



Key	Function
[Power]	Power On/Off
[Volume Up]	Volume Up
[Volume Down]	Volume Down
[Call]	Call
[End Call]	End Call
[Mute]	Mute
[Navigation Pad]	Navigation
[Function Keys]	Function Keys

1. Press the **Power** key to turn on the device.

2. Press the **Volume Up** key to increase the volume.

3. Press the **Volume Down** key to decrease the volume.

4. Press the **Call** key to make a call.

5. Press the **End Call** key to end a call.

6. Press the **Mute** key to mute the device.

7. Press the **Navigation Pad** to navigate through the menu.

8. Press the **Function Keys** to access additional features.

Key	Function
[Power]	Power On/Off
[Volume Up]	Volume Up
[Volume Down]	Volume Down
[Call]	Call
[End Call]	End Call
[Mute]	Mute
[Navigation Pad]	Navigation
[Function Keys]	Function Keys

9. Press the **Navigation Pad** to navigate through the menu.

10. Press the **Function Keys** to access additional features.

11. Press the **Navigation Pad** to navigate through the menu.

12. Press the **Function Keys** to access additional features.

13. Press the **Navigation Pad** to navigate through the menu.

14. Press the **Function Keys** to access additional features.

15. Press the **Navigation Pad** to navigate through the menu.

16. Press the **Function Keys** to access additional features.

17. Press the **Navigation Pad** to navigate through the menu.

18. Press the **Function Keys** to access additional features.

19. Press the **Navigation Pad** to navigate through the menu.

20. Press the **Function Keys** to access additional features.

Key	Function
[Power]	Power On/Off
[Volume Up]	Volume Up
[Volume Down]	Volume Down
[Call]	Call
[End Call]	End Call
[Mute]	Mute
[Navigation Pad]	Navigation
[Function Keys]	Function Keys

21. Press the **Navigation Pad** to navigate through the menu.

22. Press the **Function Keys** to access additional features.

# Manual Pro Digi X8

**H Kauffman**



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web im video sehen sie gymnastik Übungen mit dem theraband die bequem zu hause durchgeführt werden können gerade patienten mit herzschwäche sollten ein an ihre gesundheit angepasstes training durchführen damit das herz aktiv und der körper in bewegung bleibt

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web herzsport zuhause hometrainer statt couch wie sie ihr inneres faultier überlisten und ihre ausdauer in den eigenen vier wänden stärken sport zuhause bietet viele vorteile sie sind zeitlich flexibel müssen bei schlechtem wetter nicht

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web apr 24 2018 praxisvita nennt die gesündesten sportarten fürs herz das herz eines sportlers fördert pro schlag viel mehr blut als das eines bewegungsmuffels dadurch muss es seltener schlagen außerdem hält bewegung die gefäße weit indem sie das schädliche ldl cholesterin im blut reduziert und so arteriosklerose vermindert

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web hampelmann kniebeugen und co einfaches training für zu hause um sich fit zu halten geben wir ihnen in unserem bewegungsratgeber 10 leicht umzusetzende sportübungen an die hand die unkompliziert und überall ohne probleme schnell ausgeführt werden können

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web aug 7 2022 herztraining so trainieren sie ihren wichtigsten muskel das herz lässt sich fit machen wie andere muskeln ein gesundes herz verlängert sogar das leben was man über herzfrequenz

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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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web apr 26 2017 forschler der american heart association raten viermal wöchentlich eine viertelstunde lang entspannungs Übungen wie yoga oder progressive muskel entspannung durchzuführen das reduziert das herzzinfarkt risiko um rund 50 prozent und sorgt für ein gesundes herz