

## Timex Ironman Road Trainer Manual

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## Timex Ironman Road Trainer Manual

The Timex Ironman Road Trainer Heart Rate Monitor Watch has an excellent memory system that can track either the time you spend exercising or the number of laps you take on the track. This allows you to not only measure the performance of your heart rate over time but monitor the workout itself.

## Timex Ironman Road Trainer Review - 10 Best Reviewed

Product description An essential training companion that makes a bold statement, the Timex Ironman Road Trainer digital heart rate monitor series offers performance and comfort in a next-generation style. This innovative tool is designed for both fitness enthusiasts and weekend warriors to help them meet their exercise goals.

## Amazon.com : Timex Men's T5K719 Ironman Road Trainer ...

Replacement 18mm Resin Strap for Ironman Road Trainer is rated 2.6 out of 5 by 5. Rated 5 out of 5 by Dihan from Great watch to have Thanks to Timex for making this watch.

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maybe a Polar in the future. Iâ€™d like to be able to upload stuff to a PC, etc.

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The Ironman Road Trainer seems accurate and durable. The heart rate readings are easy to confirm by checking my pulse, and the Timex heart rate monitor matches that pretty well. In use, the readings range from low 70s to the low 170s which seems about right for me.

[Techunboxed: Timex Ironman Road Trainer \[Review\]](#)

But for his training plan, the key is finding the perfect timing device. After training with my Timex Ironman Run Trainer 2.0, I don't think I will ever run without it.

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Designed for fitness enthusiasts and weekend warriors alike, the women's digital Timex Ironman Road Trainer heart rate monitor is an essential workout companion that makes a bold style statement.

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