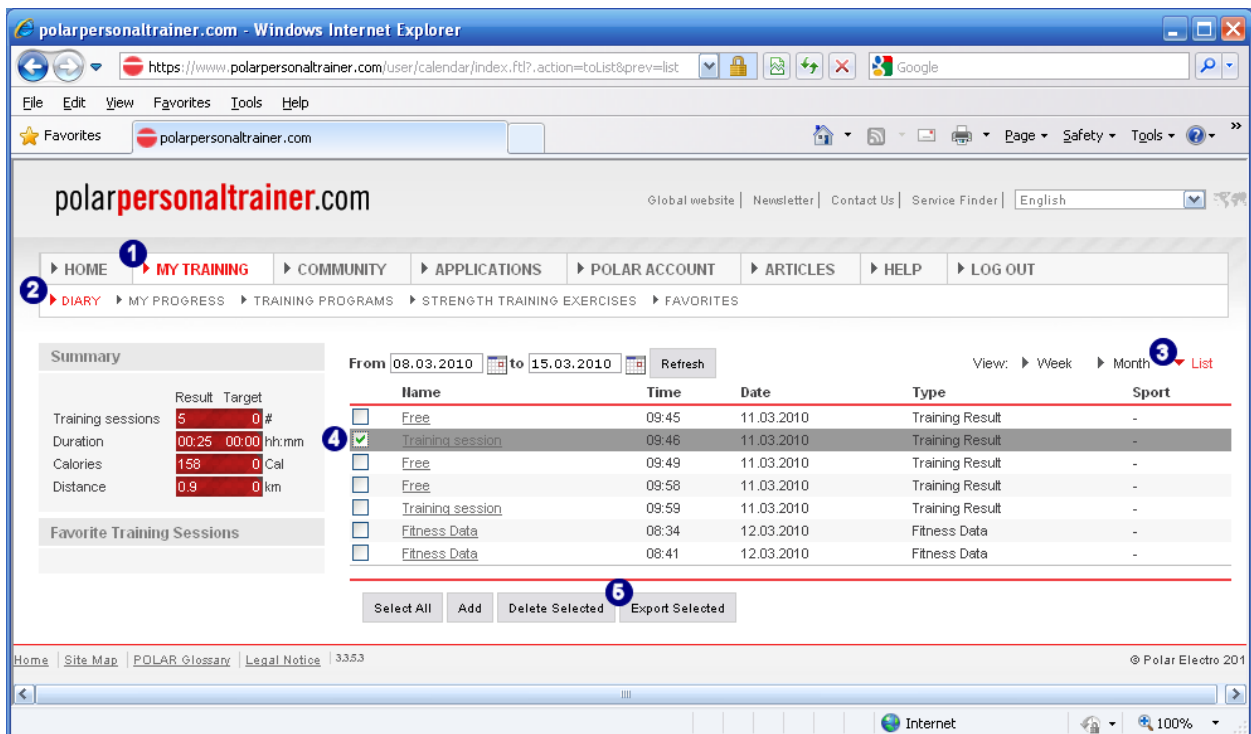


## Downloading Workouts from Polar Personal Trainer into VidaOne Diet & Fitness 3

Log into your account PolarPersonalTrainer.com, and proceed as follows:

1. Click MY TRAINING
2. Click DIARY
3. Click LIST
4. Select one workout
5. Click Export Selected, and click Save to save the file onto your PC.



6. In VidaOne Diet & Fitness, select the Fitness toolbar, click Import XML Files in the Polar group, and select the XML file saved in step 5 above.

