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Thousands of people are getting crazy to buy the triathlon watch owing to its high usage. The Garmin forerunner 305 is the latest version of heart monitor which is even slimmer when compared with earlier models. Hence, it can be used rightly by plenty of men and women who go for running and jogging. Also, it is easy to wear for those who are engaged in aerobic exercises and swimming since it is water-proof. The device has a large dial so that you can easily see the time, your pulse rate and other readings. An athlete can see the readings while he is on the move without wasting even a single minute. In other words, you need not bend to read the monitor readings since the font is easy to read from distance also.By using this device, those who go for mountaineering expedition can easily find out the altitude of the slope or mountain. This modern watch is capable of giving correct reading since it is fitted with GPS altimeter. Having this watch on your hand you are well motivated to perform more activities of workouts since you are encouraged to practice more by seeing this monitor. The software program built inside is enough to keep you on track and monitor your activities. Hence it functions as a virtual partner for many sports personalities and athletes.

It is possible for you to collect and save the data just like you do in your laptop and desktop. In this way you can record earlier readings of the heart rate and palpitation rate and thus save the reading to compare them with the current readings. This high tech watch can effectively monitor your heart readings along with several functions. For swimmers, it is certainly a boon since it measures and tells the exact reading of the strokes in water. It is highly water resistant and you can use them comfortably inside water. You can store any number of data and you can carry it with you while you are in outdoors also. A wrist watch which is technologically designed can prevent millions of people from getting sudden stroke or heart attack, if they monitor the readings in routine. Garmin forerunner 305 can also be purchased online from authorized dealers. The price of this high tech watch has gone down drastically and it is wise to invest on it now to keep you informed about sudden emergencies. The information given by the GPS tool is amazingly reliable and even cardiologists have wondered about its technology in displaying exact readings.

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