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Monitor

Polar OH1 vs Polar H10 vs Scosche Rhythm Plus - REVIEWS
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Charge the ScoSche® RHYTHM for 2 hours or until a solid blue light indicates the unit is fully charged. 1. Attach the charging base to the ScoSche RHYTHM unit (Figure 3). 2. Connect the USB to a wall charger or your computer. 3. A red flashing LED indicates that the unit is charging. 4. Remove the charging base as

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shown (Figure 4). FIGURE 3 FIGURE 4 3

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The more detail you provide for your issue
and question, the easier it will be for other
Scosche Rhythm 24 owners to properly
answer your question. Ask a question
About the Scosche Rhythm 24

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User manual Scosche Rhythm 24 (16 pages)

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<https://www.scosche.com/rhythm24> Quick
Lock Armband:

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<https://youtu.be/e5ujVQJdQ1c?t=27s>

Connectivity:

<https://youtu.be/e5ujVQJdQ1c?t=41s>

Power On / Off: <http...>

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Armband Heart Rate Monitor Users
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