX
2]SQNE Q7£££SQFSX
:>PEWW^££££VLIXYWEKIX
:>PEWW^SR IKJ 3^IRIXIX E PMWX>F~P
% XIPIJSR 717 3^IRIXO£RX O^PHM IP E OMZ>PEW^XSXX 3^IRIXIX
```

## •rtesft£sek kezel£se

```
/SQTEXMFMPMW XIPIJSRW~ZERROR^QILKMP I£Y £VXIWSX£WIOIX
:>PEWW^SR OM IKJ PILIXYWEKIX
• M4LSREW^R>PEXEMVTEXRIV£SX£WM FI>PP$X>WSOR>P LEX>VS^LEXNE QIK
NIPIRNIRIO QIK E^ ~V>R
• %RHVS MPHJSR LEW^R>PEXEQMRIXSRRORQE^>WFER £VXIWSX£WIOIX
```

## A Bluetoothtelefonkapcsolat kikapcsol,sa

```
%&PYIXSXRLJSROETGWSPEXSX E ZI^£VPYQIR^FIR OETGWSPLEXNE OM
1)+.)+=>^£ STGM~OEX EHLEX E £VXIWSX£WIOIX
8EVXWE PIRPDSQZM£SRX E ZI^£VPYQIR^ QIKR]MX>W>LS^
:>PEWW^££££SRXPEYIXSXRLJSROETGWSPEX *SWOETGWS~RW>LS^
% XIP£SYRISXGLRSP~KM>N>REO OMOETGWS~W>LS^ XIOMRXWI >X E XIPI
```

## A telefoncsatlakoz,si riaszt,sok be- £s kikapcsol,sa

```
&I>PP$XLEXN£SVL$K~££VMEW^X>WX O^PHN~R EQMOSAP£IXSSW$XSXX XIP
XIGLRSP~KM>R OIWIW^X^PM OETGWSPEX P£XVIN~R ZEK]FSRX>WVE OIV^P
1)+.)+=>^£ XIPIJSRSW GWEXPEOS^>WVE ZSREXOS^~ JMK]IPQI^XIX£WIO EP
OETGWSPE
8EVXWE PIRPDSQZM£SRX
:>PEWW^£VOMPEOS^X££££XSW£XP VM£PWLIX~W££KIX
```

## Telefonkeresési riaszt,sok be- és kikapcsol,sa

8EVXWE PIRP3QZQESX

:>PEWW^EWEWSXEWIO EW6VMEW^IXJWSQIPQ"8IXPIIXSWIPOJSROIVIWEWM VMEW  
PILIXYWEKIX

## GPS-tevékenység sor,n elveszett telefon megkeresése

%\*SVIVYRPIV EYXSQEXMOYWER X>VSPNE E +47 LIPJIX LE E T>VSW\$XSXX X  
PIGWEXPEOS^MO )^ E JYROGM~ WIK\$XLIX QIKXEP>PRM E XIZEOIRJWEK O

-RH\$XWSR IP IK] +47 XIZEOIRJWEKIX

%QMOSV E VIRHW^IV EVVE OELVM LSK] REZMK>PNSR ✓ P3WIX^PWOKYXSPW  
2EZMK>PNSR E LIPJW^2EIZIMKEGMVCE6SPHLP

2JSQNE Q(IX;ÆKSQFSX E LIPJVI QYXEX~ MV>R]X QIKXIOMRXEWELI^ STGM  
,E E^ ~VE E&PIIXSLEX~X>ZSPW>K>R&PPI^PSNIPREVYEWWEK QIKNIPIRMO E OET

% NIPIVYWWEK IKJVI IVYWIFF PIW^ ELSK] O~^IPIHMO E XIPIJSRLS^

## Hangjelzések lej,tsz,sa tevékenység ktzben

)RKIHÉPJ|^SIXMYQRIW~WGN>R LSK] QSXMZ>GM~W >PPETSXXEP OETGWSPEXS  
ZEK] Q>W XIZEOIRJWEK O~^FIR % LERKANP^XISOLECPKEXP-ROST^XEW^SX R N>  
PI EQIRRJMFIR VIRHIPOI^EWVI >PP )PPIR-OBVQMRIXSFRROEEDEKMWSTREVOIOW  
T>VSW\$XSXX XIPIJSRSR LEPPEXW^~HREO ,ERKNIP^EW O~^FIR E^ ~VE ZEK  
NIP^EW PIN>XW^>W>LS^

1)+.)+=>^7^ E JYROGM~ RIQ QMRHIR XIZEOIRJWEK IWIXEFIR EVLIXY IP

8EVXWE PIRP3QZQESX

:>PEWW,ERKENIP^EWLIQYWEKIX

:>PEWW^SR OM IK] PILIXYWEKIX

• %^ IKJIW O~V~O EVXIWSXEWIMRIO QIKLEMPKEXKMYLSEKIXPEWW^E E

• ,E W^IVIXRE XIQT~ EW WIFIWWEKEHEXS00EP XIWQTHWWEFRM E NIP^E  
WEKVMEM^LXXYWEKIX

• ,E W^IVIXRE TYP^YWW^>QEHEXS00EP XIWX4IYW^EWRM>QVMEIWEYWDKX Z

• ,E W^IVIXRE XIPNIWSXQER]EHEXS00EP XIW8VFNWWEFRMREJVMIEWEX~OMX  
PILIXYWEKIX

• ,E E XIZEOIRJWEKMHY^SX Y IPMRH\$X>WEOSV EW PI>PP\$X>WEOSS W^IVIX  
4EYWJYROGM~X MW-HZ>8EYWW^QER]IOYWEKIX

• ,E W^IVIXRE LERKNIP^EWOERX LEPPERME^ IH^EWVI Z\$REXONS^~ JMK]IF  
JMK]IPQIPXLLKX YWEKIX

• ,E W^IVIXRE LERKNIP^EWOERX LEPPERME XIZEOIRJWEKVI ZSREXOS^~  
8IZ VMEWPXLWSYOV8IZEOIRJWEKVMEW^SP~HVESO

• ,E O~^ZIXPIR^P E LERKSW JMK]IPQI^XIXEW ZEK] LERKNIP^EW IPYXX W^  
Z>PEWW,ERKENIP^EWLIQYWEKIX

• % LERKNIP^EWIO R]IPZERIO ZEK] R]IPZN>V>W(REDIOP^HISW\$XKWLS^ Z>P

• % NIP^EWIO LERKN>REO JEVJM ZEK] RYM LERKVERXPMXERWQKHXSW\$X>W

## Wi-Fi-n keresztül elérhet... funkciók

8IZEOIRJWEKIO JHÉXQMRXESIRN+OXEFESQEXMOYWER IPO^PHEVQMKRZESORIRJOWE  
JM~ON>FE EQMRX ZEKI^ E XIZEOIRJWEK V~K^SXEWÉZIP

,ERKXEVXEPISQYZE XIW^M E O^PWY W^SPK>PSEX~OX~P W^>VQE^~ LERKXEV  
7^SJXZIVJVMWMS^XWIDOM EW XIPITSXLIXM E PIK±NEFF W^SJXZIVX

)H^EWIO EW IH^EWLIYZZIXIWM LSK] IH^EWIOIX EW IH^EWXIVZVQIMROIVIW  
'SRRISXHEP>R % O~ZIXOI^Y EPOEPMSQOEPGWQMOSSXPEXVWSX E J>NPSC  
~V>VE

## Csatlakoz,swi €i-h,l•zathoz

%;M€\*LMP¬^EXLS^ GWEXPEOS^>W IPýXX GWEXPEOS^XEW WVEQMRV'SVR N|&XE^ S  
EPOEPQE^>WLS^ ZEK] E W^>Q\$XQKART)RE KDPWQXIXWLS^

8EVXWE PIRJ]S QSQFBSX

:>PEWWWE KPEOS^XEXME\*WENKX L>P¬,^PXSDXSO OIRVILWXYW EKIX

% OEV¬VE QIKNIP;IR\$XLMPE¬CEXSDMPMWX>N>X

:>PEWW^SR IK] L>P¬^EXSX

7^3OWEK W^IVMRX EHNSR QIK IK] NIPW^¬X E L>P¬^EXLS^

% OEV¬VE GWEXPEOS^MO E L>P¬^EXLS^ £W E L>P¬^EX JIPOIV³P E QIRXIX  
GWEXPEOS^RM JSK E L>P¬^EXLS^ LE E O¬^IPEFI OIV³P

## Telefonos alkalmaz,sok €s sz,mft•g€pes alkalmaz,sok

% OEV¬V>X YKEFVRBMS¬D LEW^R>PEX>ZEPEXQMRXEPQBERSWLS^ £W W^>Q\$X¬KE  
EPOEPQE^>WLS^ MW GWEXPEOS^XEXLEXNE

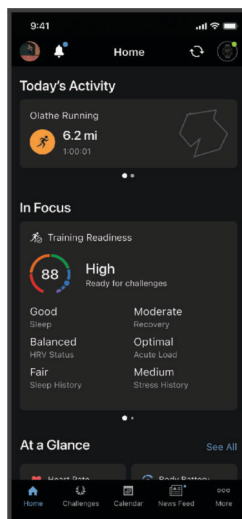
## Garmin Connect

%+EVQMR 'SRROEXRQE^>WSR OIVIW^X³P FEV>XEM¬ZEPQMR 'SWRQSSPEXFE P£  
R]SQSRO¬ZIX£WM IPIQ^£WM £W QIKSW^X>WM JYROGM¬NE V£ZER ¬W^X¬R^  
£PIXWX\$PYW>REO O³P¬RF¬^ý IWIQ£R]IMX JYX>WEMX W£X>MX OIV£OT>VX  
WXF %^ MRK]IRIW JM¬O P£XVILS^>W>LS^ X¬PXWI PI E^ EPOEPQE^>WX E X  
P>XSKEWVCSRRPGX KEV[QMRPBSQVE

8>VSPNE XIZ£OIRJW£KRMFIJINI^IXX £W QIRXIXX IK] XIZ£OIR]W£KQXIRE OEV¬V  
'SRRIGM¬ON>FE ELSP E^SO F>VQIHMK X>VSPLEX¬O

)PIQI^¬I EH£X£MZE OIR]W£KVýP V£W^PIXIW MRJSVQ>GM¬OEX XIOMRXLIX QI  
QEKEWW>KSX E TYP^YWW^>Q\$X E^ IP£KIXIXX OEP¬VM>OEX E P£T£W³XI  
XIQT¬ £W WIFIWWEKX>FP>^EXSOEX ZEPEQMRX IK]IHM NIPIRX£WIOIX

1)+.)+=>^FM^SR]SW EH£XSO IP£V£W£LI^ STGMSR>PMW OMIK£W^\$XýO TP



8IVZI^¬I QIK E^ IOMZWPXEW^XLEX IK] JMXRIW^G£PX £W FIX¬PXLIXM E^ IK]M  
/¬ZIWWI R]SQSR JIN]PSQSRWDXZIXLIXM E^ EHSXX RETSR QIKXIXX P£T£WIOIX  
MWQIVýWIMZIP £W IP£VLIXM OMX ^¬XX G£PNEMX

3WW^E QIK XIZ£OIR]W£KQXIREPEXFE P£TLIX FEV>XEMZEP LSK] O¬ZIXRM XYHM  
LMZEXOS^>WSOEX SW^XLEX QIK E XIZ£OIR]W£KIMLI^

/I^IPNI FI>PP£XOMZMX>N>X £W E JIPLEWQMR¬MSRMRPMS>FVREMXHNE XIWXVI

## A Garmin Connect alkalmazás használata

% XIPISR EW E^ -VE T>V WKS R I W S R O>V Z X S X E P E QMR 'SRR O E R Q E^>W  
WIK SXW EK EZIP JIPX -PXLIX +E V Q Z E P O I B J R S O N H E E M X  
) PPIR Y VM^ ^ I LSKJ JY X E V E Q M I R I 'SRR O E R Q E^>W  
, I P J I^ ^ I E^ -V> X E XIPISR xQ IW xJX O -V^ I X E F I  
%^ -VE EYXSQEXMOYWER W^ M R O V Q R I R^ SRR O E R Q E^>W SRR O E R Q E^>W SRR O E R Q E^>W SRR O E R Q E^>W  
'SRRIG M -O O E P

## Szoftverfrissítése Garmin Connect alkalmazás segítségével

%^ -VE W^ S J X Z I V E R H E V Q M R I O SRR O E R Q E^>W W E P X -V X E R Y J V M W W S X E W M I R I^ S V R H G R  
J M -O O E P M P P I X Z I I P O I P P Z E K I^ R M I E^ -VE EW X K P I O S R T E X X S B R I A W E X I P I S  
7^ M R O V S R M^> P E V Q M R N S R R O E R Q E^>W W E P X S O Q E R Y> P M W +E V I Q R I O V 'S R R I G P X  
W I K S X W E K & S P H E P  
, E Z E R I P E V L I X Y ± N W^ S V Q M R 'SRR O E R Q E^>W EYXSQEXMOYWER I P O^3 P H M

## A Garmin Connect használat a szoftver frissítése

% +E V Q M R ) I E P O E W Q E^>W W^> Q S X -K E T I W I K S X W E K E Z I Q M T W S R M D I O T G W E P N E -  
+ E V Q M R ) I E P O E W Q E^>W W E P J I P X -P X L + E M Q M R E 'S R R I G P X S R R O E R Q E^>W W E P X X Z I E H E X S  
I H^ E W I O I X EW I H^ E W X I V Z E O Q M R O^3 S R R I G P X E V Y P E^ V> N> V S^ ^ I R E X M W L S^ ^> E H L  
7^ I Q E P J I W L E R K X E V X E P X S P H E P P R E W X I P I T S X L I X M E W^ S J X Z I V J V M W W S X E W  
'S R R I G X E P O E P Q E^>W E M X  
'W E X P E O S^ X E W W E E^ -V> X E W^> Q S X -K E T L I^ E^ 9 7 & O> F I P L E W^ R> P E X> Z  
8 I O M R X W I [ Q I K E E V Q M R I G T S Q W W S P H E P X  
8 -P X W I P I Q E N H E X I Q M T S X V E P O E W Q E^>W X  
2 J M W W E Q E K Q M R ) I E P O E W Q E^>W X Q E N H W Z^3 P E O V W S E^ P E H X W W E K I X  
/ -Z I W W I E O E T I V R J Y R Q I K N I P I R Y Y X E W S X> W S O E X

## Szoftverfrissítése Garmin Express segítségével

%^ I W^ O -^ W^ S J X Z I V E R H E V Q M R W S R R I G P X O I P P V I R H I P O I^ R M + E M Q M R Z I P  
) I T V I V E W O E P Q E^>W X  
'W E X P E O S^ X E W W E E^ I W^ O -^ X E Q I P P E O I P X 9 7 & O> F I P P I P E W^> Q S X -K E T  
, E ± N W^ S J X Z I V N H E V Q M R Q I R P O E P M E^ X E^ I W^ O -^ V I  
/ -Z I W W I E O E T I V R J Y R Q I K N I P I R Y Y X E W S X> W S O E X  
% J V M W W S X E W M J S P J E Q E X W S V> R R I Z> P E W W^ E P I E^ I W^ O -^ X E W^> Q S X  
1) + .) + = > ^ Z E Q> V F I> P P S X S X M E^ O A T G W S P E X S R + E V Q M R X^3 S R R O E R Q E^>W W E P X X Z I E H E X S  
P I X -P X L I X M E^ I W^ O -^ V I E^ I P E V L I X Y , W E S O E Z G W S M E W S X E W X O W S X E Q M O S

## Az adatok manuális szinkronizálása Garmin Connect segítségével

1) + .) + = > ^ S T G M -O E X E H L E X E Z^ E V E V Q P I R Q L R^ X I W X X S P H E P> W E  
8 E V X W E P I R J -S Q E S Q F S X E Z I^ E V P Y Q I R^3 Q I K X I O M R X E W E L I^  
> P E W W^ M R O V S R M I R Y W E K I X

## Garmin ConnectEl...fizetés

\*MRSQLERKSPLEXNE E VIRHIPOI^EWVI >PP~ EHEXSOQMIRO'STRWGP>FESROEX  
E+EVQMR 'SRRYGM^IXEWZIP % JIPMVE+EOSYMWL'SRPOEPQW^PW^E XIPIJSR  
EPOEPQE^>W >VYL>^>F~P Z **ESRRISXKEWQSRPIBSQ**VE  
%OXSZ MRXIPP **OKTRNSR**% %IPIQ^EWIOIX EHEXEMV~P EW XIZEOIR]WEKIMVYF  
OMZI8VEG **OPHMZR8WCTZ**IKIW ^IRIXIOIX OETNSR W^IQEP]VI W^EFSXX TVS.  
OSV> **FFMI8VIGQER**]IMX  
&IPXEM XIZEOIR]WEKIO R] **SOMRWOZIQEW**ZEP~W MHYFIR E FIPXEM EOXMZ  
PILIXYZE XIW^M LSK] XIPNIWSXQER]EX E XIZEOIR]WEK WSV>R Q~HSWSXV  
)H^EWM WIK **OFHTRNSR** I\OPY^SZ W^E **OEVOJMR** WIK **SXWZXIXIOLI**^  
8IPNIWSXQER] **XMOXOXOVI** QIK E^ IH^EWM EHEXSOEX ELSK] "RRIO XIXW^MO  
HMEKVEQSOOEP  
/^-^WWEKM JY **ROVIM**^IR LS^^>JEVWX I\OPY^SZ NIPZER]IOLI^ NIPZER]IW O  
HYTPE TSRXSOLS^ 4VSJMPNE EZEX>VN>X XIWXVIW^EFLEX~ OIVIXIOOIP J

## Connect IQunkci•k

,S^^>EHL **EXRIGXEP**DEPQE^>WSOEX EHEXQI^YOIX ^WW^IJSKPEP~OEX ^IRIV  
~V>N>L **SRRIGXVSL**>^>F~P ~V>N>R ZEK] XIPIJSRN>R  
7^>QPET **SOLIXYZE** XIW^MO E^ ~VE QIKNIPIREWERIO XIWXVI W^EF>W>X  
/EW^3PEOEPQEP **QEXIWSOXSZ** JYROGM~OOEP FYZSXMO E^ ~V>N>X TEPH>YP  
ZEK] JMXRIW^ XIZEOIR]WEKXSTYWSOOEP  
%HEXQI^Y **OLIXYZE** XIW^MO ±N EHEXQI^YO PIX~PXEWEX EQIP]IO Q>W Q~HSR  
XIZEOIR]WEKIO EHEXEMX EW E OSV>FFM EHEXSOEX % **FSRTSIXIXX5JYROG**  
EHEXQI^YOIX  
1YWMGRIW^SPK>PSEX~O LS^^>EH>WE E^ ~V>LS^

## Connect IQunkci•k letltése

1MIPYXX JYROGM~O' **SRRIGXEP**DEPQE^>W F~P **TSSWSXKBRMEX** XIPIJSRN>ZEP  
**XIPIJSR T>VSWSRHLE**  
8IPIJSRNE EPOEPQE^>W >VYL>^>F~P XIB **RTSIXWEPQENQER**]WWWE QIK E  
,E W^3OWEKIW Z>PEWW^E OM ~V>N>X  
:>PEWW^SR **SOMRIGXJYROGM~X**  
/^-ZIWWI E OETIVR]YR QIKNIPIRY YXEW SX>WSOEX

## Connect IQunkci•k letltése a sz,m/ft•gÉppel

'WEXPEOS^XEWWE E^ ~V>X E W^>Q SX~KETLI^ IK] 97& O>FIP LEW^R>PEX>Z  
O>XSKEWW **ERTIW KEVQSRHESQ**E EW NIPIRXOI^AIR FI  
:>PEWW^SR **SOMRIGXJYROGM~X** EW X~PXWI PI  
/^-ZIWWI E OETIVR]YR QIKNIPIRY YXEW SX>WSOEX

## A Garmin Messenger kalmaz,s

⚠ \* - + = ) 0 1 ) > 8 ) 8 ^ 7

%+EVQMR 1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
MHYNJYVROGM-X • RIQ EVLIXYOMIP6CEGLSPHEW OESQXRMOMGM-W OEW^3PE  
Q LSPHEW IPYJM^IXEW REPO^3P % O^3PXEVMLEW^R>PEX IPYXX QMRHMK IPF

⚠ : - + = € > % 8

%+EVQMR 1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
WIKSXWEEKOEVEWM Q-HW^IVOERX LEK]EXOS^RM

^68)7E8^7

%^ EPOEPQE^>W MRXIVRIXOETGWSPEXXEP E XIPIJSR ZI^IXEO REPO^3PM ZI  
EW-EMHMYQSPHEW L>P-^EXXEP IK]EV>RX Q O-HMO 1SFMPEHEX OETGWSPE  
XIPIJSRN>REO QSFMPHEX JSVKEPSQQEP OIPP VIRHIPOI^RMI EW SPJER L  
EHEXOETGWSPEX ,E L>-^EXM PIJIHIXXWEEK XIV^3PIXIR XEVX-^OSHMO EO  
MR6IEGLSPHEW OEWVMEQYKSEHEW L>P-^EX LEW^R>PEX>LS^

%^ EPOEPQE^>W MRXIVRIXOETGWSPEXXEP E XIPIJSR ZI^IXEO REPO^3PM ZI  
RIQ VIRHIPOI^Y FEV>XEMX EW GWEP>HXEKNEMX MW FIPIEVXZI &>VOM PIX  
XIPIJSRN>X SK] E^ MRXIVRIXIR OIVIW^X^3P OSQQYRMO>PLEX E^ EPOEPQE^>  
FINIPIRXOI^EWVI %^ EPOEPQE^>WJIPLEW^R>P-O IQIPPIXX GWSTSVXSW ^3  
XIPIJSRW^>QSO LS^^>EH>W>ZEP % GWSTSVXSW ^3AIRIXO^3PHEWM PMWX>LS^  
IWIXER XIOMRXLIXMO QIK E X-FFM VEW^XZIZY ^3AIRIXIMX

% XIPIJSR ZI^IXEO REPO^3PM ZEK] QSFMPHEX OETGWSPEX>REO LEW^R>PE  
YX>R EHEXLEW^R>PEXM H\$NEOEX ZEK] IK]EF XSZ>FFM H\$NEOEX E Q LSPHE  
^3AIRIXIO H\$NEOEX ZSRLEXREO QEKMEQYKSPHEWELVRRH^X^SR EW MRXIVRIXO  
OIVIW^X^3P MW QIKOSWEVPM JSKEHRM E^ ^3AIRIXIX % QSFMPHEX OETGWS  
EVZER]IWIO

%+EVQMR 1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET

## AMessengerfunkci• haszn,lata

⚠ : - + = € > % 8

%+EVQMR 1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
WIKSXWEEKOEVEWM Q-HW^IVOERX LEK]EXOS^RM

^68)7E8^7

%1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
IK] OSQTEXMFMPMWEXIQMSLSWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET

%^ -1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
PEZY ^3AIRIXIOIX EW Z>PEW^SPLEX E^SOVE

%1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
8-44E1IWWIRKJYROGM-N>ZEP QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET  
STGM-NEOERX MW

2]SQNE Q78%68SQFSX E^ -WW^IJSKPEP- QIKR]MX>W>LS^

,E IPYW^-V LEWVWVPRKEMR ROGM-X SPZEWE FI E 56 O-HSX E XIPIJSRN>Z  
YXEW\$X>WSOEX O-ZIXZI ZEKI^^I IP E T>VSW\$X>WM EW FI>PP\$X>WM JSP]E

%^ -V>R Z>PEWW^SR IK] PILIXYWEKIX

• -N ^3AIRIX \$V>W>LS^ Z>PEWW^SR IK] GSQ^IXXIX QE  
IPYVI QIKEHSXX ^3AIRIXIX ZEK] \$VNSR IK] WEN>XSX

• &IW^EPKIXEW QIKX IOMRXEWELI'94ZSQNE2QKSGFSX>QPET

• ^AIRIX QIKZ>PEW^SP>W>LS^ Z>PEWW^SR IK] >PEWW^SR IK] FIV  
IK] IPYVI QIKEHSXX ^3AIRIXIX ZEK] \$VNSR IK] WEN>XSX

## Garmin Share

^68)7Æ8^7

%^ "R JIPIPÝWWÆKI LSK] O<sup>-</sup>V<sup>3</sup>PXIOMRXÝIR N>VNSR IP EQMOSV EHEXSOEX  
XMW^X>FER E^ÆP LSK] OMOOIP SW^XNE QIK EHEXEMX ÆW LSK] R]YKSHX  
W^IQÆP]IOOIP

%+EVQMR JY<sup>EV</sup>IGM<sup>-</sup> PILIXÝZ&XYW^SMXLSRQPEKME LEW^R>PEX>ZEP ZI^IXÆO  
QIK EHEXEMX Q>W+~~ESQTEXMFMP~~OWE<sup>EV</sup>QMR JY<sup>EV</sup>IGM<sup>-</sup> IRKIHEP]I^ZI ZER ÆW  
OSQTEXMFMP<sup>W</sup>O<sup>-</sup>^<sup>-</sup>O IK]Q>W LEX<sup>-</sup>WYKEV>R FIP<sup>3</sup>P ZERREO OMZ>PEW^XLE  
ÆW IH^ÆWIOIX ÆW E^SOEX O<sup>-</sup>^ZIXPIR FM^XSRW>KSW IW^O<sup>-</sup>^;MO<sup>\*</sup>OM<sup>-</sup>^XXM  
OETGWSPEX LEW^R>PEXE RÆPO<sup>3</sup>P XSZ>FF\$XLEXNE IK] Q>WMO IW^O<sup>-</sup>^VI

### Adatok megoszt,sa Garmin Sharealkalmaz,ssal

% JYROGM<sup>-</sup> LEW^R>PEXE IPÝ&XYIRKISHELPRISRMKMDXPNERHOÆX OSQTEXMFMP  
EQIP]IORIO xQÆXIV xP>F X>ZSPW>KSR FIP<sup>3</sup>P OIPP PIRRM<sup>3</sup>O IK]Q>WX<sup>-</sup>P  
EHEXEMREO+EVQMR<sup>W</sup>O<sup>-</sup>^<sup>-</sup>OOIP ZEP<sup>-</sup> QIKSEW^QMW>E<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>  
\*SVIVYR<sup>W</sup>O<sup>-</sup>^I EHEXSOEX XYH O<sup>3</sup>PHIRM ÆW JSK+~~HMOMRL~~E<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>  
GWEXPEOS<sup>W</sup>H<sup>EV</sup>SOE JSK<sup>EV</sup>QMR E<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>  
LSK] O<sup>3</sup>P<sup>-</sup>RF<sup>-</sup>ý IW^O<sup>-</sup>^<sup>-</sup>O O<sup>-</sup>^XX XSZ>FF\$XWE EHEXEMX )<sup>W</sup>KISW^XLEX TÆ  
OIVÆOT>VOSQTYXIVÆVýPE<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>

2]SQNE QI78~~Æ~~68MOSRX

:>PEWW^E OM E+~~EVQMR~~QI78~~Æ~~68MOSRX

:>PEWW^SR OEXIK<sup>-</sup>VM>X ÆW E^SR FIP<sup>3</sup>P MW IK] PILIXÝWÆKIX

:>PEWW^SR OM IK] PILIXÝWÆKIX

• :>PEWW^EI<sup>W</sup>SWEX>WIXÝWÆKIX

• :>PEWW^ESQMLB^>E'H>WPE QIKSM<sup>W</sup>LXXÝWÆKIX IK]RÆP X<sup>-</sup>FF IPIQ QIKSW^X>

:>VNSR EQSK E^ IW^O<sup>-</sup>^ QIKXEP>PNE E OSQTEXMFMPMW IW^O<sup>-</sup>^<sup>-</sup>OIX

:>PEWW^SR OM IK] IW^O<sup>-</sup>^X

)PPIRÝVM^<sup>W</sup>I LSK] E LEXNIK] 4-2 O<sup>-</sup>H QIKIK]I^MO I<sup>W</sup>MO<sup>W</sup>SE<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>

:>VNSR EQSK E^ IW^O<sup>-</sup>^<sup>-</sup>O XSZ>FF\$XN>O E^ EHEXSOEX

:>PEWW^<sup>W</sup>SEW^X QPKM<sup>W</sup>XÝWÆKIX LE YK]ERE^SOEX E^ IPIQIOIX IK] Q>WMO  
W^IVIXRÆ SW^XERM RIQ O<sup>-</sup>XIPI^ý

:>PEWW^<sup>W</sup>SEW^X PILIXÝWÆKIX

### Adatok fogad,sa Garmin Sharealkalmaz,ssal

% JYROGM<sup>-</sup> LEW^R>PEXE IPÝ&XYIRKISHELPRISRMKMDXPNERHOÆX OSQTEXMFMP  
EQIP]IORIO xQÆXIV xP>F X>ZSPW>KSR FIP<sup>3</sup>P OIPP PIRRM<sup>3</sup>O IK]Q>WX<sup>-</sup>P  
EHEXEMREO+EVQMR<sup>W</sup>O<sup>-</sup>^<sup>-</sup>OOIP ZEP<sup>-</sup> QIKSEW^QMW>E<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>

2]SQNE QI78~~Æ~~68MOSRX

:>PEWW^EE<sup>W</sup>QMR PUEMÝWÆKIX

:>VNSR EQSK E^ IW^O<sup>-</sup>^ QIKXEP>PNE E LEX<sup>-</sup>WYKEV>R FIP<sup>3</sup>PM OSQTEXMFMP

:>PEWW^<sup>W</sup>MO<sup>W</sup>SE<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>

)PPIRÝVM^<sup>W</sup>I LSK] E LEXNIK] 4-2 O<sup>-</sup>H QIKIK]I^MO I<sup>W</sup>MO<sup>W</sup>SE<sup>EV</sup>QMRQ E^>WSR OIVIW^X<sup>3</sup>

:>VNSR EQSK E^ IW^O<sup>-</sup>^<sup>-</sup>O XSZ>FF\$XN>O E^ EHEXSOEX

:>PEWW^<sup>W</sup>SEW^X PILIXÝWÆKIX

## Garmin Share, Ift, sai

8EVXWE R]SQZPEQEX QENH Z>PEWWEED S'NKEEEXQ-MR KPIEMÝW£KIX  
€PPETISIXIXÝZE XIW^M QLSRK]QHE\$PH>W>R OIVIW^X³P ÑV>NE EHEXSO O³PH£W  
PIK]IR O£TIW  
)W^O^-O IPJIPX>ZSPISXNE E^ ^WW^IW IW^O^-X QIPJIOOIP ÑV>NE EHEXSW

## Biztons,gi és nyomon k÷vetési funkciók

⚠ :- += € > % 8

% FM^XSRW>KM £W R]SQSRO^-ZIX£WM JYROGM- O OMIK£W^\$XÝ JYROGM- O  
WIK\$XW£KO£V£WM Q- HW^I V D V Q M R E S P R O E S Q E M > W % R I Q £ V X I W \$ X M E W I K £ P  
E^ "R R I Z £ F I R

^68)7£8^7

% FM^XSRW>KM £W R]SQSR O^-ZIX£WM JYROGM- O SLEWYR- P P E X E V Q M R W E X P E  
'SRRICEPOEPQE&PW LSSXCLRSP- KME LEW^R>PEX>ZEP 4>VSW\$XSXX XIPIJSR  
OIPP VIRHIPOI^RMI £W SPJER L>P-^EXM XIV³PIXIR OIPP PIRRM I ELSP ZE  
£VXIWSXIRHÝ W^EQDMROISXNR+GM>FER EHLEXNE QIK

% FM^XSRW>KM £W R]SQSRO^-ZIX£WM JYROGM- O OEP OETGWSPEXSW XSZ>  
[[[ KEVQMR W£S Q X F SPHEPVE

7IK\$XW£KLEWWR>PEX>ZEP IPO³PHLZBVIKZEXPO\$£XW>X £W +47 OSSVHMR>X>  
VIRHIPOI^£WVI >PPREO XEVXEPQE^ ^3^IRIXIX E FEPIWIX IWIX£R £VXIWS  
&EPIWIX£WLEP££WYR- P P E V FM^SR]SW O³PX£VM XIZ£OIR]W£KIO WSV>R FEPIW  
EYXSQEXM^>PX ³^IRIXIXOMZEPVHQORXCES^>W>X £W +47 OSSVHMR>X>MX LE  
FEPIWIX IWIX£R £VXIWSXIRHÝ W^IQ£P]IORIO

0MZI8VPGIOIXÝZE XIW^M E FEV>XSO £W E GWEP>HXEKSO W^>Q>VE LSK] ZEP  
IH^£WIMX /^-ZIXÝOIX MW QIKL\$ZLEX I QEMPFIR £W O^-^WW£KM SPHEPEC  
[IFSPHEPSR

0MZI )ZIRX 7PEVIMRZ£ XIW^M LSK] IK] IWIQ£R] WSV>R ³^IRIXIOIX O³PHLIW  
GWEP>HXEKNEMREO EOMO I^>PXEP ZEP- W MHÝFIR £VXIW³PLIXRIO E^ "R  
1)+.)+=>^7^ E JYROGM- GWEO EOOSV >PP VIRHIPOI^£WVI LE E^ ÑVE GW  
%RHVSOSISWXIPIJSRLS^

## A baleset esetén értesítend... személyek megadása

% FEPIWIX IWIX£R £VXIWSXIRHÝ W^IQ£P]IO XIPIJSRW^>QEMX E FM^XSRW>K  
LEW^R>PNYO

%+EVQMR 'SRRICEPOEPQE^>WFER•ZMPCESRW^E E

:>PEWW^EMOMSRW>K £W£D^ZSRW>KM"£EROGM- O WIX£R £VXIWSXIRHÝ W^IQ£P]IO

QIK E FEPIWIX IWIX£R £VXIWSXIRHÝ W^IQ£P]IOIX

/^-ZIWWI E O£TIVR]ÝR QIKNIPIRÝ YXEW\$X>WSOEX

% FEPIWIX IWIX£R £VXIWSXIRHÝ W^IQ£P]IO £VXIWSX£WX OETREO EQMOSV  
W^IQ£P]IOO£RX £W IPJSKEHLEXN>O ZEK] IPYXEW\$XLEXN>O E O£V£W£X ,E  
£VXIWSXIRHÝ W^IQ£P]X OIPP Z>PEW^XERME

## Névjegyek hozz,ad,sa

0IKJIPNIFF xRĚZNIKJIX+EVQMR 'SRROĚRQE^>WFER % RĚZNIKJIOI^ XEVXS  
0MZI8VJYROGM-ZEP MW LEW^R>PLEX-O % RĚZNIKJIO O^-^3P L>VQEX FEPIW  
QIK% FEPIWIX IWIXĚR ĚVXIWSXIRHÝ WSPQĚPJIO QIKEH>WE

%+EVQMR 'SRROĚRQE^>WFE R•ZMPĚSRW^E E

:>PEWW^Ě TQWES PĚX SXÝWĚKIX

/^-ZIWWI E OĚTIVR]ýR QIKNIPIRý YXEWSX>WSOEX

% RĚZNIKJIO LS^^>EH>W>X O^-ZIXýIR E^ EHEXS^S WVM FOĚMS^R MĚOPRWZĚ KW^3LEV  
Q-HSWŠX>WSO EPOĚPĚHEXSQSQERY>PMW+WVQRIQV'SRWKŠWWEKĚZPIE P

## A balesetĚszleĚs be-, illetve kikapcsol,sa

Δ :- += Ě>%8

% FEPIWIXĚW^PIPĚW OMIKĚW^ŠXý JYROGM- ĚW GWEO FM^SR]SW O^3PXĚVM  
&EPIWIXĚW^PIPĚW JYROGM-VE RIQ W^EFEH IPWýHPIKIW WĚKQXWĚ'SORVĚW  
EPOĚPQE^>W RIQ ĚVXIWSXM E WIKĚP]LŠZ- W^SPK>PEXSOEX E^ "R RIZĚFIR

^68)7Ě8^7

1MIPýXX FIOETGWSPLXR> E FEPIWIXĚW^PIPĚWX -V>N>R FEPIWIX IWIXĚR  
+EVQMR 'SRROĚRQE%WFEPRWIX IWIXĚR ĚVXIWSXIRHÝ WSPQĚPJIO WQXŠX>WE  
XIIPIJSRN>REO QSFMPĚHEX JSVKEPSQQEP OIPP VIRHIPOI^RMI ĚW SP]ER L  
EHEXOETGWSPEX % FEPIWIX IWIXĚR ĚVXIWSXIRHÝ W^IQĚP]IORIO I QEMPI  
EPOĚPQEW OĚW^3PĚOOIP OIPP VIRHIPOI^RM^3O W^-ZIKIW ^3^IRIXIOVI ZSRE

8EVXWE PIR]SQĚSREX

:>PEWW^ĚMOMSERWĚRIWIXĚWPĚRIRŠWĚKIX

:>PEWW^SR OM IK] +47 XIZĚOIR]WĚKIX

1)+.)+=>^Ě FEPIWIXĚW^PIPĚW GWEO FM^SR]SW O^3PXĚVM XIZĚOIR]WĚKIO  
,E\*SVIVYR^VWE FEPIWIXIX ĚW^PIP ĚW E XIPĚSQMB SRROĚRQS^XWĚZ'E"RE  
RIZĚX ĚW +47 TS^ŠGM-N>X LE IPĚVLIXý XEVXEPQE^- EYXSQEXMOYW W^-  
IWIXĚR ĚVXIWSXIRHÝ W^IQĚP]IORIO )K] ^3^IRIX NIPIRMO QIK E OĚW^3PĚOIR  
LSK] E OETGWSPEXXEVX-O xQ>WSHTIVG IPXIPXĚZIP ĚVXIWSXĚWX OETRE  
E^ EYXSQEXMOYW ZĚW^LIP]ĀIXM ^3^IRIXIX

## SegftĚgkĚĚs

Δ :- += Ě>%8

% 7IKŠXWĚKOĚVĚW IK] OMIKĚW^ŠXý JYROGM- ĚW RIQ NEZEWSPX E WIKŠX  
V> +EVQMR 'SRROĚRQE^>W RIQ ĚVXIWSXM E WIKĚP]LŠZ- W^SPK>PEXSOEX

^68)7Ě8^7

1MIPýXX WIKŠXWĚKIX OĚVLIXRI FI OIPP >PPŠXERME ĚĚVQMIW^SRWĚXĚR ĚV  
EPOĚPQE^%WFEPRWIX IWIXĚR ĚVXIWSXIRHÝ WSPQĚPJIO WQXŠX>WE  
JSVKEPSQQEP OIPP VIRHIPOI^RMI ĚW SP]ER L>P^-EXM XIV^3PIXIR OIPP PI  
FEPIWIX IWIXĚR ĚVXIWSXIRHÝ W^IQĚP]IORIO I QEMPIO ZEK] W^-ZIKIW ^3^IR  
OIPP VIRHIPOI^RM^3O W^-ZIKIW ^3^IRIXIOVI ZSREXOS^- RSVQ>P HŠN OIV^3P

8EVXWE PIR]SQĚSREX

%QMOSV L>VSQ VI^KĚWX ĚVI^ IRKIHNI IP E KSQFSX E WIKŠXWĚKOĚVĚW

1IKNIPIRMO E ZMWW^EW^>QP>P>WM OĚTIVR]ý

8-44E ZMWW^EW^>QP>P>W FIJINI^ĚWI IPýXX E F>VQIP] KSQF PIR]SQZE XE

## •l... eseménymegoszt,s

```
%^ ÉPÝ IWIQÉR]QIKSW^X>W PILIXÝZE XIW^M LSK] IK] IWIQÉR] WSV>R ^3^IRIX
GWEP>HXEKNEMREO EOMO I^>PXEP ZEP¬W MHÝFIR ÉVXIW³PLIXRIO E^ "R L
YXSPW¬ O¬V MHINÉX MW %^ IWIQÉR] IPÝXX XIWXVIW^EFLE+XEWQ MFGSQ^IXX
'SRRIÉXPOEPQE^>WFER
```

## •l... eseménymegoszt,s bekapcsol,sa

```
%^ ÉPÝ IWIQÉR]QIKSW^X>W LEW^R>PEXOMZP§VXGQOMIRPSIRPOEXEQM^EWFER
1)+.)+=>^EOMZI8VEYROGM¬O EOOSV*SWLIXYFOEIV&NIE XESSIGLRSP¬KME
WIKSXWÉKÉZIP GVEVQMR OSYBROEPQE^>WLS^ IK]QSQSÉPHMSRIRMPW
%+EVQMR 'SRROEXQE^>W FI>PPSX>WM QIR³NÉFIR&MPESVWV&K QW EYÓZIZIXW
IWIQÉR]QIKSW^X>W
8IWXVIW^EFLEXNE E^ ^3^IRIXOMZ>PX¬OEX ÉW E^ STGM¬OEX
1IRNIR OM E W^EFEHFE ÉW Z>PEWW^SRVOMRREW-4V>NIZÉOIR]WÉKIX
1)+.)+=>^7^ E JYROGM¬ RIQ QMRHIR XIZÉOIR]WÉK IWIXÉFIR ÉVLIXÝ IP
:>PEWW^É OMÝEIWIQÉR]QIKSWXW^X>WIXÝWÉKIX
%^ ÉPÝ IWIQÉR]IO QIKSW^X>WE ¬V>R OIVIW^X³P IRKIHEP]I^IXX
:>PEWW^EPOMWEQÉR]QIKBWLXÝWÉKIX ÉW EHNSR LS^^> W^IQEP]IOIX E RE.
```

'r,k

## Riaszt,s be,llft,sa

```
8¬FF VMEW^X>WX MW FI>PPSXLEX
8EVXWE PIRQ]SQDSREX
:>PEWW^EVOOMMEW^X>WMSEOW^X>W LSP¹LEKÝWÉKIX
%HNE QIK E VMEW^X>WM MHÝX
```

## Riaszt,s szerkesztése

```
8EVXWE PIRQ]SQDSREX
:>PEWW^E>E'6MEW^XI>PWQDX
:>PEWW^SR OM IK] VMEW^X>WX
:>PEWW^SR OM IK] PILIXÝWÉKIX
• % VMEW^X>W FI ZEK] OMOETGVPSPWIXS>WZKRÉWW^E E^
• % VMEW^X>W MHINÉRIO Q¬HSWSPILWXÝWÉKIZPEWW^E E^
• % VMEW^X>W VIRHW^IVIW MWQÉXPÉWÉWQEXPIEWSXWZKLS^QZEBWZWPÉWEV
LSK] QMOSV MWQÉXPÝHN¬R E VMEW^X>W
• % VMEW^X>WM ÉVXIWSXÉW XSTYW>REOKSMZIXÉWÉKIX>LS^ Z>PEWW^E E
• % VMEW^X>W PI§V>W>REO OMZ§QOW¹KIXÝWLSKIX>PEWW^E E
• % VMEW^X>W X¬VPÉWALREWIRÉWAKÉ E
```

## A stopper használata

% W^>QPETSR XEVX94EK S QF]S XQZE E  
 :>PEWW^E OM E O V Z O X O B T D I X  
 %^ MHý^SXý IPMRH\$X>W7B\$%6 R\$SQFSX QIK E  
 % O V M ①ý±S X Y E MRH\$X>W>LS^&R] S Q N E F Q K K E



% WXSTTIV >PXEP ②Q X S Z>F W W E^ M M Y J Y X  
 2]SQNE Q7&3&4KSQFSX QMRHOEX MHý^SXý PI>PP\$X>W>LS^  
 :>PEWW^SR OM IK] PILIXýW EKIX  
 • 1MRHOEX MHý^SXý RYPP>^>(W;2SKSRQ]SSX NE QIK E  
 • % WXSTTIV >PXEP QEVX MHý XIZEOIR]WEKOER94 ZBQF\$XQ ERK ZWFEWWR]E  
 8IZEOIR]WEK QPRIX&YWEKIX  
 • %^ MHý^SXýO RYPP>^>W>LS^ EW E WXSTTIV F94PKSQF\$XOMQENTBVLPEM]SQ  
 /EWPIQIX  
 • % O V M H Y ^ S X ý O > X X I O M R X E 1 W E S O F S X S Q M E Z Q P K E W O M R P M Q W X  
 1)+.)+=>^E 1IKXIOM SXEW G W E O E O O S V N I P I R M O Q I K L E X F F O V X J  
 • ,E E^ MHý^SXýO RYPP>^>WE R E P O 3 P W^IVIXRI ZMWW^B4&KSRQFSEX -QENW  
 Z>PEWW^WEVEW E W^>QPEQILXS^  
 • % O V O V K^S X E W E R I O F I Z E K] O M O S E 4 I G S Q F S X W>Q E N R] S Q P E W S Q N E B O M  
 I P I Q I X

## A visszasz,ml,• id...zft... indft,sa

```
% W^>QPETSR XEVXW4K8QFJSQZE E
:>PEWW^EVOM- Hý^S XýDIXýW£KIX
:>PEWW^SR OM IKJ PILIXýW£KIX
• % ZMWW^EW^>QP>P¬ MHý^S Xý IPWý EPOEPSQQEP X¬VX£Rý FI>PPS X>W>L
QIK £4KSQFSX QENH ZH£SWý^QI£M£WýW£KIX
• 8SZ>FFM ZMWW^EW^>QP>P¬ MHý^S XýO FI>PPS XMWW>WSEVW QP£PX£W£L1^EZ
PILIXýW£KIX QENH EHNE QIK E^ MHýX
• ,E QIRX£W R£PO³P W^IVIXRI ZMWW^EW^>QP>P S WWHýHýNLS XýW £KP S X £P£M H
EHNE QIK E^ MHýX
7^³OW£K IWIX£R RJSQNE QSK E£W Z>PEWW^SR IKJ PILIXýW£KIX
• %^ MHý Q¬HSWS X>W>L SYPZLPEYWW£KE XE^
• %^NVEMR'££XEWGWS£I XýW£K OMZ>PEW^X>W>ZEP EYXSQEXMOYWER ±NV
E^ PIN>V
• :>PEWW,£R£SPILIXýW£KIX QENH Z>PEWW^SR OM IKJ £VXIWSX£WXSTYW>
%^ MHý^S Xý IPMRH S X>W>BS%6 R$SQFS£ QIK E
```

## Id...zft... ttrf£se

```
% W^>QPETSR XEVXW4KPSIQFSQZE E^
:>PEWW^E>E^Hý^S XýDIXýW£KIX
:>PEWW^SR OM IKJ MHý^S XýX
2JSQNE QI£4£SQFSX QENH £Z>PEWW XýW£KIX
```

## Id... szinkroniz,l,sa GPS haszn,lat,val

```
1MRHIR IKJIW EPOEPSQQEP EQMOSV FIOETGWSPNE E OEV¬V>X £W Q LSPFI
E^ MHý^¬R>X £W E TSRXSW MHýX %^ MHýX IQIPPIXX QERY>PMWER MW W^
E^ MHý^¬R>NE ZEPEQMRX JVMWWSXLIXM E X£PM R]>VM MHýW^>Q SX>WVE M
8EVXWE PIRJ£Q£REX
:>PEWW^£I£OMWEIMý'7^MROVSRM^>P>M LHXýW£KIPX
:>VNSR EQSK E O£W^³P£O QIK££S£PHEWENQPI£PO££P£EW I
```

## Manu,lis id...be,llft,s

```
% W^>QPETSR XEVXW4KPSIQFSQZE E^
:>PEWW^£I£OMWEIMý'-Hý FI>PP'S£^M£ELIXýW£KIX
:>PEWW^£I£PIQIX £W EHNE QIK E TSRXSW MHýX
```

## V,ltoz• id...z•n,k hozz,ad,sa

```
1IKNIPIR$XLIXM E XSZ>FFM MHý^¬R>O TSRXSW MHIN£X
1)+.)+=>^Q>W MHý^¬R>OEX MW QIKXIOMRXLIX £^¬WWW^IJSKPEP¬ O£W^PIIXF
W^EF>W£SPHEP
8EVXWE PIRJ£Q£REX
:>PEWW^E>E'1>W MHý^¬R>XO¬RE LS^^PEHIXýW£KIX
% V£KM¬ OMIQIP£W£LI9R££QNE Q£SQESX QENH E OMZ>PEW^X>W>£S^ RJS
KSQFSX
:>PEWW^SR IKJ MHý^¬R>X
7^³OW£K IWIX£R RIZI^AI >X E ^¬R>X
```

## M,sik id...z•na szerkesztése

8EVXWE PIRP]S Q D S FEX

:>PEWW^E>E'1>W MHý^~R>O

:>PEWW^SR IK] MHý^~R>X

2]SQNE Q7&%E&SQFSX

:>PEWW^SR OM IK] PILIXýW&KIX

- %^ ~WW^IJSKPEP~ O&W^PIXFIR QIKNIPIR&XIRH&IMPH&SXRW EII+PZISXGO&R&S  
PILIXýW&KIX
- ,E IK]IHM RIZIX W^IVIXRI EHRM E^ &XIR] Z+PEW EXOý W&R&EWW^E E
- ,E IK]IHM V~ZMH&X&WX W^IVIXRI EHRM ZEMPH&IMIXý~VR&R&EXO Z>PEWW^E E
- %^ MHý^~RE Q~HSW&SX>W~R&E^ Z>PEWW^E E&KIX
- %^ MHý^~RE X~VP&W&LVP&W&P&W&E&E&E

## Az •ra testre szab,sa

### Tevékenységek és alkalmaz,sbe,llft,sok

)^IO E FI>PP&X>WSO PILIXýZE XIW^MO E^ IK]IW XIZ&OIR]W&KIO LI^ OETGWS  
XIWXVIW^EF>W>X E^ "R IH^&WM MK&R]IM EPETN>R 4&PH>YP IK] &RMP IK FI>P  
MPPIXZI IH^&WJYROGM~OEX IRKIHEP]I^LIX 2IQ QMRHIR XIZ&OIR]W&KXSTYV  
8EVXWE PIRP]S Q D S FEX Z>PEWW^E E XIZ&OIR]W&KIO &W E P&O&P&W&W&SO Z>PEWW^SR O  
XIZ&OIR]W&KIX QENH Z>PEWW^E E XIZ&OIR]W&KFI>PP&X>WSO PILIXýW&KIX  
( W X>ZSPEW&KEKEWW>KZ>PXS^>W &W E Z&^W^MRXIW XEPENQS^K>W WIK&XW  
( W WIFIW&KEKEWW>KZ>PXS^>W &W E Z&^W^MRXIW XEPENQS^K>W WIK&XV  
,ERKW±P]SW&X&SR P&SXLEXNE FI E^ IK]IW XIZ&OIR]W&KIO OMIQIP&WM W^SR  
E^SRSW&SX>WE &VHIO&FIR  
8IZ&OIR]W&K LSP&E&H&ZE XIW^M IK] QYPXMWTSVX XIZ&OIR]W&K XIWXVIW^E  
6MEW^X>WSO>PP&XLEXNE FI E XIZ&OIR]W&K LI^ XEVXS^~ XV&RMRK ZEK] RE  
8IZ&OIR]W&K VME W&X>P&ESPO  
%YXSQEXMOYWP IQI WýZE XIW^M LSK] E^ ~VE E FI&TSXIXX QEKEWW>KQ&VýZ  
QEKEWW>KZ>PXS^>W &W E EYXSQEXMOYWP IQIPOIH&W&SRKEHEP]I^&WI  
%YXS 4EMWX>PP&XLEXNE EYXSQEXMOGM~ E^SR PILIXýW&KIMX EQIP]IO WIK&XW&  
EHXS O V~K^&X&W&X QIK>PP>WOSV MPPIXZI LE E WIFIW&KI IK] QIKLEX  
LEW^RSW LE QIRIX O~^FIR E NIP^ýP>QT>O ZEK] IK] &F SOSO QMEXX QIK  
%YXSQEXMOYWE TMSLO&E&MOYWER P&XVILS^ IK] TMLIR&WM MRXIVZEPPYQ&X  
O~^FIR EFFELEK]NE~W^QW^O>W&IRM EYXSQEXMOYW X&P&Q&P&P&S MME TMLIR]I  
TMLIR&WM MHý^&Xý EYXSQEXMOYW IPMRH&SX>W>X &W P&V&P&P&SX W&EX X&S Q&P&X  
TMLIRýMRIO FI&P&P&P&E&VEM  
%YXSQEXMOYWMKXW&P&P&S WLEXNE FI LSK] E^ ~VE EYXSQEXMOYWER Z&KMK  
QIKNIPIR&Xý ~WW^IW O&TIVR]ýR QMO~^FIR E XIZ&OIR]W&KMHý^&Xý JYX  
%YXSQEXMOYWP IWISXýZE XIW^M LSK] E^ ~VE EYXSQEXMOYWER IPMRH&SXWE  
IVýW&Xý XV&RMRKIO WSV>R  
%YXS WTSV&X&X&X&W XIW^M LSK] E^ ~VE EYXSQEXMOYWER &W^PIPNI E O  
QYPXMWTSVX XIZ&OIR]W&K WSV>R ELSP R]SPX Z&^M ±W^>W OIV&OT>VS^  
4YP^YW PIERKW&E P]I^M E TYP^YWEHEXSO EYXSQEXMOYW XSZ>FF&X>W>X E  
4YP^YWEHEXSO X&X>P&P&P&R>WE  
:MWW^EW^>Q&FI O&TIVR]I&X SP IK] ZMWW^EW^>QP>P~ MHý^&XýX E QIHIRG&W ±W^  
%HEXO&TIVR]I&X ýZE XIW^M E^ EHEXO&TIVR]ýO XIWXVIW^EF>W>X &W ±N EH  
XIZ&OIR]W&K EHEXO&TIVR]ýO XIW&SPIME^EF>WE

8IW~~W~~W±P] Q-~~HBM~~~~S~~Xý~~W~~E XIW^M E^ IVýWSXý ZEK] OEVHMSXV~~E~~MRK WSV>R I  
W±P] QIKEH>W>X  
6MEW^X>WSO F~~E~~I~~Q~~I~~H~~~~M~~W~~I~~GM- IPýXX O~~E~~X ZEK] -X TIVGGIP JMK]IPQI^XIX~~E~~W  
^VX~~E~~OIP~~E~~WM W~~I~~R~~X~~W~~P~~~~S~~XLEXNE FI E^ ~~E~~VX~~E~~OIP~~E~~WM VIRHW^IVX E W^MOPEQ>  
~~E~~VX~~E~~OIP~~E~~W~~E~~LI^  
9KV>P>W Q~~E~~H~~N~~~~K~~V- O^-XIPIW XIZ~~E~~OIR]W~~E~~K G~~E~~PN>REO FI>PP~~S~~X>WE IK] EHSXX  
R]MXSXX Z~~E~~K VI  
7>Z W^>Q~~E~~PP~~S~~XNE E W>Z W^>Q>X E T>P]>R ZEP- JYX>WLS^  
/^-V KSQ~~I~~RKI~~H~~~~E~~P]I^M Z~~E~~K% 'PK~~S~~MP~~S~~M~~E~~EEXIZ~~E~~OIR]W~~E~~KIO O^-^FIR QIKXIXX O^-V^-  
V^-K^~~S~~X~~E~~W~~E~~LI^  
/^-V MXX >PP~~S~~X~~E~~LEXNE~~I~~VE~~I~~VE ZSREXOS^~ PILIXýW~~E~~KIOIX E O^-V^-O EYXS  
%YXSQEXMOY~~W~~I~~K~~~~I~~~~X~~~~S~~W~~E~~KK] EHSXX X>ZSPW>KR>P NIP^-PM QIK E O^-V^-OIX  
W^EFLEX- O^-VVM~~E~~W^X>WM ^3^IRIX NIPIRMO QIK )^ E JYROGM- LEW^RSW  
O^3P^-RF^-ý V~~E~~W^IMR QMP]IR XIPNIWSXQ~~E~~R]X R]±NXSXX  
/E~~W~~^3P~~E~~O ^>VSP~~P~~W~~E~~WTSVX XIZ~~E~~OIR]W~~E~~K O^-^FIR ^>VSPNE E^ ~~E~~VMRXýO~~E~~TIV  
QIKEOE~~H~~>P]S^E E KSQFSO Z~~E~~PIXPIR QIKR]SQ>W>X ~~E~~W E^ ~~E~~VMRXýO~~E~~TIVR  
1IXVSR-~~I~~Q]IRPIXIW VMXQYW± LERKPIN>XW^>WWE~~P~~ ZEK] VI^K~~E~~WWIP WIK~~S~~X~~M~~  
OSR^MW^XIRWIFF P~~E~~T~~E~~W^3XIQQIP Z~~E~~K^IXX IH^~~E~~WWIP NEZ~~S~~XLEWWE XIPNIV  
P~~E~~T~~E~~W^3XIQ ^3X~~E~~W TIVG FTQ ~~E~~VX~~E~~O~~E~~X E^ ^3X~~E~~WJVIOZIRGM>X ~~E~~W E LERKF  
1IHIRGI Q~~E~~V~~M~~XIX >PP~~S~~XLEXNE FI E QIHIRGI LSWW^>X E QIHIRG~~E~~W ±W^>WLS  
8IPNIWSXQ~~E~~R] >X~~E~~P~~K~~ZIP~~E~~W~~E~~M LSK] E^ -VE FIPIJSKPEPNSR I RYPP>W ~~E~~VX~~E~~  
XIPNIWSXQ~~E~~R]EHEXSOFE EQIP]IO EOOSV JSVHYPREO IPý EQMOSV "R R  
)RIVKMEXE~~O~~X~~M~~H~~I~~PSXLEXNE FI E^ IRIVKMEXEOEV~~E~~OSW MHýOSVP>X LSWW^  
QEVEHNSR IH^~~E~~W ^3^IQQ-HFER T~~E~~PH>YP EQMOSV EV~~V~~ESZ>Q~~F~~IL~~B~~R~~S~~X~~K~~W ZIV  
TIVG MREOXMZMX>W YX>R EPEGWSR] IRIVKMEJSK]~~E~~W~~Z~~S~~O~~M~~K~~~~P~~~~S~~X<WIQQ~~T~~IM  
MREOXMZMX>W YX>R EPEGWSR] IRIVKMEJSK]E~~W~~^X>W± -VE ^3^IQQ-HFE >P  
O~~E~~X X^-PX~~E~~W O^-^XX V^-ZMHIF FOOYQYP>XSV ~~E~~PIXXEVXEQSX IVIHQ~~E~~R]I^  
,ýQ~~E~~VW~~E~~OPIX VVK~~K~~~~S~~~~S~~WIE^ -VE O^-V^3PM O^-VR]I^IXM LýQ~~E~~VW~~E~~OPIXIX FM^S  
:3 QE\ V^-K^~~S~~X~~E~~W~~E~~X XIW^M E :3 xQE\ V^-K^~~S~~X~~E~~W~~E~~X XIVITJYX>WM ~~E~~W YP  
€XRIZI^~~M~~XX >PP~~S~~XLEXNE FI E XIZ~~E~~OIR]W~~E~~K RIZ~~E~~X  
-WQ~~E~~X~~P~~~~E~~WIO W^MQR>P>W~~E~~WIO W^>QP>P>W>REO IRKI~~H~~~~E~~P]I^~~E~~W~~I~~W~~E~~K] PIXMPX>  
IH^~~E~~W~~S~~O~~G~~M- GWEO E^ MV>R]SXSXX IH^~~E~~WIO WSV>R IRKI~~H~~~~E~~P]I^M E^ MWQ~~E~~  
-WQ~~E~~X~~P~~~~E~~W~~I~~H~~E~~P]I^M~~E~~X~~S~~PEOM-X E QYPXMWTSVX XIZ~~E~~OIR]W~~E~~KIOLI^ )^X E^ ST  
XIZ~~E~~OIR]W~~E~~KIOLI^ LEW^R>PLEXNE EQIP]IO X^-FF >XQIRIXIX MW QEKYOFE  
%PETFI>PP~~S~~X>WSO Z~~M~~W~~W~~Y~~Z~~S~~P~~IS~~W~~W~~E~~ XIZ~~E~~OIR]W~~E~~K FI>PP~~S~~X>WEMREO ZMW  
-XZSREP WXER~~M~~W~~X~~Y~~M~~OXOW^M E^ ±XZSREP WXEXMW^XMO>O R]SQSR O^-ZIX  
XIZ~~E~~OIR]W~~E~~KIO IWIX~~E~~R  
\*YX>WM XIPNI~~W~~SXQ~~E~~R]XIW^M E JYX>WM XIPNIWSXQ~~E~~R]EHEXSO V%K^~~S~~X~~E~~W~~E~~  
JYX>WM XIPNIWSXQ~~E~~R]PH~~E~~PP~~S~~X>WEM  
0IWMOP~~E~~W~~S~~O^~~E~~W ZEK] WRS[FSEVHS^>W TVIJIVIRGM>M~~R~~Y~~E~~S~~Q~~F~~E~~X~~M~~P~~S~~X~~W~~W~~E~~I~~W~~M~~E~~  
PILIXýW~~E~~KIX E PIWMOP>WSO FI~~E~~T~~S~~XIXX K]SVWYP>WQ~~E~~VýZIP Z~~E~~PV- EYXSQ  
KSQ~~E~~W/ EVVME~~W~~I^>P~~S~~X>WEMX MW  
1 LSPHE~~W~~XX >PP~~S~~XLEXNE FI E XIZ~~E~~OIR]W~~E~~KLI^ L~~E~~W~~S~~R<P~~E~~R~~R~~H<S<Q<W~~S~~PO~~E~~W VI  
"R~~E~~VX~~E~~OIR]W~~E~~KI^>PP~~S~~XLEXNE FI E XIZ~~E~~OIR]W~~E~~KVI ZSREXOS^~ER ~~E~~W^PIPX IVý  
8IZ~~E~~OIR]W~~E~~KIO ~~E~~VX~~S~~RO~~H~~E~~P~~WI  
'WET>W~~E~~V^~~E~~OIP~~E~~W~~E~~W Z~~E~~ XIW^M E GWET>W~~E~~V^~~E~~OIP~~E~~WX E QIHIRG~~E~~W ±W^>WSO V  
^VMRX~~I~~W~~I~~H~~E~~P]I^M ZEK] PIXMPXNE E^ ~~E~~VMRXýO~~E~~TIVR]ýX IK] XIZ~~E~~OIR]W~~E~~K O  
€XQIRIK~~R~~KI~~H~~~~E~~P]I^M E^ >XQIRIXIX E QYPXMWTSVX XIZ~~E~~OIR]W~~E~~KIOLI^  
6I^Ký JMK]FR~~E~~K^~~E~~WVI ZEK] OMP~~E~~K^~~E~~WVI JMK]IPQI^XIXý VMEW^X>WSOEX II



## Ktrrk bejeltEse aAuto Lapfunkci•val

%^%YXS 0E ROGM¬ZEP IK] O¬V EYXSQEXMOYWER E OMZ>PEW^XSXX X>ZR>P  
LEW^RSW E XIZEOIR]W£K O³P¬RF¬^ý V£W^IM T£PH>YP QMRHIR Q£VJ¬PH  
QYXEXSXX XIPNIW\$XQ£R]I ¬WW^ILEWSRP\$X>W>LS^

8EVXWE PIRP\$Q£SQ£SX

:>PEWW^EIZOIR]W£KIO £W EPOEIPQW/£KW£O

:>PEWW^E OM E^ IK]MO XIZEOIR]W£KIX

1)+.)+=>^7^ E JYROGM¬ RIQ QMRHIR XIZEOIR]W£K IWIX£FIR £VLIXý IP

:>PEWW^E OM E XIZEOIR]W£KFI>PP\$X>WSOEX

:>PEWW^EVI£IQIX

:>PEWW^SR OM IK] PILIXýW£KIX

• :>PEWW^EY£S 0E ZSPW>K VP¹LVXWY£KIX LSK] IK] EHSXX X>ZSPW>KR>P N

• :>PEWW^EY£S 0,£F] W^I VMLRXýW£KIX E O¬V OI^H£WR£P ZEP¬ QIKNIP¬P£V  
O¬VLIP]^IXIOLI^

• :>PEWW^EY£S 0£MTOETGVP\$PI>WY W£KIXSE0£MTOETGWSP>W>LS^

:>PEWW^EY£SQEXMOYWIKI>Z\$W£KX E O¬V¬O O¬^XM X>ZSPW>K MKE^\$X>W>

1MRHIR IK]IW EPOEPSQQEP EQMOSV QIKXIW^ IK] O¬VX IK] ³^IRIX NIPIRM  
W^³OW£KIW MHýZIP ,E FI ZER OETGWSPZE E LERKNIP^£W E^ IW^O¬^ IQIF  
6IRHW^IVFI>PP\$XS W££P

## Tev£kenys£griaszt,sok

1MRHIK]MO XIZEOIR]W£KLI^ FI>PP\$XLEX JMK]IPQI^XIX£WIOIX EQIP]IO WIK  
IH^LIX NSFFER XYHEX>FER PILIX O¬VR]I^IX£RIO £W IPREZMK>PLEX E^ ±X  
XIZEOIR]W£KIO IWIX£FIR £VLIXýO IP ,>VSQ O³P¬RF¬^ý VMEW^X>W ZER IW  
MWQ£XPýHý VMEW^X>WSO

)WIQ£R]VMEW^K]XIMQ£R]VMEW^X>W IK]W^IV £VXIWSXM "RX %^ IWIQ£R] IK]  
T£PH>YP LSK] E^ ¬VE £VXIWSXWI EQMOSV IP£KIXIXX IK] QIKLEX>VS^SX

8EVXSQ>R]VMEW^X>WSQ>R]VMEW^X>W EVV¬P £VXIWSXM EQMOSV E^ ¬VE E^  
JIPIXX ZEK] EPEXX ZER &I>PP\$XLEXNE T£PH>YP LSK] VMEWW^SR E^ ¬V  
IQIPOIHMO

-WQ£XPýHý VMEW^X>WSO QMRHIR IK]IW EPOEPSQQEP £VX  
£VX£OIX ZEK] MRXIVZEPPYQ\$X V¬K^\$X &I>PP\$XLEXNE T£PH>YP LSK] E

| 6 MEW^X>WR  | 8 MEW^X>WX | QY\$W>W                                                                                                                   |
|-------------|------------|---------------------------------------------------------------------------------------------------------------------------|
| 0£T£W³XIQ   | 8EVXSQ>R]  | &I>PP\$XLEXNE E TIH>P³XIQ QMRMQYQ £W QE\MQ                                                                                |
| /EP¬VMEW^>Q | WIQ£R]     | MWQ£XPP\$HY XLEXNE E OEP¬VM>O W^>Q>X                                                                                      |
| )K]£RM      | )WIQ£R]    | MWQ£XPP\$HY /MZ>PEW^XLEX IK] QIKP£Zý ³^IRIXIX ZEK] P£XVI<br>Q£XPP\$HY £W OMZ>PEW^XLEX IK] VMEW^X>WX\$TYW                  |
| 8>ZSPW>K    | )WIQ£R]    | MWQ£XPP\$HY XLEX IK] X>ZSPW>KMRXIVZEPPYQ\$X                                                                               |
| 1EKEWW>K    | 8EVXSQ>R]  | &I>PP\$XLEXNE E QEKEWW>K QMRMQYQ £W QE\MQ                                                                                 |
| 4YP^YW W^>Q | 8EVXSQ>R]  | &I>PP\$XLEXNE E QMRMQYQ £W QE\MQYQ TYP^YW<br>LEXNE E TYP^YWXE%XSQ>R]WXE>WX\$Q>R]SO MWQ<br>xSP£WPP^YWXEVXSQ>R] W\$Q\$£PWSO |
| 8IQT¬       | 8EVXSQ>R]  | &I>PP\$XLEXNE E XIQT¬ QMRMQYQ £W QE\MQYQ £                                                                                |
| 8IQT¬       | -WQ£XPýHý  | &I>PP\$XLEX IK] ±W^>WM G£P XIQT¬X                                                                                         |
| 8>T         | 8EVXSQ>R]  | &I>PP\$XLEXNE E QEKEW ZEK] E^ EPEGWSR] X¬P>                                                                               |
| /¬^IPW£K    | )WIQ£R]    | 7YKEVEX LS^LEX P£XVI IK] QIRXIXX LIP]FýP MRH                                                                              |
| *YX>W W£XE  | -WQ£XPýHý  | &I>PP\$XLEX VIRHW^IVIW MHýO¬¬RO£RX MWQ£X                                                                                  |
| *YX>WM XIPN | NWQ£R]     | XEVXSQ>R]XLEXNE E XIPNIW\$XQ£R]^¬RE QMRMQYQ £                                                                             |
| 7IFIWW£K    | 8EVXSQ>R]  | &I>PP\$XLEXNE E WIFIWW£K QMRMQYQ £W QE\MQ                                                                                 |
| 'WET>WWIFI  | 8EVXSQ>R]  | &I>PP\$XLEX EPEGWSR] ZEK] QEKEW TIVGIRO£RX                                                                                |
| -Hý         | )WIQ£R]    | MWQ£XPP\$HY XLEX IK] MHýMRXIVZEPPYQ\$X                                                                                    |
| 4>P]EMHý^S  | X¬WQ£XPýHý | &I>PP\$XLEX IK] Q>WSHTIVG TSRXSWW>K± T>P]EM                                                                               |

## Riaszt,s be,llft,sa

8EVXWE PIR]£Q\$Q£F\$X  
 :>PEWW^E£I£OIR]W£KIO £W EPO£IRQ£W\$W\$O  
 :>PEWW^E OM E^ IK]MO XIZ£OIR]W£KIX  
 1)+.)+=>^7^ E JYROGM¬ RIQ QMRHIR XIZ£OIR]W£K IWIX£FIR £VLIXý IP  
 :>PEWW^E OM E XIZ£OIR]W£KFI>PP\$X>WSOEX  
 :>PEWW^E£M£W^EXPW\$XýW£KIX  
 :>PEWW^SR OM IK] PILIXýW£KIX  
 • %^¬N LS^^>EPIW£ýW£K OMZ>PEW^X>W>ZEP ±N VMEW^X>WX EHLEX LS^^>  
 • )K] QIKP£Zý VMEW^X>W W^IVOIW^X£W£LI^ Z>PEWW^E OM E^ EHSXX VME  
 ,E W^³OW£KIW Z>PEWW^E OM E VMEW^X>W X\$TYW>X  
 :>PEWW^SR OM IK] ^¬R>X EHNE QIK E QMRMQYQ £W QE\MQYQ £VX£OIOI  
 VMEW^X>WLS^  
 ,E W^³OW£KIW OETGWSPNE FI E VMEW^X>WX  
 %^ IWIQ£R]VMEW^X>WSO £W MWQ£XPýHý VMEW^X>WSO IWIX£R QMRHIR EP  
 E VMEW^X>WM £VX£OIX % XEVXSQ>R]VMEW^X>WSO IWIX£R QMRHIR EPOEF  
 QIKEHSXX XEVXSQ>R] JIPIXX EPEXX XIPNIW\$X QMRMQYQ £W QE\MQYQ £V

## Az automatikus emelkedés engedélyezése

```
%^ EYXSQEXMOYW IQIPOIH£W JYROGM¬ZEP EYXSQEXMOYWER £W^PIPLIXM
LIK]Q>W^>W X±V>^>W JYX>W ZEK] OIV£OT>VS^>W O¬^FIR MW
8EVXWE PIR]S QZQFSX
:>PEWW^EIZEMIR]W£KIO £W EPOEIPQW/£KW£O
:>PEWW^E OM E^ IK]MO XIZ£OIR]W£KIX
1)+.)+=>^7^ E JYROGM¬ RIQ QMRHIR XIZ£OIR]W£K IWIX£FIR £VLIXý IP
:>PEWW^E OM E XIZ£OIR]W£KFI>PP£X>WSOEX
:>PEWW^E%OXISQEXMOYW£PQ>WPSLWXýW£KIX
:>PEWW^W£REH£W£K£ RIQ REZPMIKI>PýW£KIX
:>PEWW^SR OM IK] PILIXýW£KIX
• :>PEWW^X£W O£TPVIR]ýW£KIX ERREO E^SRSW£X>W>LS^ LSK] JYX>W O¬^
NIPIRMO QIK
• :>PEWW^E£W£W O£TPVIR]ýW£KIX ERREO E^SRSW£X>W>LS^ LSK] E^ IQIP
EHEXO£TIVR]ý NIPIRMO QIK
• :>PEWW^EZE£V^ WP£RIIXýW£KIX E OMNIP^ý W^SRIMRIO ^AIQQ¬HZ>PX>WOS
• :>PEWW^E£K£PIKIW WIFIMW£W£KIX E^ MHýZIP X¬VX£Rý IQIPOIH£W WIFIV
• %1¬HZ>PX>WZ>PEW^X>W>ZEP FI>PP£XLEXNE LSK] E O£W^³P£O QMP]IR K
1)+.)+=>^E%OXY>PMW £EGM¬R]PILIXýZE XIW^M LSK] EYXSQEXMOYWER >X
O£TIVR]ýVI EQIP]IX O¬^ZIXPIR³P E^ EYXSQEXMOYW IQIPOIH£WM >XQIRI
```

## Mžholdbe,lf,t,sok

```
%^ IK]IW XIZ£OIR]W£KIOLI^ LEW^R>PX Q LSPHVIRHW^IVIO XIWXVIW^EF>W>I
FI>PP£X>WSOEX % Q LSPHVIRHW^IVIOOIP OETGWSPEX]£W£S Q£FRMG S Q JSV
EFSYX£47SPHEPVE
8-44E Q LSPHFI>PP£X>WSO FIJSP]>WSPLEXN>%E£EOOYQYP>XSV^1EQMHIN£X
OETGWSPEXSW MRJSPH£B M¬O
8EVXWE PIR]S QZQFSX Z>PEWW^EIR]W£KIO £W EPOEIPQW/£KW£OZ>PEWW^SR O
XIZ£OIR]W£KIX Z>PEWW^E E XIZ£OIR]W£KFI£BPS£EOM£QW£KQENH Z>PEWW^
1)+.)+=>^7^IO E FI>PP£X>WSO RIQ QMRHIR XIZ£OIR]W£K IWIX£FIR £VLIXýO
/MOETGW£S Q WSPHVIRHW^IVIO PIXMPX>WE E XIZ£OIR]W£KLI^
%PET£VXIPQI^IXX £EWX£Z£EXIWM LSK] E^ ¬VE E Q LSPHEO EPET£VXIPQI
LEW^R£PRNEW^IVFI>PP£XS W£SDP
'WEO +47RKIH£P]I^M E +47 Q LSPHVIRHW^IV LEW^R>PEX>X
1MRHIR VIRHW^KIIV£P]I^M X¬FF Q LSPHVIRHW^IV LEW^R>PEX>X 8¬FF Q LSPH
K]SVWEFF LIP]QIKLEX>VS^>WX MPPIXZI NSFF XIPNIW£XQ£R]X XIW^ PILIX
O¬^¬XX QMRXLE GWEO E +47 JYROGM¬X LEW^R>PR>
1MRH X¬FFMRKISWP]I^M X¬FF Q LSPHVIRHW^IV LEW^R>PEX>X X¬FF JVIOZI
VIRHW^IVIO X¬FF JVIOZIRGMEW>ZSX LEW^R>PREO £W O¬ZIXOI^IXIWIFF I
XIW^RIO PILIXýZE ZEPEQMRX OIZIWIFF X¬FF±XZSREPEW LMF>X £W OIZIV
¬V>X OML£Z>WX NIPIRXý O¬VR]I^IXFIR LEW^R>PN>O
%YXSQEXMOYW £MLZ>P£ZW^XIXIWM LSK] £EGLRSP£KME LEW^R>PEX>ZEP HMRE
OM E O¬VR]I^IXRIO PIKMRO>FF QIKJIP£PýXSQEXMOYDSW POIMP££EWX£W^KNS
TS^MGMSR>P>WM TSRXSWW>KSX FM^XSW£XNE QMO¬^FIR E^ EOOYQYP>X
9PXVE8V££O>FFER V¬K^£XM E R]SQZSREPTSRX£S Q£££EW££CMV^IRKIPH£PH£X
R¬ZIPM E^ EOOYQYP>XSV ^AIQMHN£X HI GW¬OOIRXM9£XW£K£V££OXMXKZ£C
SP]ER XIZ£OIR]W£KIO IWIX£FIR £VHIQIW LEW^R>PRM EQIP]IO LSWW^EFF
EQIP]IO IWIX£FIR E K]EOSVM £V^£OIPýEHEX JVMWWS£X£W OIZ£WFE JSRX
```

## •rz€kel...be,llft,sok

### Ir,nytŽ be,llft,sa

8EVXWE PIRJ4SQZQFSX £W Z>PEWW^E ^OM£DIOȳDIXOI XEOMXS XEOSO  
/EPMFV>PI LXÝZE XIW^M E^ MV>R]X £V^EOIPÝN£RINO RQJER Q>PRW POMEV PDEVP>NPF  
xSPHEP  
/MNIPFȳ>PP\$XNE E^ MV>R]X R LSK] E^ MV>R]SO FIX OOIP JSOSOOEP ZEK]  
^W^EOM VIJIVIRGME E^ £W^EOM VMVEORJXME^ RMJVF RBP SXE PW E  
1-H FI>PP\$XNE LSK] E^ MV>R]X QMPJIR EHEXSOEX LEW^R>PNSR GWEO IF  
&IOETGWS P4W EHEXSO £W IPIOXVSRMOYW £V^EOIPȳOFȳP W^>VQE^~ EHEX  
%YXSQEXM ZEKJWGWE O +47MEHEETXGSDSEPX W

### Az ir,nytŽ manu,lis kalibr,l,sa

^68)7£8^7

%^ IPIOXVSRMOYW MV>R]X X W^EFEHFER OEPMFV>PNE % X>NSP>WM TSRX  
O^IP£FI EQIPJIO LEX>WWEP ZERREO E Q>KRIWIW QI^ȳOVI QMRX T£PH>YI  
P£KZI^IX£OIO

%^ ~VE OEPMFV>P>WE E KJ>VFER QIKX^VX£RX £W E^ ~VE EPET£VXIPQI^£V  
,E E^ MV>R]X VIRHIPPIRIW Q O^H£W£X XETEW^XEPNE T£PH>YP REK] X>ZS  
LȳQ£VW£OPIXZ>PXS^>WSO YX>R QERY>PMWER MW OEPMFV>PLEXNE E^ MV>  
8EVXWE PIRJ4SQZQFSX  
:>PEWW^E £EOIPȳO £W X^EW>XS XEOPSMCF VP PL>MXȳW£KIX  
/~ZIWWI E O£TIVR]ȳR QIKNIPIRȳ YXEW\$X>WSOEX  
8-44GWYOP~N>ZEP \$VNSR PI OMW R]SPGEWSOEX EHHMK EQ\$K QIK RIQ I

### •szaki ir,ny be,llft,sa

&I>PP\$XLEXNE E^ MV>R]MRJSVQ>GM~O OMW^>Q\$X>W>LS^ LEW^R>PX MV>R]N  
8EVXWE PIRJ4SQZQFSX  
:>PEWW^E OM E O^VZ£XOPȳȳO£W X^EW>XS XEOM^SEOM VIJIVIRGME  
:>PEWW^SR OM IK] PILIXȳW£KIX  
• % J^PHVEN^M £W^EO MV>R]LMZEXOS^>WO£R X£FMQIRȳ FI>PP\$X>W>LS^  
• % Q>KRIWIW HIOPMR>GM~ E^ "R XEVX~^OSH>WM LIPJ£R X^VX£Rȳ EYXS  
1>KRIWIWIQIX  
• % L>P~^EXM £W^EO { MV>R]LMZEXOS^>WO£R X£V^O£TEL PPFNEPX  
• % Q>KRIWIW IPX£V£W £VX£O£RIO O£^MKF£RPPISX XW £LSN EZ QIK£W£Q£K£MWE  
IPX£V£WX QENH/ZWPI£WQWXE OM E

### A magass,gm€r... be,llft,sai

8EVXWE PIRJ4SQZQFSX £W Z>PEWW^E ^OM£DIOȳDIXOI XEOMXS XEOSO  
/EPMFV>PI LXÝZE XIW^M E QEKEWW>KQ£Vȳ £V^EOIPȳN£RIO QERY>PMW OEP  
%YXS OEPIMFXȳZE XIW^M E QEKEWW>KQ£Vȳ W^>Q>VE LSK] ZEP£L>R]W^SV O  
OEPMFV>P>WX Z£KI^AIR  
^V^EOIPȳ 3^IQMXX>PP\$XLEXNE FI E^ £V^Z£O£Pȳ£PMQXȳWME XE Q^S^K>W EPETN  
E QEKEWW>KQ£VȳX £W E FEVS Q££OVQ£ENK£VLM XȳR £KNEO O£SV LEW^R>PLEX~  
E XIZ£OIR]W£K QEKEWW>KZ>PXS^>W XEOMW£Q£RQ£K£R WSK F£PM£ EOOSV LE  
XIZ£OIR]W£K RIQ JSKPEP QEK>FER QEKEWW>KZ>PXS^>WX  
1EKEWW£KPP\$XNE E QEKEWW>K Q£VX£OIK]W£K£X



## Terk€pbe,llft,sok

8IW XVI W^EFLEXNE LSKJER NIPIRNIR QIK E X€VO€T E X€VO€T EPOEPQE^>  
8EVXWE PIRQ]S QZQFBSX QENH BZVD€TWX€WEKIX  
8>NSP€WX€VO€T X>NSP>WWX€OPSXOMEFP^%JIPWY V€W^ER NIPIRSXM QIK E^  
1IRIXMV>E]E MNIP^Y JIPWY V€W^I MV>R]>FE NIPIRSXM QIK E^ EOXY>PMW ±  
\*IPLEW^R>P-M LQ]JW1SRRQ XM ZEK] IPVINXM E^ IPQIRXIXX LIP]IOIX E X€VO  
%YXSQEX REKRSX]M X>WM W^MRX EYXSQEXMOYW OMZ>PEW^X>WE E X€VO€  
,E E JYROGM- OM ZER OETGWSPZE EOOSV O€^IP OIPP REK]SXERME OM

## Navig,ci•s be,llft,sok

%^ ±XM G€PLS^ ZEP- REZMK>P>W WSV>R XIWXVIW^EFLEXNE E X€VO€T JYR

## A navig,ci•s adatk€perny...k testreszab,sa

8EVXWE PIRQ]S QZQFBSX  
:>PEWW^Z€OMKE"OMEXO€TIR]JYXW€KIX  
:>PEWW^SR OM IK] PILIXYWEKIX  
• :>PEWW^EV E€TPPEPSIXYWEKIX E X€VO€T FI ZEK] OMOETGWSP>W>LS^  
• :>PEWW^EV E€THEXQEYSR EHEXQI^YO FI €W OMOETGWSP>W>LS^ EQIP]  
NIPIRSXIRIO QIK E X€VO€TIR  
• :>PEWW^ZIXOI^PMIXYWEKIX E O^-ZIXOI^Y T>P]ETSRXSOOEP OETGWSPEX  
OMOETGWSP>W>LS^  
• :>PEWW^Z>E]RILIXYWEKIX E^SR ±XQYXEX- O€TIVR]Y FI ZEK] OMOETGW  
MV>R]X W MV>R]X ZEK] E O^-ZIXIRHY T>P]>X  
• %1EKEWW>KOWSZJMEW^X>W>ZEP FI €W OMOETGWSPLEXNE E QEKEWW>K  
• :>PEWW^E OM E LS^^>EHRM IPX>ZSPSXERM ZEK] XIWXVIW^EFRM OSZ>R

## lr,nyhiba be,llft,sa

&I>PPSXLEX IK] MV>R]NIP^€WX EQIP] REZMK>P>W O^-FIR QIKNIPIRMO E^ E  
8EVXWE PIRQ]S QZQFBSX  
:>PEWW^Z€OMKE"GM-R] LMI€EXYWEKIX

## Navig,ci•s riaszt,sok be,llft,sa

%^ ±XM G€PLS^ ZEP- REZMK>P>WLS^ VMEW^X>WSOEX >PPSXLEX FI  
8EVXWE PIRQ]S QZQFBSX  
:>PEWW^Z€OMKE"GM€W^XPSXW€KIX  
:>PEWW^SR OM IK] PILIXYWEKIX  
• % Z€KWY ±XM G€PX-P IK] QIKEHSXX X>ZSPW>KVE ZSREXW\$^ VMEW^X>  
X>ZSPW>KXW€KIX  
• % Z€KWY ±XM G€P IP€V€W€MK L>XVEP€ZY FIGW³PX MHYV- ZSREXWPS^XX  
Z€KWY RMHYXW€KIX  
• ,E E T>P]>V-P ZEP- PIX€V€WVI ZSREXOS^ VMEW^X>WLMWXW€KRX FI>PP  
• % P€T€WVY P P€T€WVI X^-VX€RY REZMK>GM-W YX€WSSWWS€ZMRKIGMR]I^€  
PILIXYWEKIX  
,E W^³OW€KIW Z>PEWPSXIXW€KIX E VMEW^X>W FIOETGWSP>W>LS^  
7^³OW€K IWIX€R EHNSR QIK IK] X>ZSPW>K Z€KPMHYXW€KXXX QENH Z>PI

## Energiagazd, lkod, si be, llft, sok

8EVXWE PIRPISQZESX £W Z}REWKMTEK E^HPLO S J W W KIX  
)RIVKMEXEOE V E O S W QYP>XSV £PIXXEVEQ>REO QEIMQEPM^>P>WE £VHIOEF  
%OOYQYP W E ^ E X E P £ Z Y EOOYQYP>XSV £PIXXEVEQ SX QYXEXNE W^>^EP  
&IGW^PX EOOY E V X X O E £ Z Y EOOYQYP>XSV £PIXXEVEQ SX QYXEXNE FIGW^P

## Rendszerbe, llft, sok

8EVXWE PIRPISQZESX £W Z}IREHWWPEQEX  
2JIPZE^ ^VE >PXEP QIKNIPIRSXIXX R]IPZ FI>PPSX>WE  
.IPW^R£K]NIK] NIPW^~X >PPSX FI E W^IQEP]IW EHEXSO FM^XSPM>K V E E VHI  
NIPW^EZ>REO FI>PPSX E W E  
-H Y E^ MH Y FI>PPSX>WS O Y Q H P S W S X S P H E P  
/MNIPE Y O £ TIVR] Y FI>PPSX>WEM DE O I Q R] Y F W S P S X E W S O Q I X S P H E B ^ X E X > W E  
^VMRX E W I X Y Z £ XIW^M E^ £VMRX Y O £ TIVR] Y IRKIHEP]I^£W£X ZEK] PIXMPX>W  
ZEK] EPZ>W O ^ F I R  
1 LSPHE E O X I Z £ O I R] W £ K I O L I ^ L E W ^ R > P E R H ^ E P E T £ V X I P Q I ^ I X X Q L S P H E W V I  
QMRHIR X I Z £ O I R] W £ K L I ^ X I W X V I W ^ E F L E X S E H F I Q P L S P X H S P S O E P S X > W E M X  
, E R K £ W V I E K O W ^ V E L E R K N I P ^ £ W I M R I O T £ P H > Y P E K S Q F S O L E R K N > R E O I  
FI>PPSX>WE  
%PZ~ ^ I Q Q P H I X Y Z £ XIW^M E^ EPZ>W W E P X ^ P X ^ X X ^ V > O £ W E ^ % P Z Z ~ ^ I Q Q  
^ I Q Q ~ H X I W X V I W ^ S P H E P  
2I ^ E Z E R V I L I X Y Z £ X I W E M Q E M I R K I H E P] I ^ £ W O B W ^ X L I X M E O £ T I V R] Y E^ £ V X I W S  
£ W E G W Y O P ^ Q S ^ H Y P E X S O F I > P P S X > W E M X  
4 E V E R G W K S Q E S O Y Z £ XIW^M K] S V W Q I R ^ O L S ^ ^ > V I R H J S P W E M P E I R S Q F O S O L S X V I  
x S P H E P  
%YXSQEXMOY W I L I X S Z £ W I W ^ M E K S Q F S O £ W E^ £ V M R X Y O £ T I V R] Y E Y X S Q E X  
Q I K E O E H > P] S ^ ^ E E K S Q F S O Z £ P I X P I R Q I K R] S Q > W > X £ W Z E ^ O E R] W E X Y O £ T I V R  
P I L I X Y W £ K L E W ^ R > P E X > Z E P ^ > V S P L E X N E E K S Q F S O E X £ W E^ £ V M R X Y O £ T I  
8 I Z £ O I R] W £ K I R I O S Y W £ K L E W ^ R > P E X > Z E P ^ > V S P L E X N E E K S Q F S O E X £ W E^  
M H Y ^ S X I X X X I Z £ O I R] W £ K I X V ^ K ^ S X  
. I P P I K P X E P > R S W J S V Q > X Y Q F I > P P S X > W S O E X > P P S X F I Q M R X T £ P H > Y P E X I Z  
Q £ V X £ O I K] W £ K I O X I Q T ^ £ W W I F I W W £ K E L £ X O I ^ H I X I Z E P E Q M R X E J ^ P  
Q £ V X £ O I K] W £ K I O Q ~ H S W S X P W E  
8 I P N I W S X Q £ R] > P P I E S X I ^ M E X I P N I W S X Q £ R] > P P E T S X J 8 P O N G W S X Q £ R] X P P E O I S  
x S P H E P  
%H E X V ^ K £ S X £ Z £ O I R] W £ K E H E X S O V ^ K ^ S X £ W M Q ~ H N > R E O F I > P P S X P M > K I E R W W ^ S  
V ^ K ^ S X £ W F I > P P S X > W I W I X £ R E^ I W ^ O ^ L S W W ^ E F F M H I M S O E I M O I R V ^ K ^ S X  
O £ R X ^ K ^ S X £ W M F I > P P S X > W W S O O E P V £ W ^ P I X I W I F F X I Z £ O I R] W £ K V ^ K ^ S X £ W  
X I Z £ O I R] W £ K I O I W I X £ R R I Q P I W ^ O £ T I W E X I P N I W X I Z £ O I R] W £ K V ^ K ^ S X £ V  
97 & Q ~ H E ^ ^ V E F I > P P S X > W E E L > X X £ V X Q M T H Q E W ^ Z E K J X E V E W ^ > Q S X ~ K £ T L E  
I W I X £ R  
: M W W ^ E > P P S X > W P S X L E X N E Z M W W ^ E E J I P L E W 1 M P H I N R E H P P S O E W £ W E E I F I P  
> P P S X > W S P H E P  
& M ^ X S R W > K M Q I R X £ W P W L Z M V Z V X E W P M X E W ^ V E E H E X E M R E O £ W F I > P P S X > W E  
Q I R X £ W £ X £ W E^ E H E X S O E ^ S R R E P M F M ^ X S R W > K M Q I R X M W £ S R R S O X F F M O  
& M ^ X S R W > K M Q I R X £ W £ W F I > P P S X S P H E O Z M Q E W ^ V E P P S X R W E X > Z E P > P P S X L  
7 ^ S J X Z I V J V M W W S Z £ W I W ^ M E P I X ^ P X ^ X X W ^ S J X Z I V J V M W W S X £ W I O X I P I T S X £  
I R K I H E P] I ^ £ W £ X M P P I X Z I E J V M W W S V Q E A O O V Q E R Y S S M W E O I V I W £ W £ X  
2 £ Z N I K Q I K N I P I R S X M E O £ W ^ ^ P £ O W ^ S J X Z I V P M G I R G £ W W ^ E F > P] S ^ > W M

## Id...be,llft,sok

8EVXWE PIR]S]QZQFBSX £W Z>IPREHWW^NE]PIQIX  
-HÝJSVQ>MXX EHLEXNE QIK LSK] E^ ¬VE ¬V>W ZEK] OEXSREM MHÝ J  
(>XYQJSVQ>EYQIKNIPIRSXIXX H>XYQ RET L¬RET £Z WSVVIRHN£RIO FI>PPSX  
-HÝ FI>PPSX>EX>WE>R LEW^R>PX MHÝ%-YRESQEPIDP>WEW% E^ +47 TS^SGM¬ EPETN  
EYXSQEXMOYWER FI>PPSXNE E^ MHÝ^¬R>X  
-HÝ PILIXÝZ£ XIW^M E^ MHÝHFI PPSPSTGW E LFI PPNX>WE  
6MEW^X>PWSIXÝZ£ XIW^M E^ ¬V>RO£RXM VMEW^X>WSO ZEPEQMRX E RETJIF  
FI>PPSX>W>X EQIP]IO E X£R]PIKIW RETJIOIPXI ZEK] RETPIQIRXI IPÝXX  
W^¬PEPRE ØýQMEW^X>WSO FISPHEX>WE  
7^MROVSRM^>P>VPI£4XÝW£IRIW^M E^ MHÝ QERY>PMW W^MROVSRM^>P>W>X E  
E X£PM R]>VM MHÝW^>ØS XWWMJOMSW SX£PWXE +4ZP£WPA R>PEX>ZEP

## Id...riaszt,sok be,llft,sa

8EVXWE PIR]S]QZQFBSX  
:]>PEWW^EIRHWEIMÝ'6MEW^XPWSXÝW£KIX  
:]>PEWW^SR OM IK] PILIXÝW£KIX  
• ,E SP]ER VMEW^X>WX W^IVIXRI FI>PPSXERM EQIP] E X£R]PIKIW RETPI  
TIVGGIP ZEK] ¬V>ZEP W^¬PEPPQKR ZEPHETSDOE EGWPSIRI WÝW£KIX Z>PEWV  
OM-HÝPIQIX QENH EHNE QIK E^ MHÝX  
• ,E SP]ER VMEW^X>WX W^IVIXRI FI>PPSXERM EQIP] E X£R]PIKIW RETJIF  
TIVGGIP ZEK] ¬V>ZEP W^¬PEPOQPK£MKE ESOWE EGWPSIRI WÝW£KIX Z>PEWW^  
-HÝPIQIX QENH EHNE QIK E^ MHÝX  
• ,E ¬V>RO£RXM VMEW^X>WX W^IVIXRR E LEXPOSETEGRMPSIRI WÝW£KIX E^

## A k£perny...be,llft,sok megv,ltoztat,sa

8EVXWE PIR]S]QZQFBSX  
:]>PEWW^EIRHWEIMNIPIYIXÝW£KIX  
:]>PEWW^EIRHWEIMNIPIYIXÝW£KIX  
:]>PEWW^SR OM IK] PILIXÝW£KIX  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX  
:]>PEWW^SR OM IK] PILIXÝW£KIX  
• :>PEWW^EMOMMEK EOXSSPIQEXTÝW£KIX E^ ¬VE L>XX£VZMP>K SX>W>REO £W  
QMO¬^FIR E W^>QPETSR P£ZÝ EHEXSO JSP]EQEXSWER P>XLEX¬O QEVE  
EOOYQYP>XSV £W E OM8MHPM ZE PQDHE N£X130)(x SIMHNE P^ýVýP  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX E O£TIVR]ý J£R]IVIN£RIO FI>PPSX>W>LS^  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX E O£TIVR]ý W^SRIMRIO Z¬V¬WIWW£ ^¬PI  
X£XIP£LI^ LSK] K]IRKI J£R]ZMW^SR]SO QIPPIXX MW LEW^R>PLEWWE E  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX E O£TIVR]ý FIOETGWSP>W>LS^ ±K] LSK] QIKIQ  
OEVN>X LSK] P>WWE E GWYOP¬N>X  
• :>PEWW^EIRHWEIMNIPIYIXÝW£KIX LSK] FI>PPSXLEWWE E O£TIVR]ý OMOETGWSP>W

## A gyorsbillentyűk testreszabása

```
8IWXVIW^EFLEXNE E^ IKJIW KSQFSO £W FM^SRJSW KSQFOSQFMR>GM~O R]
8EVXWE PIR]S QSQFSX
:>PEWW^EIRHWE4VERGWKBQLSOWEKIX
:>PEWW^SR OM IK] KSQFSX ZEK] IK] KSQFOSQFMR>GM~X E XIWXVIW^EF>
:>PEWW^SR OM IK] JYROGM~X
```

## A mértékegységek módosítása

```
8IWXVIW^EFLEXNE E X>ZSPW>K E XIQT~ £W WIFIIWW£K E QEKEWW>K £W V
8EVXWE PIR]S QSQFSX
:>PEWW^IRHEW^JMPPI"XK]W£KILIXYWEKIX
:>PEWW^SR Q£V£WXS TYWX
:>PEWW^SR Q£VX£OIK]W£KIX
```

## Az •ra jelszavának beállításai

```
^68)7£8^7
,E L>VSQW^SV LMF>WER EHNE QIK E NIPW^~X E^ ~VE IK] MHÝVI PI^>V "X
NIPW^EVQMR 'SRRIGX xSPH£PFI>PP$X>W>MK PI^>V ,E RIQ T>
LIP]XIPIR TV~F>POS^>W YX>R E^ ~VE X~VPM E^ EHEXEMX £W ZMWW^E>PP E
&I>PP$XLEX NIPW^~X E^ ~V>LS^ EQMOSV E^ RMRGW,££GWYOP~N>V~P E NIPW^~ QIKEH>W>X O
JYROGM~X LEW^R>PNE E^ ~VE YK]ERE^X E R£K]NIK]+£V~QHSR xQSPH£PFI>PP$X>W>MK PI^>V
8EVXWE PIR]S QSQFSX
:>PEWW^IRHEW^JMPW^~IPW^~ FI>PP$X>W>MK PI^>V
%HSNR QIK IK] R£K] W^>QNIK]FýP >PP~ NIPW^~X
,E PIKO~^IPIFF PIZIW^M E^ ~V>X E GWYOP~N>V~P E NIPW^~ QIKEH>W>X O
```

## Az •ra jelszavának módosítása

```
-WQIVRMI OIPP E NIPIRPIKM NIPW^EZ>X ERREO Q~HSW$X>W>LS^ ,E IPJIP
LIP]XIPIR^P ZMWW^E OIPP+EVQMR 'SRRIGX xSPH£PFI>PP$X>W>MK PI^>V
8EVXWE PIR]S QSQFSX
:>PEWW^IRHEW^JMPW^~IPW^~ Q~HSW$X>W>LS^
%HNE QIK E NIPIRPIKM R£K] W^>QNIK]FýP >PP~ NIPW^EZ>X
%HSNR QIK IK] ±N R£K]NIK] NIPW^~X
,E PIKO~^IPIFF PIZIW^M E^ ~V>X E GWYOP~N>V~P E NIPW^~ QIKEH>W>X O
```

## Biztonsági mentés és beállítások visszaállítása

```
&I>PP$X>WEMX Q>V LEW^QMR'VEEVQMR 'SRRIGX xSPH£PFI>PP$X>W>MK PI^>V £W EHEXSO+ZWVQWRE>PP$
+EVQMR 'SRRIGX xSPH£PFI>PP$X>WSOR>P QIKXEP>PLEX~O X~FFIO O~^~XX WTSVXTV
FI>PP$X>WSO £W IH^£WIO
8EVXWE PIR]S QSQFSX QENH Z>PIRWW^EWOXSERW>KM QIRX£W £MIXJWVANKI£>PP
%YXSQEXMOYW FM^XSRW>KM QIRX£W £MIXJWVANKI£>PP
+EVQMR 'SRRIGX xSPH£PFI>PP$X>WSOR>P QIKXEP>PLEX~O X~FFIO O~^~XX WTSVXTV
&M^XSRW>KM QIRX£W £MIXJWVANKI£>PP
+EVQMR 'SRRIGX xSPH£PFI>PP$X>WSOR>P QIKXEP>PLEX~O X~FFIO O~^~XX WTSVXTV
% FM^XSRW>KM Q>WQPKIXI£R£X£MPQ£IPQIRXIXX EHEX X$TYW>X
```

## Beállítások és adatok visszaállításának módja Garmin Connect

%+EVQMR 'SRROE RQE^>WFE R•ZMPESRW^E E  
:>PEWW^EEQ QMR OEW PIRQIOQENH WEN>X OEV~V>N>X  
:>PEWW^EIRHME&W^XSRW>KM QIRXEW 'ZBWZMPVW^EMP RSR>WP KIM XQMR&KIM  
:>PEWW^SR IKJ ZMWW^E>PPSX>WM PILIXYWEKIX E PMWX>F~P  
:>PEWW^EIMVW^E>PPSX>W FM^X'SRWK^E>PIRSXWWEKIX  
/~ZIWWI E OETIVR]YR QIKNIPIR YXEW SX>WSOEX  
:>VNE QIK EQSK E^ ~VE FIJINI^M E XIPIJSRREP ZEP~ W^MROVSRM^>P>W  
'V>N>R RJSQNE&KIR ELIXYWEKIX EW ✓>MOSWXE OM E  
)^YX>R E^ ~VE ±NVEMRHYP EW ZMWW^E>PPSXNE FI>PPSX>WEMX EHEXEM  
/~ZIWWI E OETIVR]YR QIKNIPIR YXEW SX>WSOEX

## Készletadatok

### Eszközadatok megtekintése

1IKXIOMRXLIXM E^ IW^O~^EHEXSOEX TEPH>YP E OEW^3PEO E^SRSW SX~N>  
MRJSVQ>GM~OEX EW E PMGIRGW^IV^YH EW X  
8EVXWE PIRQJ&QZQFBSX  
:>PEWW^IRHEW^2VZNI R]LIXYWEKIX

### Az e-cfmekkel kapcsolatos szabályozás és megfelelőségi információk megjelenítése

% OEW^3PEO GSQOENEX IPIOXVSRMOYW JSVQ>FER FM^XSW SXNYO %^ I GS  
TEPH>YP E^ \*'' >PXEP FM^XSW SX SX E^SRSW SX~W^>QSOEX ZEK] VIKMSR>P  
XIVQ&OVI EW E^ IRKIH&P]I^EWVI ZSREXOS^~ MRJSVQ>GM~OEX MW XEVXEP  
8EVXWE PIRQJ&QZQFBSX  
% VIRHW^IVQIR^3FIR ZEPZEWQIRE TOSR XES X

### Tudnivalók az AMOLED kijelzőről...

%^ ~VE FI>PPSX>WEM EPET&VXIPQI^EW W^IVMRX E^ EOOYQYP>XSV ^3^IQMH  
STXMQEPM^>PEYQYP>XSV ^3^IQMHIN&RIOQPHMPQEPM^>P>WE  
% OETZMWW^EQEVEH>W ZEK] OETTSRXFIEKEW RSVQ>PMW NIPIRWEK E^ %1  
^3^IQMHIN&RIO QIKLSWW^EFFSX>WE EVHIO&FIR ^3K]IPNIR EVVE LSK] REK] J  
LSWW^EFF MHIMK % FIEKEW QMRMQ>PMWVEYGMMDIRYNEI QKHEIOSXRMH Y  
YX>R OMO% TOSRPR]YFI>PPSX>WSO QIKSPH&B^XEW JWE&FVIW^XEW&LI^ JSVHS  
QEKE JIPE EVMRXWI QIK E^ EVMRX Y OETIVR]YX ZEK] RJSQNE QIK E^ IK]MO

## Az •ra t†tēse

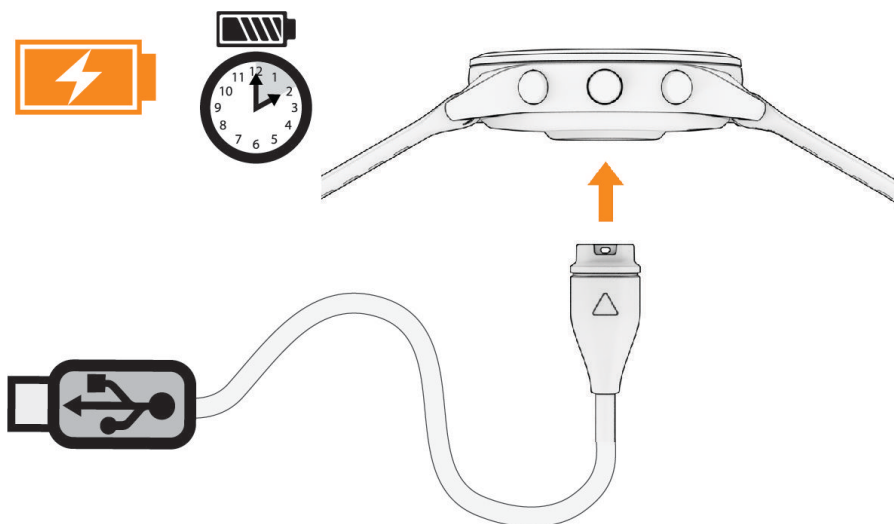
⚠ \*-+=)01)>8)8^7

%^ IW^O^-^ P§XMYQMSR EOOYQYP>XSVX XEVXEPQE^ % XIVQ£OVI ZSREXOS  
MRJSVQ>GM- OEX P>WH E XIVQ^SR XISWSP M^E§ RWE PK MLEW XQVQ£OXY FHR MZEP-

^68)7£8^7

% OSVV-^M- QIKIPý^£WI £VHIO£FIR EPETSWER XMW^X§XWE QIK £W W^>VS  
XIV³PIXIX X^-PX£W ZEKJ W^>Q§X- K£TL§P ZEWWE WE XEPO§W^X§X>WW EY PX ØETG  
/£W^³P£O OEVFERXSEPMXEWE

'V>N>LS^ IKJ W^EFEHEPQE^XEXSXX X^-PXýO>FIPX MW EHYRO % Z>PEW^XLE  
QIKXIOMRX£W£LI^ P X§KEWQ§SRPO§E ZEKEZQK R J MPOIHýN£ZIP E OETGV  
'WEXPEOS^XEW▲ZEKEKØZFPPX^ -VE X^-PXýTSVXN>LS^



% Q>WMO ZEK£X GWEXPEFSQXEWWEPIKJRHIPOI^ý W^>Q§X- K£TLIX;ZEKJ %  
QMRMQYQ R£ZPIKIW XIPNIW§XQ£R]

%^ -VE QIKNIPIR§XM E^ EOOYQYP>XSV EOXY>PMW X^-PX^-XXW£KM W^MRX  
:IKJ| PI E X^-PXýVýP E^ -V>X LE E X^-PX^-XXW£KM W^MRX IP£VXI E SX

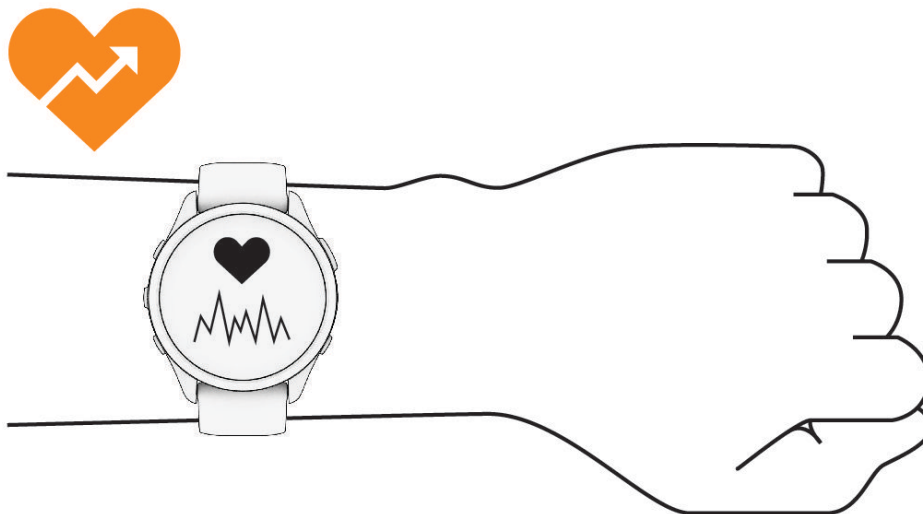
## Az •ra viselőse

⚠ :-+=€>%8

% OEV¬VE LSWW^ER XEVX¬ LEW^R>PEXE IWIX£R IKJIW JIPLEW^R>P¬O FýVM  
IWIXFIR LE £V^£OIR] FýV IO ZEK] EPPIVKM>X¬P W^IRZIHRIO %QIRR]MFIR  
IP E OEV¬V>X £W EHNSR FýV£RIO MHýX E K]¬K]YP>WVE % FýVMVVMX>GM  
OEV¬VE XMW^XE £W W^>VE^ PIK]IR £W RI L±^E X±P W^SVSWVE E GWYOP  
KEVQMRJMSQRHIGSVHEPVE

• :MWIPNI E^ ¬V>X E GWYOP¬GWSRX J¬P¬XX

1)+.)+=>^E^ ¬V>REO W^SVSWER OIPP MPPIW^OIHRMI HI ±K] LSK] O£R]IP  
TYP^YWW^>Q IVIHQ£R]IO £VHIO£FIR E^ ¬V>REO JYX>W ZEK] %H^£W O¬^FIR  
Z£VS\MK£RW^MRX Q£V£WLI^ "RRIO QS^HYPERPERREO OIPP PIRMI



1)+.)+=>^E^ STXMOEM £V^£OIPý E^ ¬VE L>XSPHEP>R XEP>PLEX¬

- % GWYOP¬EPET± TYP^YWQ£VýZIP OETGWSPEXSW8MSZIOFWIMRPSVRQVGM¬  
TYP^YWEHEXSOXSPK£QI V£W^X
- % Z£VS\MK£RW^MRX £V^£OIPýZIP OETGWSPEXSW8MSZIOFWIMRPSVRQVGM¬  
Z£VS\MK£RW^MRX Q£Vý £SPK£QI W£W^X
- % TSRXSWW>KVE ZSREXOS^¬ XSZ>FFM KEVSQPEMEQGVESPIH£RWWSR I  
KEVSQPEMEQGVESPIH£RWWSR I
- % ^ ¬VE ZMWIP£W£ZIP £W OEVFERXEVX>W>ZEP OETGWSIPK£WQMSZG£Q M  
JMXERHIGSVHEPVE

## Készleék karbantart,sa

^68)7£8^7

/IV³PNI E^ IVýW ³X£WIOIX £W E HYVZE F>R>WQ¬HSX QIVX E^ GW¬OOIRXLI

:§^ EPEXX OIV³PNI E KSQFSO R]SQOSH>W>X

2I LEW^R>PNSR £PIW X>VK]EX E O£W^³P£O XMW^X§X>W>LS^

%^ £VMRXýO£TIVR]ýX RI £VMRXWI QIK OIQ£R] ZEK] £PIW IW^O¬^AP IPPIR

/IV³PNI E ZIK]M XMW^X§X¬W^IVIO SPH¬W^IVIO £W VSZEVMVX¬W^IVIO LEW  
V£W^IOFIR

,E E O£W^³P£O OP¬VVEP W¬W Z§^AP J£R]Z£HýZIP OS^QIXMOYQSOOEP  
£VMRXOI^IXX EPETSWER ¬FP§XWI PI JVMWW Z§^AP %^ MP]IR ER]EKSOOI  
O£W^³P£O L>^>X

2I X>VSPNE E^ IW^O¬^X LSWW^EFF MHýR >X QEKEW LýQ£VW£OPIXRIO OMX  
O>VSWSH>W>LS^ ZI^IXLIX

## Az •ra tisztft,sa

⚠ : - + = € > % 8

% OEV¬VE LSWW^ER XEVX¬ LEW^R>PEXE IWIX£R IK]IW JIPLEW^R>P¬O FýVM  
IWIXFIR LE £V^£OIR] FýV IO ZEK] EPPIVKM>X¬P W^IRZIHRIO %QIRR]MFIR  
IP E OEV¬V>X £W EHNSR FýV£RIO MHýX E K]¬K]YP>WVE % FýVMVVMX>GM  
OEV¬VE XMW^XE £W W^>VE^ PIK]IR £W RI L±^^E X±P W^SVSWVE E GWYOP

^68)7£8^7

8¬PX£W O¬^FIR Q>V OIZ£W M^^EHXW>K ZEK] RIHZIWW£K MW OSVVSH>PLEX  
OSVV¬^M¬ K>XSPLEXNE E X¬PX£WX £W E^ EHEX>XZMXIPX

8-44XSZ>FFM V£W^PIXIO£V[X] K>XSPLEXWJSQ RPI£SPHEPVE  
"FP\$XWI PI Z\$^^IP ZEK] XMW^X\$XWE PI IK] RIHZIW W^¬W^QIRXIW VSRK  
,EK]NE LSK] E^ ¬VE XIPNIWIR QIKW^>VEHNSR

## A p,ntok cser£je

%^ ¬VE K]SVWOMSPH¬W WXERHEV^S TI¬VYSPDQ Q SQ£EXM FIMPSWQ RIVE  
TIHMK QQ W^£PIW T>RXSOOEP VIRHIPOI^MO  
'W±W^XEWWE IP E VYK¬WJ³P¬R XEP>PLEX¬ K]SVWOMSPH¬ X X E T>RX IP



-PPIWW^I E^ ±N T>RX VYK¬WJ³P£RIO IK]MO SPHEP>X E^ ¬V>FE  
'W±W^XEWWE IP E K]SVWOMSPH¬ X X QENH MKE^\$XWE E VYK¬WJ³PIX E  
-WQ£XIPNI QIK E^ P£T£WIOIX E Q>WMO T>RX GWIV£N£LI^ MW

Specifik,ci•k

|                                  |                                                |
|----------------------------------|------------------------------------------------|
| %OOYQYP>XSV X\$TYWE              | 8 <sup>-</sup> PXLIXý FI£T\$XIXX PSXMYQMSR EOO |
| :\$^FILEXSP>W IPPIRM Z£HIPIQ     | 7[MQ x%81                                      |
| 1£HMEX>VSP>W                     | %O>V +&                                        |
| ~^IQM LýQ£VW£OPIX XEVXSQ>R]      | {' X¬P {' MK {* X¬P {* MK                      |
| 8 <sup>-</sup> PX£WM LýQ£VW£OPIX | q' X¬P q' MK q* X¬P q* MK                      |
| *SVIVYRRIW>HM¬JVIOZIRGM>NE TVS   | X\$Q£PPI£ZPIKIWH&Q QE\ IWIX£R                  |
| *SVIVYRRIW>HM¬JVIOZIRGM>NE TVS   | X\$Q£PPI£ZPIKIWH&Q QE\ IWIX£R                  |
| )9 7%*6SVIVYRRIV                 | ; OK X¬V^W ; OK Z£KXEK IWIX                    |
| )9 7%*6SVIVYRRIV                 | ; OK X¬V^W ; OK Z£KXEK IWIX                    |

Az akkulul,tor <zemidejével kapcsolatos inform,ci•k

%^ EOOYQYP>XSV X£R]PIKIW <sup>3</sup>^IQMHINI E^ ¬V>R IRKIHEP]I^IXX JYROGM¬OX  
XIZ£OIR]W£KO¬ZIX£W E GWYOP¬EPET± TYP^YWQ£V£W E XIPIJSRSW £VXI

| 1¬H                                                                                         | *SVIVYRRIV<br>EOOYQYP>XSV £ | *SVIVYRRIV<br>EOOYQYP>XSV £ |
|---------------------------------------------------------------------------------------------|-----------------------------|-----------------------------|
| 8IZ£OIR]W£KW£OH+Q7HHEP £W GWYOP¬R Q£VX<br>W^\$ZJVIOZIRGM>ZEP                                | %O>V ¬VE                    | %O>V ¬VE                    |
| 8IZ£OIR]W£KW£OH+Q7HHEP £W GWYOP¬R Q£VX<br>Q¬HHEP £W GWYOP¬R Q£VX TYP^YWW^>QQEP              | %O>V ¬VE                    | %O>V ¬VE                    |
| 8IZ£OIR]W£KW£OH+Q7HHEP £W GWYOP¬R Q£VX<br>GWYOP¬R Q£VX TYP^YWW^>QQEP                        | %O>V ¬VE                    | %O>V ¬VE                    |
| 8IZ£OIR]W£KW£OH+Q7HHEP £W GWYOP¬R Q£VX<br>W^\$ZJVIOZIRGM>ZEP £W ^IRIPIN>XW^>WWE             | %O>V ¬VE                    | %O>V ¬VE                    |
| 8IZ£OIR]W£KW£OH+Q7HHEP £W GWYOP¬R Q£VX<br>Q¬HHEP £W GWYOP¬R Q£VX TYP^YWW^>QQEP              | %O>V ¬VE                    | %O>V ¬VE                    |
| 8IZ£OIR]W£KW£OH+Q7HHEP £W GWYOP¬R Q£VX<br>GWYOP¬R Q£VX TYP^YWW^>QQEP                        | %O>V ¬VE                    | %O>V ¬VE                    |
| 3OSW¬VE <sup>3</sup> ^IQQ¬H XIZ£OIR]W£KO¬ZIX£W<br>£VXIWSX£WIOOIP £W GWYOP¬EPET± TYP^YWQ£V£W | RET                         | RET                         |

# Hibaelh,rft,s

## Termékfrissítések

% O£W^³P£O EYXSQEXMOYWER QIKOIVIWM E JVMWWSX£WIOIX YILXES SXLEXP  
ZEK]M£\*MVMWWSX£WIOIX QERY>PMWER MW OI<VIRHLW^IEVFIIPVXSWSIDP P\$X>W  
% W^>Q\$X¬K£TIR+EVQMR'WIE£OWEQIEI>KEVQMRIGTSQW&WPIT\$XWI XIPIJSRN>V  
+EVQMR 'SRRQ£RQE^>WX  
)^ IK]W^IV LS^^>J£V£WX FM^XSW\$X I^IOLVQ£RW^SP£OP£EX^WQSOES^ E  
• 7^SJXZIVJVMWWSX£WIO  
• 8£VO£TJVMWWSX£WIO  
• %HEXJIPX+£VQMR'RO'SRRIGX  
• 8IVQ£OVIKMW^XV>GM¬

## A Garmin Expressbe,lf,t,sa

'WEXPEOS^XEWWE E O£W^³P£OIX E W^>Q\$X¬K£TLI^ 97& O>FIP LEW^R>PE  
8IOMRXWI[QIK£EVQMRIGTSQW&WSPHEPX  
I¬ZIWWI E O£TIVR]ýR QIKNIPIRý YXEW\$X>WSOEX

## További információk beszerzésre

• 8SZ>FFM O£^MO¬R]ZIO£VX GMOOIO£VX £W WWSJXTZSVXK£WV£LR£WSQ£VX I  
• %^ STGMSR>PMW OMIK£W^\$XýOVI £W GWIVIEPOEXV£W^IOVI ZSREXOS^¬ I  
FY] KEVQMRSP££QX ZEK]£VQMRP£O£RIVIWOIHýN£LI^  
• 0>XSKEWW[£RKEVQMR£GSEQGYM£SP]HEPVE  
% O£W^³P£O RIQ SVZSWM IW^O¬^ % TYP^\$IMQ£XIV JYROGM¬ RIQ QMRHI

## Hogyan lehet visszavonni a Ktár gomb megnyomását?

8IZ£OIR]W£K O¬^FIR Z£PIXPIR³P QIKR]SQLEXNE E¬WQSRQ£XKNIPIRIMQ¬EF  
O£TIVR]ýR £W R£L>R] Q>WSHTIVG >PP VIRHIPOI^£W£VI E PIKYX¬FFM O¬V  
ZMWW^EZSR>WE JYROGM¬ E QERY>PMW O¬V¬OIX E QERY>PMW WTSVXZ>P  
X>Q\$KEX¬ XIZ£OIR]W£KIOR£P £VLIXý IP % I¬V ZMWW^EZSR>WE JYROGM¬  
EQIP]IO EYXSQEXMOYW O¬V¬OIX QIRIXIOIX TMLIRýOIX ZEK] W^³RIXIOIX  
XIZ£OIR]W£KIO YW^SHEM ±W^>W £W IH^£WIO IWIX£R

## Tevékenységek tervet

% XIZ£OIR]W£KO¬ZIX£W TSRXSWW>K>VE ZSREXOS^¬ K£ZQFM£MRQ£SVQ£GM]-  
[IFSPHEPVE

## Nem jelenik meg a napi lépésszám

% RETM P£T£WW^>Q QMRHIR £NW^EOE £NJ£POSV PIRYPP>^¬HMO  
,E E P£T£WW^>QE LIP]IXX KSRHSPEXNIPIO P>XLEX¬O Z>VNSR EQ\$K E O  
EYXSQEXMOYWER FI>PP\$XNE E^ MHýX

## Figyelem, hogy a lépésszám nem pontos

,E E P£T£WW^>Q RIQ X RMO TSRXSWREO EOOSV £VHIQIW OMTV¬F>PRM I^  
• :MWIPNI E^ ¬V>X RIQ HSQMR>RW GWYOP¬N>R  
• 8EVXWE ^WIF£FIR E^ ¬V>X LE FEFEOSGWMX ZEK] J R]\$V¬X XSP  
• 8EVXWE ^WIF£FIR E^ ¬V>X LE GWEO E OI^£X ZEK] OEVN>X LEW^R>PNE E  
1)+.)+=>^7PýJSVHYPLEX LSK] E QSW\$KEX>WLS^ E VYL>O¬WW^ILENX\$KE  
LEWSRP¬ MWQ£XPýHý QS^HYPEXSOEX E^ ¬VE P£T£WO£RX £VXIPQI^M

## Az •r,n €s aGarmin Connedi•kban l,that• l€p€ssz,m nem egyezik

%+EVQMR 'SJRNR+O KER P>XLEX¬ P£T£WW^>Q E^ ¬VE W^MROVSRM^>P>WEOSV  
:>PEWW^SR OM IK] PILIXÝW£KIX  
• 7^MROVSRM^>PNE +FEVQMRV) \EF OVEWQE%+WQENR 'SIRFWO X>PEXE E  
W^>Q SX¬K£TISP HEP  
• 7^MROVSRM^>PNE +FEVQMRV^SIRPOEX QE%>WHEP XSO QERY>PMW W^MROVS  
+EVQMR 'SWRKSXW£K£ZIP HEP  
:>VNE QIK E^ EHEXSO W^MROVSRM^>P¬H>W>X  
% W^MROVSRM^>P>W IPXEVXLEX R£L>R] TIVGMK  
1)+.)+=>^E ^+EVQMR 'SIRPOEX QE^>W+ZEVQJMR ^)\EF OVEWQE^>W JVMWWSX£WI  
W^MROVSRM^>PNE E^ EHEXSOEX MPPIXZI RIQ JVMWWSXM E P£T£WW^>Q

## A megm,szott emeletek †sszege nem tžnik pontosnak

%^ IQIPIXIO QIKQ>W^>WEOSV E^ ¬VE FIPWÝ FEVSQ£XIVX LEW^R>P E W^MR  
QIKQ>W^SXX IQIPIX xQ£XIVRIO xP>F JIPIP QIK  
• 2I OETEW^OSHNSR E OSVP>XFE £W IK]IXPIR P£TGWÝX WI LEK]NSR OM P£  
• 7^IPIW O¬VR]I^IXFIR XEOEVNE PI E^ ¬V>X VYL>NE YNN>ZEP ZEK] E OEF>X  
Q£V£WIOIX IVIHQ£R]I^LIXRIO

## Az intenzfv percek €rték villog

,E E^ MRXIR^SZ TIVGIO OMX ^¬XX £VX£O£RIO IP£V£W£X IPÝWIKSXÝ MRXIR^  
ZMPPSK

## Mžholdas jelek keresése

)PýJJSVHYPLEX LSK] E Q LSPHEW NIPIO Z£XIP£LI^ E O£W^³P£ORIO W^EFE  
MHý £W E H>XYQ FI>PPSX>WE EYXSQEXMOYWER QIKX¬VX£RMO E +47 TS^SC  
8-44E +47 O£W^³P£OOIP OETGWSPEXSW XSZ>FFM X>N£OS^XEX>W£VX P>XSK  
[[[ KEVQMR EGSSQ X+47  
1IRNIR O³PX£VM R]SPX XIV³PIXVI  
% O£W^³P£O IP³PWÝ V£W^£X XEVXWE E^ £K JIP£  
:>VNE QIK LSK] E O£W^³P£O QIKXEP>PNE E Q LSPHEOEX  
% Q LSPHEW NIPIO QIKXEP>P>WE Q>WSHTIVGMK MW IPXEVXLEX

## A GPS-mžholdvétel javft,sa

• +]EOVER W^MROVSRM^+FEVQMR O W^ZE£POIX E  
x 'WEXPEOS^XEWWE E O£W^³P£OIX E W^+QSMQMBT) \EF OVEWQE F I W W E P£W E  
x 7^MROVSRM^>PNE+EVQMR O'SIRPOEX QE%>WHEP XSO QERY>PMW W^MROVS  
WIKSXW£K£ZIP  
x 'WEXPEOS^XEWWE +FEVQMR O'DANESNE IX£O R£PO³PM L>P¬^EX WIKSXW£K£  
% QMOSEVQJMR¬ON>LS^ GWEXPEOS^MO E O£W^³P£O X¬FF RETRJM Q LSPH  
XIW^MO E Q LSPHEW NIPIO K]SVW QIKXEP>P>W>X  
• :MK]I OM E O£W^³P£OIX R]SPX XIV³PIXVI QEKEW £T³PIXIOXÝP £W J>OX¬P  
• 2£L>R] TIVGMK QEVEHNSR QS^HYPEXPER

## Az •ra ~jraindft,sa

,E E^ ¬VE RIQ Z>PEW^SP IPýJSVHYPLEX LSK] E^ ±NVEMRH\$X>W NIPIRXLI  
1)+.)+=>^E^ ¬VE ±NVEMRH\$X>WE X¬V¬PLIXM E^ "R EHEXEMX ZEK] FI>PP\$X>  
8EVXWE PIRPSQ,ZMOESRX xQ>WSHTIVGMK  
% ^ ¬VE OMOETGWSP  
8EVXWE PIRPSQ,ZMOESRX IK] Q>WSHTIVGMK E^ ¬VE FIOETGWSP>W>LS^

## Minden be,llft,s alaphelyzetbe ,llft,sa

% ^ ¬WW^IW EPET£VXIPQI^IXX FI>PP\$X>W ZMWW^E>PP\$R>VSRRD£XQ EV^M/RVCEV  
XIZ£OIR]W£KEHEXSO JIPX¬PX£W£LI^  
% ^ ¬VE ¬WW^IW FI>PP\$X>W>X ZMWW^E>PP\$XLEXNE E K]>VM EPET£VX£OIOV  
% W^>QPETSR XEVXW£KPSIQ£S£ZE E^  
:>PEWW^EIRHMEIMWW^E>PPL\$XýW£KIX  
:>PEWW^SR OM IK] PILIXýW£KIX  
• ,E E^ ¬WW^IW ¬VEFI>PP\$X>WX ZMWW^E W^IVIXR£ >PP\$XERM E K]>VM EF  
JIPLEW^R>P¬>PXEP QIKEHSXX EHEXSOEX £W E X]Z£OIR]W£KPSIX>W£Q£R]M  
>PP\$XPM£XýW£KIX  
• % ^ ¬WW^IW XIZ£OIR]W£K IPý^Q£R]IOFýP Z£P¬¬WW^H£W£LZ£OZ]P£W£W^E¬V  
PILIXýW£KIX  
• % ^ ¬WW^IW X>ZSPW>K £W MHý¬WW^IW\$XWW^RW£R£W£O LZSMVZW^EWPV\$EX>  
PILIXýW£KIX  
• ,E E^ ¬WW^IW ¬VEFI>PP\$X>WX ZMWW^E W^IVIXR£ >PP\$XERM E K]>VM EF  
JIPLEW^R>P¬>PXEP QIKEHSXX EHEXSOEX £W E X%Z£OIR]W£KWP£VQ£R]P  
ZMWW^E>PPL\$XýW£KIX  
1)+.)+=>^ZE OSV>FFER FI>PP\$X>W>X I^ E Q ZIPIX E T£R^X>VG  
¬V>V,EP^IRIW^>QSO MW XEP>PLEX¬O ¬V>N>R I^ E Q ZIPIX X¬VPM E O£W

## Az akkumulátor <zemidejének maximalizálása

7^>QSW Q-HSR R-ZIPLIXM E^ EOOYQYP>XSV ^3^IQMHINEX

• €PP\$XWE PI E ^IR£X

• 'W^OOIRXWI E OMNIP^ý JERLMVRHNM K EOX SXMDZMSEKQVDE  
QIKZ>PXS^XEX>SPHEP

• %HNE QIK E^ )RIVKMEXEOEV£OSW JYROGM-H FI>PP\$X>WSPHEP  
FI>PP\$X>WSPHEP

• /ETGWSPNEYOXSSXGLRSP-KM>X LE RIQ LEW^R>PNE E OETGWSPExSX MK£  
8IPIJSRGWEXPEOS^XEXSMHEBYROGM-O

• 'W^OOIRXWI E OMNIP^% OETXERPEITPWSX>WSO QIKSPHEB^XEX>WE

• €PP\$XWE PI E TYP^YWEHEXSØVQ³WRDOWA XOPITYWEM£SXOXXSZ>FHSR>WE

• /ETGWSPNE OM E GWYOP-RZ £GWYOP-TRZ^WWIQLV£YXYP^YWSQHEP OMOETC  
1)+.)+=>^E GWYOP-EPET± TYP^YWW^>QQ£V£W E REKJ MRXIR^MX>W± XIZ£  
IP£KIXIXX OEP-VM>O W^>Q>REO Q£V£W£VI W^SPK>P

• /SVP>XS^E E OEV-VE >PXP QIKNIPIR^SXIXXSXEWIS OSWPEBPIWSX£WIOIX

• /ETGWSPNE OM E Z£VSIMK£R%GWRXDRZMMIPLRXGYM^X^YWSQHEP OMOET

• %QMOSV LSWW^EFF MHýVI W^³RIXIPXIXSPJXIZ£OWRQVW£K£CLRWWRKPNE E  
FIJINI^£WSPHEP

• :>PEWW^EROMPENMKR^WX£W MIMHYOTVRI>PP\$XSWSOP

• ,EW^R>PNE£VE84£G^IQQ-HSX E XIZ£CLRSWHEKILP\$X>WSHOP

• 3PJER W^>QPETSX LEW^R>PNSR EQIPJ RIQ JVMWW³P QMRHIR Q>WSHTIVG  
4£PH>YP LEW^R>PNSR Q>WSHTIVGQYXQRETR£PWXPMMWSPQRE

## Nem megfelel... a nyelv az eszközt

8EVXWE PIQJ£QZQFBX

+^VKIWWIR PI E PMWXE YXSPW-H IPIQ£MK £W Z>PEWW^E OM

:>PEWW^E OM E PMWXE IPWý IPIQ£X

%94 £W(£;2 KSQFFEP Z>PEWW^E OM E OSZ>RX RJIPZIX

## Kilépés a Dem• <zemm•db•l

% (IQ-H ^3^IQQ-H E^ -VE JYROGM-MX QYXEXNE FI

+]SVWER RJSQN-H,QRKSPG EPOEPSQQEP

:>PEWW✓EPELIXýW£KIX

## Kompatibilis a telefonom az •r,mmal?

}%\*SVIVYR-RIE/OSQTE&MMMSXGLRSP-KM>X LEW^R>P-H XIPIJSRSOOEP

%&PYIXSSQTE&MFMPMX>WVE ZSREXOS^H M[RJ££ZQQMR-PPQXSPHESKVEWWS

## A telefonom nem csatlakozik az •r,hoz

,E XIPIJSRNE RIQ GWEXPEOS^MO E^ ¬V>LS^ TV¬F>PNE OM E^ EP>FFM XMT  
• /ETGWSPNE OM QENH MWQ£X OETGWSPNE FI E XIPIJSRX £W E^ ¬V>X  
• )RKIH£PJI&PIYEXSXGLRSP¬KM>X XIPIJSRN>R  
• \*VMWW¬SEWQMR 'SRRO£RQE^>WX E PIK±NEFF ZIV^M¬VE  
• 8>ZSP\$XWE HPEVQMRX'SRRO£RQE^>WF¬P&PWIXSXMRBSR>WEM O¬^3P £W TV  
±NVE E T>VSW\$X>WX  
• ,E ±N XIPIJSRX Z>W>VSPX+£VZSP\$XSRRO£RQEN>WE¬P E^SR E XIPIJSRSR  
XSZ>FFMEOFER RIQ OSZ>R LEW^R>PRM  
• ,IPJI^I E XIPIJSRX E^ ¬VE xQ IW xJX O¬V^IX£FI  
• % T>VSW\$X>WM Q¬H EOXMZ>P>W>LSEVRQMWWSRRO£RQEI¬SRN>QENH' Z>PEW  
+EVQMR O£W¬P¬O¬LS^^PEIHJW£W£KIX  
• % W^>QPETSR XEVXW£K S QFJSQZ£WEZWPEWVW O£EXE"£LEIX¬SR  
T>VSW\$X¬W£W£KIX

## Az •r,mon a pulzussz,m nem pontos

% TYP^YW£V^£OIPÝZIP OETGWSPEXSW XSZ>HFKEMQJNRQ£QX¬SEWIZPR>XSKE

## A tevékenység mért h...mérőlelete nem pontos

8IWXLÝQ£VW£OPIXI LEX>WWEP ZER E FI£TSXIXX LÝQ£VW£OPIX £V^£OIPÝ>P  
LÝQ£VW£OPIXM £VX£O £VHIO£FIR ZIKJI PI E O£W^3P£OIX E GWYOP¬N>V¬P  
)KJ STGM£RQPMW LÝQ£VW£OPIX £V^£OIPÝ LEW^R>PEX>ZEP E^ ¬VE ZMWI  
£VX£OIOIX OETLEX

## Haszn,lhatom aBluetoothérzőkel...t az •r,mmal?

%^ ¬VE R£PYRXSX£OIPÝZIP OSQTEXMFMPMW %QMOSV IPWÝ EPOEPSQQEP  
+EVQMR¬N>LS^ T>VSW\$XERME OIPP E O£W^3P£OIX £W E^ £V^£OIPÝX % T>V  
GWEXPEOS^XEXNE E^ £V^£OIPÝX EQMOSV ZEPEQMPJIR XIZ£OIRJW£KFI OI  
ZER  
8EVXWE PIRJ£QDSRX  
:>PEWW^££OIPÝO £W X"£MXLS££O£P¬W£W£KIX  
:>PEWW^SR OM IKJ PILIXÝW£KIX  
• :>PEWW^£W£W E^ ¬WW^LWJOW£KIX  
• :>PEWW^E OM E^ £V^£OIPÝNI XSTYW>X  
%^ STGMSR>PMW EHEXQI^ÝOIX £H£XOVI TWVRJLE XN£XSPIME£F>WE

## A fejhallgat• nem csatlakozik az •r,hoz

,E&PYIXSJMLEPPKEX¬NE OSV>FFER E XIPIJSRLS^ ZSPX GWEXPEOS^XEXZE  
EYXSQEXMOYWER E XIPIJSRLS^ GWEXPEOS^MO 4V¬F>PNE OM E^ EP>FFM  
• /ETGWSPNE OM&PIPIXSXRLRGE¬X  
8SZ>FFM XYHRMZEP¬O£VX XIOMRXWI >X E XIPIJSR JIPLEW^R>P¬M O£^MO  
• 1EVEHNSR xQ IW xJX X>ZSPW>KVE E XIPIJSRX¬P £W O¬^FIR GWEXF  
• 4>VSW\$XWE JINLEPP£PX+XSJMLEPPKEX¬ GWEX8P£BPXEX>WE

## Elhallgat a zene vagy a fejhallgat• nem csatlakozik folyamatosan

- ,E E SVIVYQRYW-WGN>LS^ GWEXPEOS^SBL^XPKEX-X LEW^R>P E NIP EOOSV  
-VE £W E JINLEPPKEX- ERXIRR>NE O^-ZIXPIR P>X-X>ZSPW>KFER LIP]I^OIH
- ,E E NIP >XLEPEH E^ "R XIWX£R IPÝJSVHYPLEX LSK] E NIP IPZ£W^ £W
- ,E\*SVIVYQRYW-WGN>X E FEP GWYOP-N>R ZMWIPM &K]YPNISBL^R>NLES £] FEE  
J³P£R PIK]IR
- 1MZIP E JINLEPPKEX-O XSTYWSRO£RX IPX£VÝIO PILIXRIO QIKTV-F>PLE
- ,E J£Q ZEK] FÝV OEV-VET>RXSX LEW^R>P E NIPIVÝWW£K NEZ\$X>WE £VH

## Függelék

### Adatmez...k

1)+.)+=>^RIQ >PP VIRHIPOI^£WVI E^ -WW^IW EHEXQI^ý QMRHIR XIZ£OIR]W  
IWIX£FIR IK] OSQTEXMFMPMW XEVXS^£OVE ZER W^³OW£K E^ EHEXSO QIKM  
OEXIK-VM>FER MW QIKNIPIRRIO E OEV-V>R

8-44E^ EHEXQI^ý+£WQMR 'SBRQ£RQE^>W OEV-VE FI>PP\$X>WEMR>P MW XIWX

### Leépéstem mez...k

| 2£Z                    | 0ISV>W                                                                                                   |
|------------------------|----------------------------------------------------------------------------------------------------------|
| £XPEKSW TIH>P³XIQ      | T>VS^>W %^ EOXY>PMW XIZ£OIR]W£K >XPEKSW P£T£W³                                                           |
| £XPEKSW P£T£W³XIQ      | W³XIQ %^ EOXY>PMW XIZ£OIR]W£K >XPEKSW P£T£W³XIQI                                                         |
| 4IH>P³XIQ              | /IV£OT>VS^>W % LENX-OEV JSVHYPEXW^>QE %^ EHEX QIK<br>GWEXPEOS^RME OIPP IK] TIH>P³XIQ £V^£OIPÝ XEVXS^£OLS |
| 0£T£W³XIQ              | *YX>W % TIVGIRO£RXM P£T£WIO NSFF £W FEP W^>QE                                                            |
| /^-V TIH>P³XIQI        | /IV£OT>VS^>W %^ EOXY>PMW O^-V >XPEKSW P£T£W³XIQI                                                         |
| /^-V P£T£W³XIQI        | YX>W %^ EOXY>PMW O^-V >XPEKSW P£T£W³XIQI                                                                 |
| 9XSPW- O^-V TIH>P³XIQ  | YXSPW- O^-V >XPEKSW P£T£W³                                                                               |
| 9XSPW- O^-V P£T£W³XIQI | YXSPW- FIJINI^IXX O^-V >XPEKSW P£T£W³XIQI                                                                |

### Grafikon t,bl,zatok

| 2£Z                  | 0ISV>W                                           |
|----------------------|--------------------------------------------------|
| &EVSQ£XIV KVEJMO     | SR£KO^-VM R]SQ>W MHýFIPM EPEOYP>W>X >FV>^SP- HM  |
| 1EKEWW>KM KVEJMO     | SR£KEWW>K MHýFIPM EPEOYP>W>X >FV>^SP- HMEKVEQ    |
| 4YP^YWW^>Q KVEJMO    | SIZ£OIR]W£K WSV>R Q£VX TYP^YWW^>Q SX >FV>^SP- H  |
| 8IQT-KVEJMOSR        | % XIZ£OIR]W£K WSV>R Q£VX XIQT-X >FV>^SP- HMEKVEQ |
| 8IPNIW\$XQ£R] KVEJMO | SIZ£OIR]W£K WSV>R Q£VX XIPNIW\$XQ£R]X >FV>^SP- H |
| 7IFIWW£KKVEJMO       | S XIZ£OIR]W£K WSV>R Q£VX WIFIWW£KIX >FV>^SP- HME |

# Ir,nytŽ mez...k

| 2 £ Z                                   | 0 I S V > W                                               |
|-----------------------------------------|-----------------------------------------------------------|
| - V > R ] X W L E P E H > W M M V > R ] | % L E P E H > W M M V > R ] E ^ M V > R ] X E P E T N > R |
| + 4 7 M V > R ]                         | % L E P E H > W M M V > R ] E + 4 7 E P E T N > R         |
| - V > R ]                               | % L E P E H > W M M V > R ]                               |

# T,vols,g mez...k

| 2 £ Z                                 | 0 I S V > W                                                                                 |
|---------------------------------------|---------------------------------------------------------------------------------------------|
| 8 > Z S P W > K                       | % ^ E O X Y > P M W R ] S Q Z S R E P Z E K ] X I Z £ O I R ] W £ K W S V > R Q I K X I X X |
| - R X I V Z E P P Y Q X > Z S P W > K | % ^ E O X Y > P M W M H ý O ^ W S V > R Q I K X I X X X > Z S P W > K                       |
| / ^ V X > Z S P W > K                 | % ^ E O X Y > P M W O ^ V W S V > R Q I K X I X X X > Z S P W > K                           |
| 9 X S P W ^ O ^ V X > Z S P W > K     | % ^ E O X Y > P M W F I J I N I ^ I X X O ^ V W S V > R Q I K X I X X X > Z S P W > K       |
| 9 X S P W ^ Q S ^ K > W               | % ^ E O X Y > P M W F I J I N I ^ I X X Q S ^ K > W W S V > R Q I K X I X X X > Z S P W > K |
| 1 S ^ K > W X > Z S P W > K           | % ^ E O X Y > P M W Q S ^ K > W W S V > R Q I K X I X X X > Z S P W > K                     |
| 8 I R K I V M X > Z S P W > K         | % Q I K X I X X X > Z S P W > K X I R K I V M Q £ X I V F I R Z E K ] X I R K I V M P       |

# T,vols,g mez...k

| 2 £ Z                                 | 0 I S V > W                                                                                                                                                                 |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| £ X P E K S W I Q I P O I H £ W       | % ^ E O X Y > P M W Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X > X P E K S W J ^ 3 K K ý P I K I W I Q                                                                     |
| £ X P E K S W W ^ 3 P P ] I H £ W     | % ^ E O X Y > P M W Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X > X P E K S W J ^ 3 K K ý P I K I W W                                                                       |
| 1 E K E W W > K                       | % ^ E O X Y > P M W L I P ] X I R K I V W ^ M R X J I P I X X M Z E K ] E P E X X M Q E                                                                                     |
| 7 M O P > W E V > R ]                 | % Q I K X I X X Z £ ^ W ^ M R X I W X > Z S P W > K £ W E J ^ 3 K K ý P I K I W X > Z S P W                                                                                 |
| + 4 7 Q E K E W W > K                 | % ^ E O X Y > P M W L I P ] Q E K E W W > K E + 4 7 L E W ^ R > P E X > Z E P                                                                                               |
| 1 I V I H I O W £ K                   | % ^ I Q I P O I H £ W Q E K E W W > K £ W E L E P E H > W X > Z S P W > K L > R ] T £ P H > Y P Q M R H I R Q I K Q > W ^ S X X x Q V I P x P > F x Q X x P H I O W £ K S W |
| / ^ V I Q I P O I H £ W               | % ^ E O X Y > P M W O ^ V V I Z S R E X O S ^ ^ J ^ 3 K K ý P I K I W I Q I P O I H £ W M X                                                                                 |
| / ^ V W ^ 3 P P ] I H £ W             | % ^ E O X Y > P M W O ^ V V I Z S R E X O S ^ ^ J ^ 3 K K ý P I K I W W ^ 3 P P ] I H £ W M X                                                                               |
| 9 X S P W ^ O ^ V I Q I P O I H £ W   | % ^ E O X Y > P M W F I J I N I ^ I X X O ^ V V I Z S R E X O S ^ ^ J ^ 3 K K ý P I K I W I Q I                                                                             |
| 9 X S P W ^ O ^ V W ^ 3 P P ] I H £ W | % ^ E O X Y > P M W F I J I N I ^ I X X O ^ V V I Z S R E X O S ^ ^ J ^ 3 K K ý P I K I W W ^ 3 P                                                                           |
| 1 E \ M Q > P M W I Q I P O I H £ W   | % P I K Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X Q E \ M Q > P M W I Q I P O I H £ W Q £ X I V T I V G F I R Q I K E H Z E                                               |
| 1 E \ M Q > P M W W ^ 3 P P ] I H £ W | % P I K Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X Q E \ M Q > P M W W ^ 3 P P ] I H £ W T I V G F I R Q I K E H Z E                                                       |
| 1 E \ M Q > P M W Q E K E W W > K     | % P I K Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X P I K Q E K E W E F F T S R X                                                                                           |
| 1 M R M Q > P M W Q E K E W W > K     | % P I K Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X P I K Q £ P ] I F F T S R X                                                                                             |
| 8 I P N I W I Q I P O I H £ W         | % ^ E O X Y > P M W Y X S P W ^ R Y P P > ^ > W ^ X E I P £ V X X I P N I W I Q I P O I H £ W M X > Z                                                                       |

| 2£Z                   | 0İ\$V>W                                             |
|-----------------------|-----------------------------------------------------|
| 8İPNIW W³PP]İH£WM X>Z | %WIKYXSPW¬ RYPP>^>W ¬XE İP£VX XİPNIW W³PP]İH£WM X>Z |

#### Emeleti mez...k

| 2£Z                          | 0İ\$V>W                                          |
|------------------------------|--------------------------------------------------|
| 1İKQ>W^SXX IQİPIXİO W^>Q     | %^ EHSXX RETSR QİKQ>W^SXX ¬WW^IW IQİPIXİO W^>Q   |
| 0İJİP£ QİKXİXX IQİPIXİO W^>Q | %EHSXX RETSR PİJİP£ QİKXİXX ¬WW^IW IQİPIXİO W^>Q |
| )QİPIX TİVG                  | % TİVGİRO£RX QİKQ>W^SXX IQİPIXİO W^>Q            |

#### Grafikus

| 2£Z                           | 0İ\$V>W                                                                         |
|-------------------------------|---------------------------------------------------------------------------------|
| ;MHKIX >XXİOMRXý              | *YX>W )K] W^SRQ£Vý QYXEXNE E^ EOXY>PMW TİH>P³XİO                                |
| -6£2=8 1^6ü                   | % LEPEH>WM MV>R] E^ MV>R]X EPETN>R                                              |
| 8^- İK]İRW±P] Q£Vý            | % JYX>W O¬^FİRM XEPEN£VMRX£WM MHý FEP £W NSFF W^SRİW Q£Vý                       |
| 8EPEN£VMRX£WM İK]İRW±P] Q£Vý  | %^X E^ MHýX QYXEX¬ W^SRİW Q£Vý EQİHHMK İK] P£T£XEPENX İ^VİHQ>WSHTİVGfİR QİKEHZE |
| 4YP^YWQ£Vý                    | % NİPİRPIKM TYP^YWW^>Q XEVXSQ>R]X QİKNİPİR\$Xý W^                               |
| 4EGİ4VS Q£Vý                  | *YX>W %^ EOXY>PMW V£W^XİQT¬ £W E G£P^SXX V£W^X                                  |
| 8)0.)7£81^2=1^6ü              | % XİPNIW\$XQ£R]XEVXSQ>R]X QİKNİPİR\$Xý W^SRİW Q£Vý                              |
| 8İPNIW IQİPO W³PP]İH£WM X>Z   | % XİZ£OİRİW£K WSV>R ZEK] E PİKİYX¬FFM ZMWW^E>PP\$H£WM £W W³PP]İH£WM X>ZSPW>K    |
| )H^£WMLEX>W Q£Vý              | %^ EOXY>PMW XİZ£OİR]W£K LEX>WE E^ EİVSF £W EREİV                                |
| *³KKýPİKİW SW^GM>P]GM>P] Q£Vý | %PİYX>W Q£VýFİRM ZMWW^ETEXXER>WX QYXEX¬ W^SRİW                                  |
| *³KKýPİKİW EV>R] Q£Vý         | %P£T£WLSWW^ J³KKýPİKİW OMPIRK£W£RIO EV>R]X QY                                   |

## Pulzussz,m mez...k

|                       |                                                                                                                                          |  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------|--|
| 2£Z                   | 01\$V>W                                                                                                                                  |  |
| 4YP^YW XEVXEP£O       | % TYP^YW XEVXEP£O W^>^EP£OE QE\MQ>PMW TYP^YWW^>Q                                                                                         |  |
| %IVSF IH^£WM LEX>WM   | %W EOXY>PMW XIZ£OIR]W£K LEX>WE E^ EIVSF IH^IXXW£                                                                                         |  |
| %REIVSF IH^£WM LEX>WM | %W EOXY>PMW XIZ£OIR]W£K LEX>WE E^ EREIVSF IH^IXXW£                                                                                       |  |
| £XPEKSW TYP^YW        | %^ EOXY>PMW XIZ£OIR]W£K WSV>R Q£VX TYP^YW XEVXEP£O                                                                                       |  |
| £XPEKSW TYP^YW        | %^ EOXY>PMW XIZ£OIR]W£K WSV>R Q£VX >XPEKSW TYP^YW                                                                                        |  |
| £XPEKSW TYP^YW        | %^ EOXY>PMW XIZ£OIR]W£K WSV>R Q£VX QE\MQ>PMW TYP^YWW^>Q                                                                                  |  |
| 4YP^YWW^>Q            | 4YP^YWW^>Q ^X£W TIVG Q£VX£OIK]W£KFIR FTQ QIKEH VIRHIPOI^RMI OIPP GWYOP~R Q£VX TYP^YW JYROGM~Z OSQTEXMFMPPMW TYP^YWQ£V£L^                 |  |
| 4YP^YWW^>Q QE\        | % QE\MQ>PMW TYP^YWW^>Q W^>^EP£OSW EV>R]E                                                                                                 |  |
| 4YP^YWW^>Q^~RE        | % TYP^YW EOXY>PMW XEVXSQ>R]E £W O^~XX %^ E JIPLEW^R>P~M TVSJMP ZEPEQMRX E QE\MQ>PMW TYP^YWW^>Q £PIXOSVE EPETN>R LEX>VS^~E QIK E VIRHW^IV |  |
| -RXIVZEPPYQ >XP       | %^ EOXY>PMW ±W^>WM MRXIVZEPPYQ WSV>R Q£VX TYP^YW XEVXEP£O                                                                                |  |
| -RXIVZEPPYQ >XP       | %^ EOXY>PMW ±W^>WM MRXIVZEPPYQ WSV>R Q£VX QE\MQ>PMW                                                                                      |  |
| -RXIVZEPPYQ >XP       | %^ EOXY>PMW ±W^>WM MRXIVZEPPYQ WSV>R Q£VX >XPEKSW                                                                                        |  |
| -RXIVZEPPYQ QE\       | %^ EOXY>PMW ±W^>WM MRXIVZEPPYQ WSV>R Q£VX TYP^YW XEVXEP£O                                                                                |  |
| -RXIVZEPPYQ QE\       | %^ EOXY>PMW ±W^>WM MRXIVZEPPYQ WSV>R Q£VX QE\MQ>PMW                                                                                      |  |
| -RXIVZEPPYQ QE\       | %^ EOXY>PMW ±W^>WM MRXIVZEPPYQ WSV>R Q£VX QE\MQ>PMW                                                                                      |  |
| /~V TYP^YW XEVXEP£O   | %^ EOXY>PMW O~V WSV>R Q£VX TYP^YW XEVXEP£O >XPEKSW                                                                                       |  |
| /~V TYP^YWW^>QE       | %^ EOXY>PMW O~V WSV>R Q£VX >XPEKSW TYP^YWW^>Q                                                                                            |  |
| /~V TYP^YWW^>QE       | %^ EOXY>PMW O~V WSV>R Q£VX QE\MQ>PMW TYP^YWW^>Q                                                                                          |  |
| 9XSPW~ O~V TYP^YW     | % PIKYXSPN>VE XIPNIW\$XIXX O~V WSV>R Q£VX TYP^YW XEVXEP£O                                                                                |  |
| 9XSPW~ O~V TYP^YW     | % PIKYXSPN>VE XIPNIW\$XIXX O~V VVI ZSREXOS^~ >XPEKSW TYP^YW                                                                              |  |
| 9XSPW~ O~V TYP^YW QE\ | % PIKYXSPN>VE XIPNIW\$XIXX O~V WSV>R Q£VX QE\MQ>PMW TYP^YWW^>Q                                                                           |  |
| 9XSPW~ QS^K>W         | % PIKYXSPN>VE XIPNIW\$XIXX QS^K>W WSV>R Q£VX TYP^YW XEVXEP£O                                                                             |  |

| 2£Z                                                              | 0I\$V>W                                                                                      |
|------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 9XSPW¬ QS^K>W ,6% ^ YXSPW¬ FIJINI^IXX QS^K>WVE ZSREXOS^¬ >XPEKSW |                                                                                              |
| 9 QS^K>W ,6 1E\                                                  | % ^ YXSPW¬ FIJINI^IXX QS^K>W WSV>R Q£VX QE\MQ>PMW P£OSW EV>R]E                               |
| 1S^K>W ,66                                                       | % ^ EOXY>PMW QS^K>W WSV>R Q£VX TYP^YWXEVXEP£O> QE\MQ>PMW TYP^YWW^>Q Q\$RYW^ R]YKEPQM TYP^YWE |
| 1S^K>W ,6                                                        | % ^ EOXY>PMW QS^K>W WSV>R Q£VX >XPEKSW TYP^YWW                                               |
| 1S^K>W ,6 1E\                                                    | % ^ EOXY>PMW QS^K>W WSV>R Q£VX QE\MQ>PMW TYP^YV EV>R]E                                       |
| >¬R>FER X¬PX¬XX                                                  | MHJ^K]IW TYP^YWW^>Q XEVXSQ>R]SOFER IPX¬PX¬XX MH                                              |

#### Hossz mez...k

| 2£Z              | 0I\$V>W                                             |
|------------------|-----------------------------------------------------|
| -RXIVZEPPYQ L\$W | % ^ EOXY>PMW MHÝO¬ ^ WSV>R QIKXIXX QIHIRGILSWW^SO W |
| ,SWW^            | % ^ EOXY>PMW XIZ£OIR]W£K WSV>R QIKXIXX QIHIRGILSWW^ |

#### Egyéb mez...k

| 2£Z                  | 0I\$V>W                                                                                                    |
|----------------------|------------------------------------------------------------------------------------------------------------|
| %OX\$Z OEP¬VM        | % ^ EOXY>PMW MHÝO¬ ^ WSV>R QIKXIXX OEP¬VM>O W^>QE                                                          |
| 0£KR]SQ>W            | % RIQ OEPMFV>PX O¬VR]I^IXM R]SQ>W                                                                          |
| &EVSQ£XIVR]SQ>W      | % ^ EOXY>PMW OEPMFV>PX O¬VR]I^IXM R]SQ>W                                                                   |
| %OOYQYP>XSV W^MRXNI  | % ^ EOXY>PMW OEPMFV>PX O¬VR]I^IXM R]SQ>W                                                                   |
| I&MOI EOOYQYP>XSV    | % ^ EOXY>PMW MHÝO¬ ^ WSV>R QIKXIXX OEP¬VM>O W^>QE                                                          |
| I&MOI XEVXSQ>R]I&MOI | % ^ EOXY>PMW MHÝO¬ ^ WSV>R QIKXIXX OEP¬VM>O W^>QE                                                          |
| +47                  | % Q LSPHEW +47 NIP IVÝWW£KI                                                                                |
| /¬V                  | % ^ EOXY>PMW XIZ£OIR]W£K WSV>R QIKXIXX O¬V¬O W^>QE                                                         |
| 9X O¬V MWQ£X P£EWIO  | % ^ EOXY>PMW MHÝO¬ ^ WSV>R QIKXIXX OEP¬VM>O W^>QE                                                          |
| 8IVLIP£W             | % ^ EOXY>PMW XIZ£OIR]W£K IH^£WXIVLIP£WI % ^ IH^£WXIVL HIXX S\MK£RJSK]EW^X>W )43' QIRR]MW£KI EQIP] E^ IH^£V |
| 1S^HYPEXSO           | % ^ EOXY>PMW XIZ£OIR]W£K WSV>R QIKXIXX QS^HYPEXSO W                                                        |
| 8IPNIW\$XQ£R]P£EWIO  | % ^ EOXY>PMW MHÝO¬ ^ WSV>R QIKXIXX OEP¬VM>O W^>QE                                                          |
| -WQ                  | )K] IH^ÝXIVQM XIZ£OIR]W£K WSV>R IK] EHSXX IH^£WM WSVS W^>QE                                                |
| 0£K^£WW^>Q           | % P£K^£WW^>Q P£K^£W TIVG FVTQ £VX£OFIR QIKEHZE                                                             |
| /¬V¬O                | )K] EHSXX XIZ£OIR]W£K WSV>R Z£K^IXX K]EOSVPEXGWSTSV                                                        |
| "WW^IWIR             | % XIZ£OIR]W£K WSV>R Z£K^IXX JYX>WSO W^>QE                                                                  |
| 0£T£WIO              | % ^ EOXY>PMW XIZ£OIR]W£K WSV>R QIKXIXX P£T£WIO W^>QE                                                       |

| 2£Z         | 0I\$V>W                                                             |
|-------------|---------------------------------------------------------------------|
| 7XVIWW^     | %^ EOXY>PMW WXVIWW^ W^MRX                                           |
| 2ETOIPXI    | % RETOIPXI MHINI E +47 TS^\$GM¬ EPETN>R                             |
| 2ETR]YKXE   | % RETR]YKXE MHINI E +47 TS^\$GM¬ EPETN>R                            |
| 4SRXSW MHý  | % TSRXSW MHý E^ EOXY>PMW LIP] £W E^ MHýFI>PP\$X>WSO<br>MHýW^>Q\$X>W |
| 2ETW^EO Q>W | % HTSRXSW MHý FIPI£VXZI E Q>WSHTIVGIOIX MW                          |
| "WW^OEP¬VME | %^ EHSXX RETSR IP£KIXIXX ¬WW^IW OEP¬VME                             |

#### Temp• mez...k

| 2£Z                 | 0I\$V>W                                           |
|---------------------|---------------------------------------------------|
| Q XIQT¬             | %^ Q£XIVIRO£RXM EOXY>PMW IZI^£WM XIQT¬            |
| £XPEKSW Q XIQT¬     | %^ xQ£XIVIRO£RXM >XPEKSW IZI^£WM XIQT¬ E^ EOX     |
| £XPEKXIQT¬          | %^ EOXY>PMW XIZ£OIR]W£K >XPEKSW XIQT¬NE           |
| 2IL£^W£KLI^ MKE^S   | %SX>XPEKSW XIQT¬ E XIVIT QIVIHIOW£K£LI^ ZER MKE^  |
| -RXIVZEPPYQ XIQT¬   | %^ EOXY>PMW MHýO¬^ >XPEKSW XIQT¬NE                |
| /¬V Q XIQT¬         | %^ xQ£XIVIRO£RXM >XPEKSW IZI^£WM XIQT¬ E^ EOX     |
| /¬VXIQT¬            | %^ EOXY>PMW O¬V >XPEKSW XIQT¬NE                   |
| 9XSPW¬ O¬V Q XIQT¬  | %^ xQ£XIVIRO£RXM >XPEKSW IZI^£WM XIQT¬ E^ YXS     |
| 9XSPW¬ O¬VXIQT¬     | %^ YXSPW¬ FIJINI^IXX O¬V >XPEKSW XIQT¬NE          |
| 9XSPW¬ LSWW^ XIQT¬  | %^ YXSPW¬ FIJINI^IXX QIHIRGILSWW^ >XPEKSW XIQT¬NE |
| 9XSPW¬ QS^K>W XIQT¬ | %^ YXSPW¬ FIJINI^IXX QS^K>W >XPEKSW XIQT¬NE       |
| 1S^K>W XIQT¬NE      | %^ EOXY>PMW QS^K>W >XPEKSW XIQT¬NE                |
| 8IQT¬               | %^ EOXY>PMW XIQT¬                                 |

#### PacePro mez...k

| 2£Z                     | 0I\$V>W                                   |
|-------------------------|-------------------------------------------|
| /¬ZIXOI^ý V£W^X>ZSPW>K  | *YX>W % O¬ZIXOI^ý V£W^ ¬WW^X>ZSPW>KE      |
| /¬ZIXOI^ý V£W^ XIQT¬G£P | *YX>W % O¬ZIXOI^ý V£W^ G£P XIQT¬NE        |
| 6£W^X>ZSPW>K            | *YX>W %^ EOXY>PMW V£W^ ¬WW^X>ZSPW>KE      |
| ,>XVEP£Zý V£W^X>ZSPW>K  | *YX>W %^ EOXY>PMW V£W^ L>XVEP£Zý X>ZSPW>K |
| 6£W^XIQT¬               | *YX>W %^ EOXY>PMW V£W^ XIQT¬NE            |
| 6£W^ XIQT¬G£P           | *YX>W %^ EOXY>PMW V£W^ G£P XIQT¬NE        |

## Teljesítmény mez...k

| 2 ÉZ                                                                                | 01SV>W |
|-------------------------------------------------------------------------------------|--------|
| QT XIPNIWSXQER] %RQ MQIRIXM XIPNIWSXQER] QT IW QS^K->XPEKE                          |        |
| QT XIPNIWSXQER] %RQ MQIRIXM XIPNIWSXQER] QT IW QS^K->XPEKE                          |        |
| EXPEKSW XIPNIWSXQER] PMW XIZEOIR]WEKVI ZSREXOS^> XPEKSW OMQIRIXM XIPNIWSXQER]       |        |
| /V XIPNIWSXQER] IE OXY>PMW O^VVI ZSREXOS^> XPEKSW OMQIRIXM XIPNIWSXQER]             |        |
| 9XSPW^ O^V XIPNIWSXQER] FIJINI^IXX O^VVI ZSREXOS^> XPEKSW OMQIRIXM XIPNIWSXQER]     |        |
| 1E\MQ>PMW XIPNIWSXQER] PMW XIZEOIR]WEKVI ZSREXOS^> PIKREK]SFF OMQIRIXM XIPNIWSXQER] |        |
| 8IPNIWSXQER] %^ EOXY>PMW OMQIRIXM XIPNIWSXQER] [EXXFER QIKEHZE                      |        |
| 8IPNIWSXQER]^ % OMQIRIXM XIPNIWSXQER] EOXY>PMW XEVXSQ>R]E E^ *84                    |        |
| )VYJIW^SXEW %^ IPZEK^IXX ^WW^IK] PX QYROE OMQIRIXM XIPNIWSXQER]                     |        |

## Pihenési mez...k

| 2 ÉZ                                                          | 01SV>W |
|---------------------------------------------------------------|--------|
| -WQEXPW &%^ YXSPW^ MRXIVZEPPYQ MHY^SXyNI EW E^ EOXY>PMW TMLIR |        |
| 4MLIREWMH %M EOXY>PMW TMLIREW MHY^SXyNI QIHIREW ±W^>W         |        |

## Fut,si dinamika

| 2 ÉZ                                                                          | 01SV>W |
|-------------------------------------------------------------------------------|--------|
| EXP XEPENÉVMRXEW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW             |        |
| EXPEKSW XEPENÉVMRXEW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW         |        |
| EXPEKSW PETEWLSW W^>XPEKSW PETEWLSWW^ E^ EOXY>PMW IH^EWIR                     |        |
| EXPEKSW J^3KKYPIKIW SW^GMPMW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW |        |
| EXPEKSW J^3KKYPIKIW SW^GMPMW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW |        |
| 8EPENÉVMRXEW MHY JMK]IRW±P]E FIRM XEPENÉVMRXEW MHY FEP EW NSFF                |        |
| 8EPENÉVMRXEW MHY JMK]IRW±P]E FIRM XEPENÉVMRXEW MHY FEP EW NSFF                |        |
| /V XEPENÉVMRXEW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW              |        |
| /V XEPENÉVMRXEW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW              |        |
| /V PETEWLSWW^E %^ EOXY>PMW O^V >XPEKSW PETEWLSWW^E                            |        |
| /V J^3KKYPIKIW SW^GMPMW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW      |        |
| /V J^3KKYPIKIW EV>R]E E PETEWLSW W^>XPEKSW PETEWLSWW^E                        |        |
| 0ETEWLSWW^ % PETEWLSWW^ E^ IK]MO PETEWXyP E O^ZIXOI^yMK Q                     |        |
| *^3KKYPIKIW SW^GMPMW M^MPEKSWWEPE]NÉVMRXEW MHY IK]IRW±P]E E^ EOXY>PMW         |        |

|                  |                                              |
|------------------|----------------------------------------------|
| 2£Z              | 0ISV>W                                       |
| *³KKýPIKIW EV>R] | % J³KKýPIKIW OMPiRK£W £W E P£T£WLSWW^ EV>R]E |

### Sebesség mez...k

|                    |                                                                            |
|--------------------|----------------------------------------------------------------------------|
| 2£Z                | 0ISV>W                                                                     |
| 1S^K>W >XPEKSW     | WIFEW£KPMW XIZ£OIR]W£K WSV>R X^VX£Rý QS^K>W >XP                            |
| £XPEKSW >PXEP>R    | %^ EOXY>PMW XIZ£OIR]W£K >XPEKWIFIWW£KI FIPI£VXZI<br>O^FIRM WIFIWWEKIOIX MW |
| £XPEKWIFIWW£K      | %^ EOXY>PMW XIZ£OIR]W£K >XPEKSW WIFIWWEKI                                  |
| £XPEKSW XIRKIVM    | %WIFEW£KPMW XIZ£OIR]W£K >XPEKSW WIFIWWEKI GWSQ-                            |
| /^VWIFIWW£K        | %^ EOXY>PMW O^V >XPEKSW WIFIWWEKI                                          |
| 9XSPW^ O^V WIFIW   | W£KISPW^ FIJINI^IXX O^V >XPEKSW WIFIWWEKI                                  |
| 9XSPW^ QS^K>W      | WIFIW£KISPW^ FIJINI^IXX QS^K>W >XPEKSW WIFIWWEKI                           |
| 1E\MQ>PMW WIFIW    | %W£ EOXY>PMW XIZ£OIR]W£K GW±GWWIFIWW£KI                                    |
| 1E\MQ>PMW XIRKIVM  | %WIFEW£KPMW XIZ£OIR]W£K QE\MQ>PMW WIFIWWEKI GWS                            |
| 1S^K>W WIFIWWEK    | %^ EOXY>PMW QS^K>W >XPEKSW WIFIWWEKI                                       |
| 8IRKIVM WIFIWWEK   | %^ EOXY>PMW WIFIWWEK GWSQ^FER                                              |
| 7IFIWW£K           | %^ EOXY>PMW YXE^~WIFIWW£K                                                  |
| 7IFIWW£KKVEJMO\$R] | KVEJMOSR QIP] QYXEXNE E^ EOXY>PMW WIFIWWEKI                                |
| *³KKýPIKIW WIFIW   | YQ£ROIH£WM ZEK] IVIW^OIH£WM WIFIWWEK                                       |

## Csap,s mez...k

| 2 £ Z                               | 0 I \$ V > W                                                                                              |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------|
| € X P E K S W X > Z S P W > K       | - W ^ > W % G W E T > W S R O £ R X > X P E K S W E R Q I K X I X X X > Z S P W > K                       |
| € X P E K S W X > Z S P W > K       | ) Z I ^ ý W T S V X S O % G W E T > W S R O £ R X > X P E K S W E R Q I K X I X X X > Z S P W > K         |
| € X P E K S W G W E T > W W         | % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I                               |
| € X P E K S W G W E T > W W         | % O I H I R G I L S W W ^ S R O £ R X M G W E T > W S O W ^ > Q > R E O > X P E K E I                     |
| 8 > Z S P W > K G W E T > W S       | R D I E R W T S V X S O % G W E T > W S R O £ R X Q I K X I X X X > Z S P W > K                           |
| ' W E T > W W I F I W W £ K M H     | % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I                               |
| - R X I V Z E P P Y Q G W E T > W W | % O I H I R G I L S W W ^ S R O £ R X M G W E T > W S O W ^ > Q > R E O > X P E K E I                     |
| ' W E T > W X \$ T Y W M H          | ý O % ^ M R X I V Z E P P Y Q E O X Y > P M W G W E T > W X \$ T Y W E                                    |
| / ^ V X > Z S P W > K G W E T > W S | R O £ R X % G W E T > W S R O £ R X > X P E K S W E R Q I K X I X X X > Z S P W > K                       |
| / ^ V X > Z S P W > K G W E T > W S | ) Z I ^ ý W T S V X S O % G W E T > W S R O £ R X > X P E K S W E R Q I K X I X X X > Z S P W > K         |
| / ^ V G W E T > W W I F I W W £ K   | - W ^ > W % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I                     |
| / ^ V G W E T > W W I F I W W £ K   | ) Z I ^ ý W T S V X S O % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I       |
| / ^ V G W E T > W W ^ > Q           | - W ^ > W % ^ E O X Y > P M W O ^ V W S V > R Z £ K ^ I X X G W E T > W S O W ^ > Q > R E O               |
| / ^ V G W E T > W W ^ > Q           | ) Z I ^ ý W T S V X S O % ^ E O X Y > P M W O ^ V W S V > R Z £ K ^ I X X G W E T > W S O W ^ > Q > R E O |
| 9 X S P W ^ O ^ V X > Z G W E T > W | - W ^ > W % G W E T > W S R O £ R X > X P E K S W E R Q I K X I X X X > Z S P W > K                       |
| 9 X S P W ^ O ^ V X > Z G W E T > W | ) Z I ^ ý W T S V X S O % G W E T > W S R O £ R X > X P E K S W E R Q I K X I X X X > Z S P W > K         |
| 9 X S P W ^ O ^ V G W E T > W W     | - W ^ > W % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I                     |
| 9 X S P W ^ O ^ V G W E T > W W     | ) Z I ^ ý W T S V X S O % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I       |
| 9 X S P W ^ O ^ V G W E T > W W     | W ^ > W % ^ Y X S P W ^ F I J I N I ^ I X X O ^ V W S V > R Z £ K ^ I X X G W E T > W S O W ^ > Q > R E O |
| 9 X S P W ^ O ^ V G W E T > W W     | W ^ > W % ^ Y X S P W ^ F I J I N I ^ I X X O ^ V W S V > R Z £ K ^ I X X G W E T > W S O W ^ > Q > R E O |
| 9 X S P W ^ L S W W ^ G W E T > W W | % T I V G I R O £ R X M G W E T > W S O W ^ > Q > R E O W T Q > X P E K E I                               |
| 9 X S P W ^ G W E T > W L S W W ^   | W ^ Y X S P W ^ F I J I N I ^ I X X L S W W ^ W S V > R Z £ K ^ I X X G W E T > W S O W ^ > Q > R E O     |
| 9 X S P W ^ G W E T > W X \$ T Y W  | % W Y X S P W ^ F I J I N I ^ I X X Q I H I R G I L S W W ^ W S V > R E P O E P Q                         |

| 2 £ Z          | 0 I § V › W                                   |
|----------------|-----------------------------------------------|
| 'WET›WWIFIWW£K | –W^›W % TIVGIRO£RXM GWET›WSO W^›QE WTQ        |
| 'WET›WWIFIWW£K | )ZI^ýWTSVXSO % TIVGIRO£RXM GWET›WSO W^›QE W   |
| 'WET›W         | –W^›W %^ EOXY›PMW XIZ£OIR]W£K WSV›R Z£K^IXX G |
| 'WET›WSO       | )ZI^ýWTSVXSO %^ EOXY›PMW XIZ£OIR]W£K WSV›R Z£ |

#### Swolf mez...k

| 2 £ Z         | 0 I § V › W                                                                                                                                                                                                 |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| £XPEKSW 7[SPJ | %^ EOXY›PMW XIZ£OIR]W£K ›XPEKSW 7;30* £VX£OI % 7;30* £<br>W^3OW£KIW MHý £W E^ EHSXX LSWW^LS^ W^3OW£KIW OEVGW<br>–W^›W WEP OETGWSP£XSWH£JSPNIZ£WMO±W^›W IWIX£R E 7;30*<br>Q£XIVIRO£RX W^›Q§XNE OM E VIRHW^IV |
| -RXIVZEPPY    | %W£SPXY›PMW MHýO^›XPEKSW 7;30* £VX£OI                                                                                                                                                                       |
| /^V 7[SPJ     | %^ EOXY›PMW O^V ›XPEKSW 7;30* £VX£OI                                                                                                                                                                        |
| 9XSPW¬ O^V    | %^ EOXY›PMW O^V ›XPEKSW 7;30* £VX£OI                                                                                                                                                                        |
| 9XSPW¬ LSWW^  | %^ EOXY›PMW O^V ›XPEKSW 7;30* £VX£OI                                                                                                                                                                        |

#### H...m£rse£kleti mez...k

| 2 £ Z        | 0 I § V › W                                                                                                                       |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------|
| ¬V›W QE\MOYO | %^ IPQ±PX x¬V›FER IK] OSQTEXMFMPMW LýQ£VW£OPIX £V^£<br>KEWEFF LýQ£VW£OPIX                                                         |
| ¬V›W QMRMOYO | %^ IPQ±PX x¬V›FER IK] OSQTEXMFMPMW LýQ£VW£OPIX £V^£<br>GWSR]EFF LýQ£VW£OPIX                                                       |
| ,ýQ£VW£OPIX  | % PIZIKý LýQ£VW£OPIXI % XIWXLýQ£VW£OPIXI LEX›W WEP ZEP<br>W§XLEXIQTEV^£OIPýX E O£W^3P£OOIP LSK] E^ E TSRXSW LýQ<br>JSVV›WE PIK]IR |

## Id...zft... mez...k

| 2£Z                            | 0I\$V>W                                                                                                                    |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| %OX\$Z MHý                     | %^ EOXY>PMW XIZ£OIR]W£K WSV>R EOXSZER QS^K>WWE                                                                             |
| £XPEKSW O¯VMHý                 | %^ EOXY>PMW XIZ£OIR]W£K >XPEKSW O¯VMHINI                                                                                   |
| £XPEK QS^K>WMHý                | %^ EOXY>PMW QS^K>W >XPEKSW MHINI                                                                                           |
| £XPEK T¬^MHý                   | %^ EOXY>PMW XIZ£OIR]W£K >XPEKSW T¬^MHINI                                                                                   |
| )PXIPX MHý                     | % XIPNIW V¯K^\$XIXX MHý 4£PH>YP LE IPMRH\$XNE E XIZ<br>PI>PP\$XNE E WXSTTIVX TIVGVI QENH IPMRH\$XNE E W<br>IPXIPX MHý TIVG |
| &IJINI^£W FIGW³P               | %^ EOXY>PMW XIZ£OIR]W£K FIJINI^£W£RIO FIGW³PX MHI                                                                          |
| -RXIVZEPPYQ MHý                | %^ EOXY>PMW MHýO¯^ WXSTTIV >PXEP Q£VX MHINI                                                                                |
| /¯VMHý                         | %^ EOXY>PMW O¯V WXSTTIV >PXEP Q£VX MHINI                                                                                   |
| 9XSPW¬ O¯VMHý                  | %^ YXSPW¬ FIJINI^IXX O¯V WXSTTIV >PXEP Q£VX MHINI                                                                          |
| 9XSPW¬ QS^K>WMHý               | %^ YXSPW¬ FIJINI^IXX QS^K>W WXSTTIV >PXEP Q£VX MH                                                                          |
| 9XSPW¬ T¬^ MHINI               | %^ YXSPW¬ FIJINI^IXX T¬^ WXSTTIV >PXEP Q£VX MHINI                                                                          |
| 1S^K>WMHý                      | %^ EOXY>PMW QS^K>W WXSTTIV >PXEP Q£VX MHINI                                                                                |
| 1IRIXMHý                       | %^ EOXY>PMW XIZ£OIR]W£K WSV>R QS^K>WWE PX¯PX¯XX                                                                            |
| 1YPXMWTSVX MHý                 | )K] QYPXMWTSVX XIZ£OIR]W£K ¯WW^IW WTSVX>K>REO ¯<br>WSOEX MW                                                                |
| £PXEP>RSWER IPýV£FF<br>L>XV£FF | % G£PXIQT¬R>P NSFF ZEK] K]IRK£FF ¯WW^MHý                                                                                   |
| 4¬^ MHINI                      | %^ EOXY>PMW T¬^ WXSTTIV >PXEP Q£VX MHINI                                                                                   |
| 7SVS^EXMHý^\$Xý                | )K] IVýW\$Xý IH^£W WSV>R E^ EOXY>PMW IH^£WM WSVS^E                                                                         |
| £PP>WMHý                       | %^ EOXY>PMW XIZ£OIR]W£K WSV>R >PP>WWE PX¯PX¯XX                                                                             |
| -W^>WMHý                       | %^ EOXY>PMW XIZ£OIR]W£KLI^ XEVXS^¬ ±W^>WMHý E TM                                                                           |
| -Hý^\$Xý                       | % XIZ£OIR]W£KMHý^\$Xý EOXY>PMW MHýFI>PP\$X>WE                                                                              |

## Edz£si mez...k

| 2£Z                | 0I\$V>W                                      |
|--------------------|----------------------------------------------|
| ,>XVEP£Zý MWQ£XP£W | %Q>XVEP£Zý MWQ£XP£WIO W^>QE IK] IH^£W WSV>R  |
| 7^EOEW^LSWW^       | %^ IH^£WM W^EOEW^F¬P L>XVEP£Zý MHý MPPIXZI X |
| 7^EOEW^ XIQT¬NE    | %^ EOXY>PMW XIQT¬ E^ IH^£WM W^EOEW^FER       |
| 7^EOEW^ WIFIW£KI   | %^ EOXY>PMW WIFIW£K E^ IH^£WM W^EOEW^FER     |
| 7^EOEW^ MHINI      | %^ IH^£WM W^EOEW^F¬P IPXIPX MHý              |

A VO2Max. szabványosított értékei

)^IO E X>FP>^EXSO E :3 xQE\ £PIXOSV £W RIQ EPETN>R FIGW³PX W^EFZ>R

| *£VJMEO7^>^EP£O • | • | • | • | • | • |
|-------------------|---|---|---|---|---|
| 7^YTIV            |   |   |   |   |   |
| /MZ>P↯            |   |   |   |   |   |
| .↯                |   |   |   |   |   |
| 1IKJIPIPý         |   |   |   |   |   |
| +]IRKI •          |   |   |   |   |   |

| 2ýO 7^>^EP£O • | • | • | • | • | • |
|----------------|---|---|---|---|---|
| 7^YTIV         |   |   |   |   |   |
| /MZ>P↯         |   |   |   |   |   |
| .↯             |   |   |   |   |   |
| 1IKJIPIPý      |   |   |   |   |   |
| +]IRKI •       |   |   |   |   |   |

%^ EHEXSO YX>RRL]S'QSWVE-RMRKMXPJ£ZIP X^-VX£RX 8SZ>FFM X>N£OS^XEX  
[[[ 'SSTIV-RWXM[XF&PISVKE

FTP-besorolások

)^IO E X>FP>^EXSO E JYROGMSR>PMW O³W^-FXIPNIW\$XQ£R] \*84 RIQIRO£  
JSKPEPN>O QEKYOFER

| *£VJMEO   | [EXX OMPSKVEQQ ; OK |
|-----------|---------------------|
| 7^YTIV    | £W JIPIXXI          |
| /MZ>P↯    | £W O^-^XX           |
| .↯        | £W O^-^XX           |
| 1IKJIPIPý | £W O^-^XX           |
| )H^IXPIR  | /IZIWIFF QMRX       |

| 2ýO       | [EXX OMPSKVEQQ ; OK |
|-----------|---------------------|
| 7^YTIV    | £W JIPIXXI          |
| /MZ>P↯    | £W O^-^XX           |
| .↯        | £W O^-^XX           |
| 1IKJIPIPý | £W O^-^XX           |
| )H^IXPIR  | /IZIWIFF QMRX       |

%^ \*84 FIWSVSP>W ,YRXIV %PPIR 8WEWMRIK £SRHK£EGMLR(K £NSXIP£IWS[BV 1I  
:IPS4VIWW G\$QQIP Z£K^IXX OYXEX>W>R EPETYP

## Kerékret és keréklet

% WIFIWWÉKÉV^ÉOIPÝ EYXSQEXMOYWER ÉV^ÉOIPM E OIVÉOQÉVIXIX 7^3OW  
OIV³PIXÉX E WIFIWWÉKÉV^ÉOIPÝ FI>PP§X>WEMR>P  
%^ EFVSRGWQÉVIX E KYQMEFVSRGW QMRHOÉX SPHEP>R JIP ZER X³RXIXZI  
LEW^R>PLEXNE E^ MRXIVRIXIR IPÉVLIXÝ OEPOYP>XSVSOEX MW



