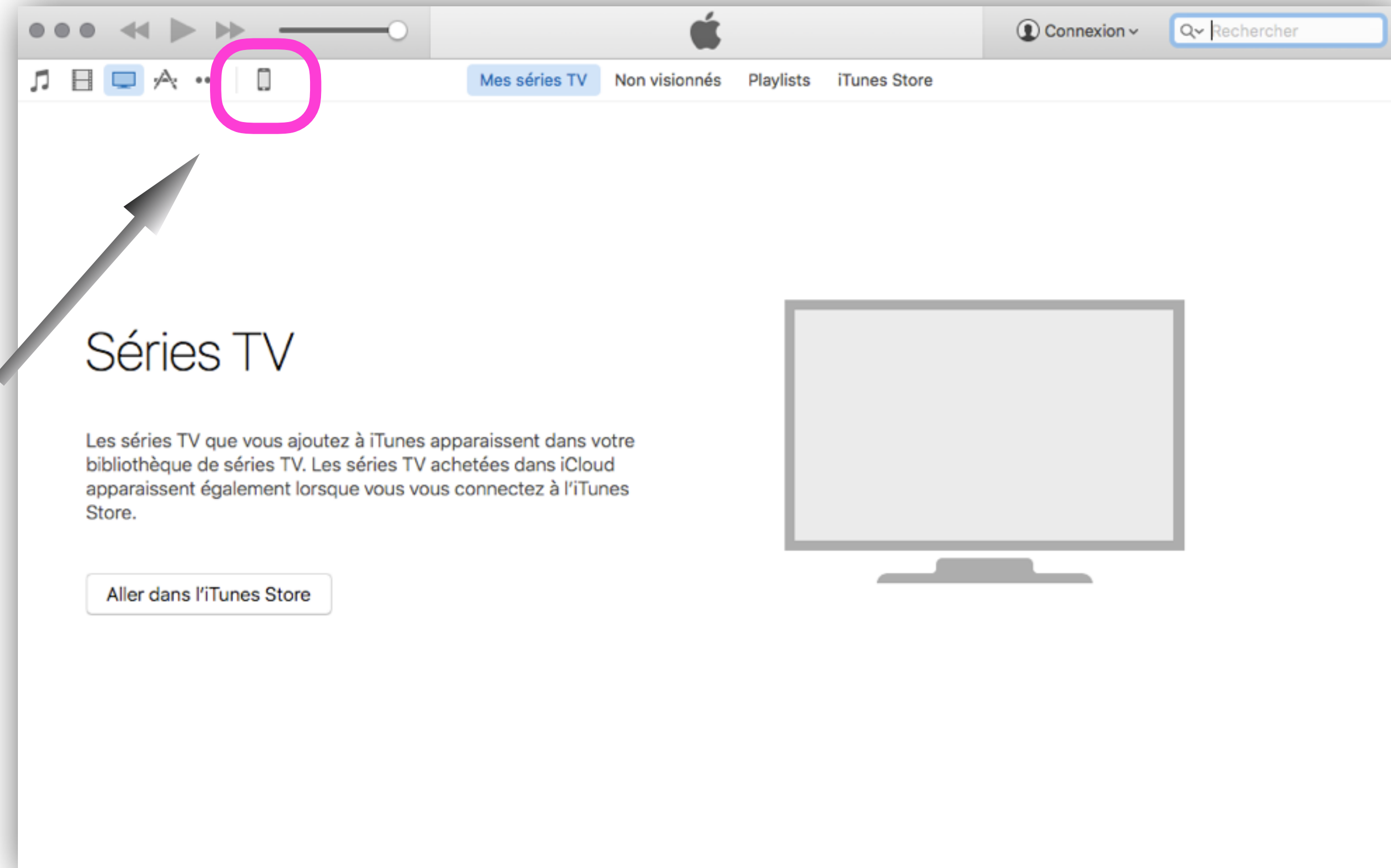


# SHARING Long recording Polar recorded Files

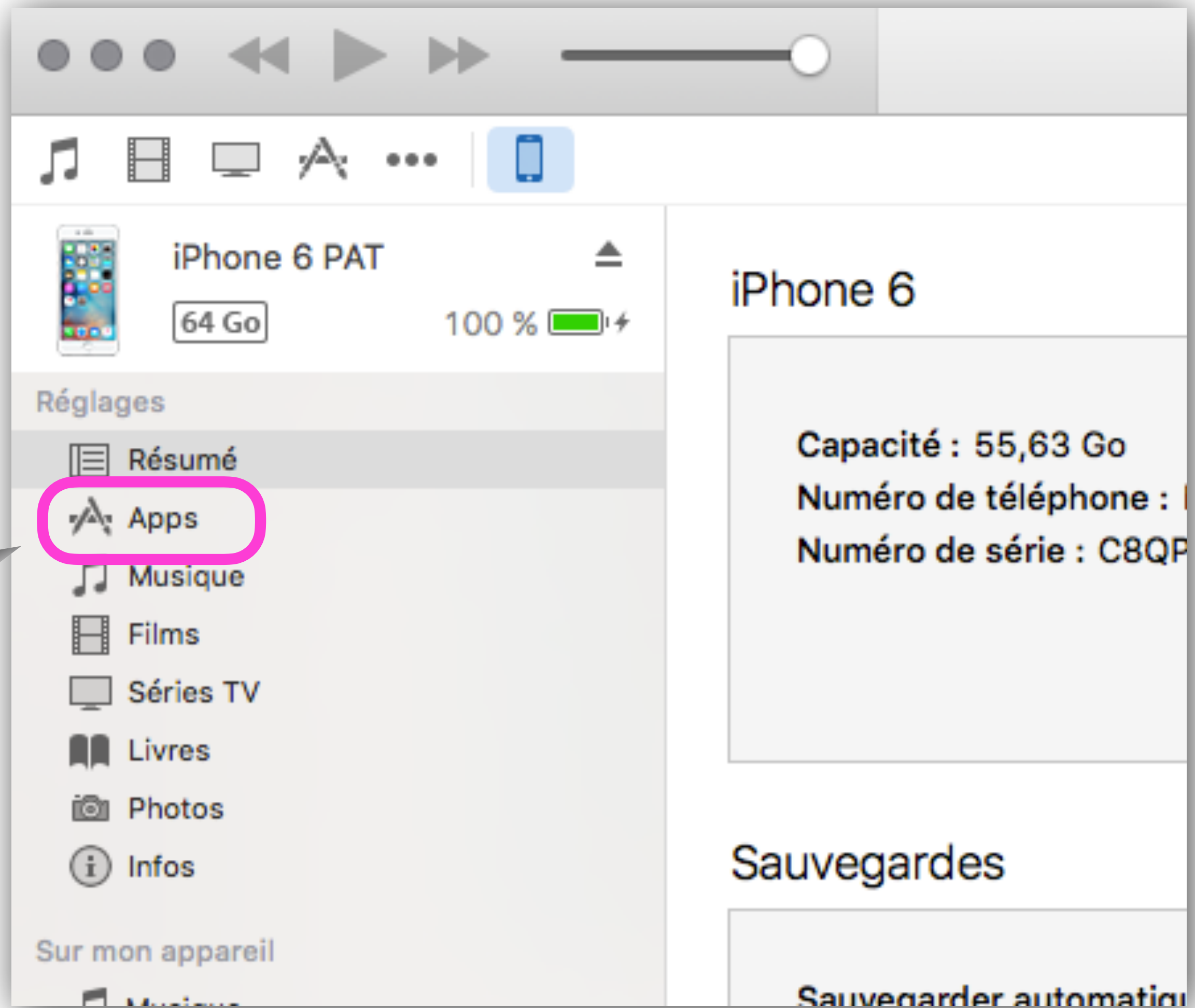
Open iTunes  
and connect  
your iPhone

This small icon  
should appear

Click on it...

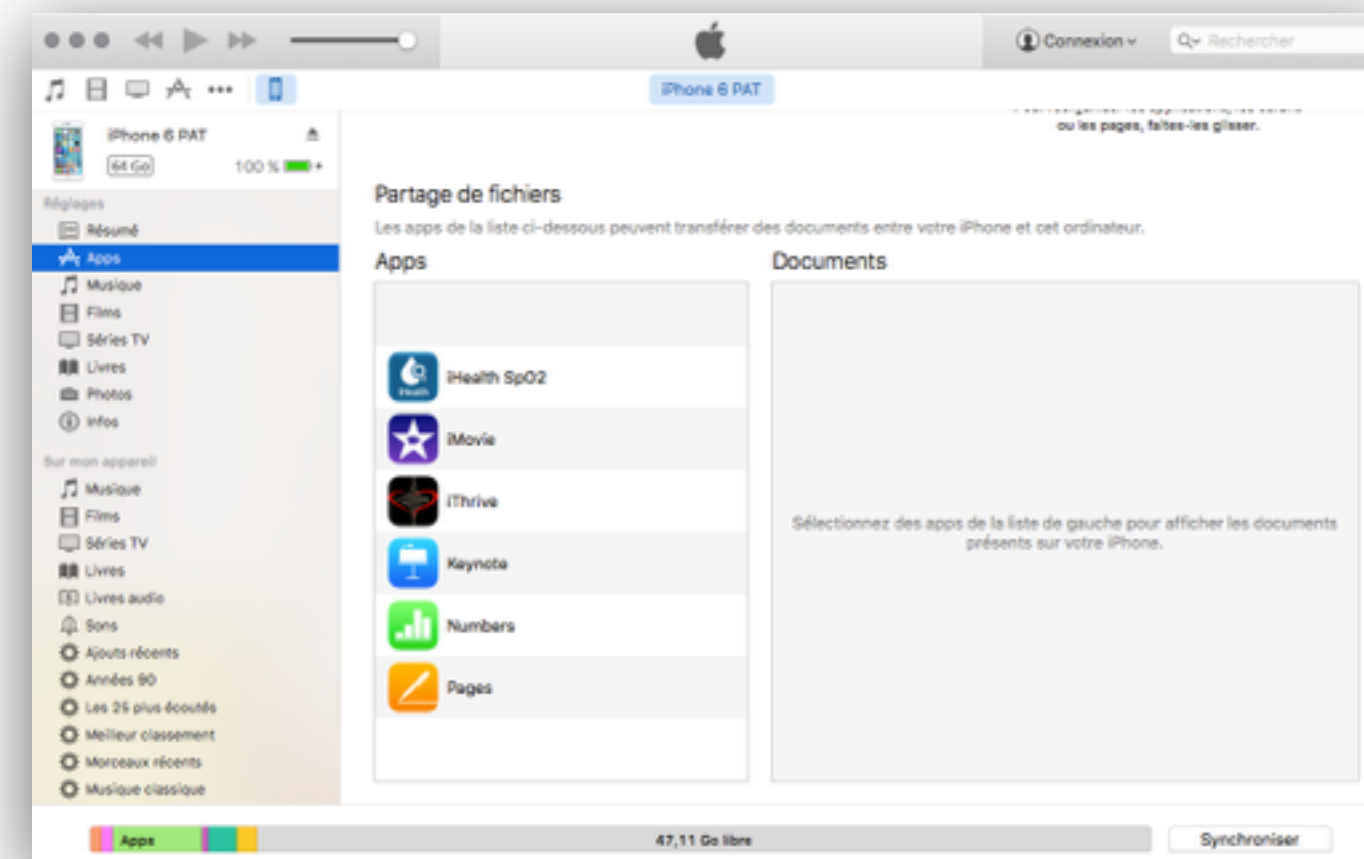
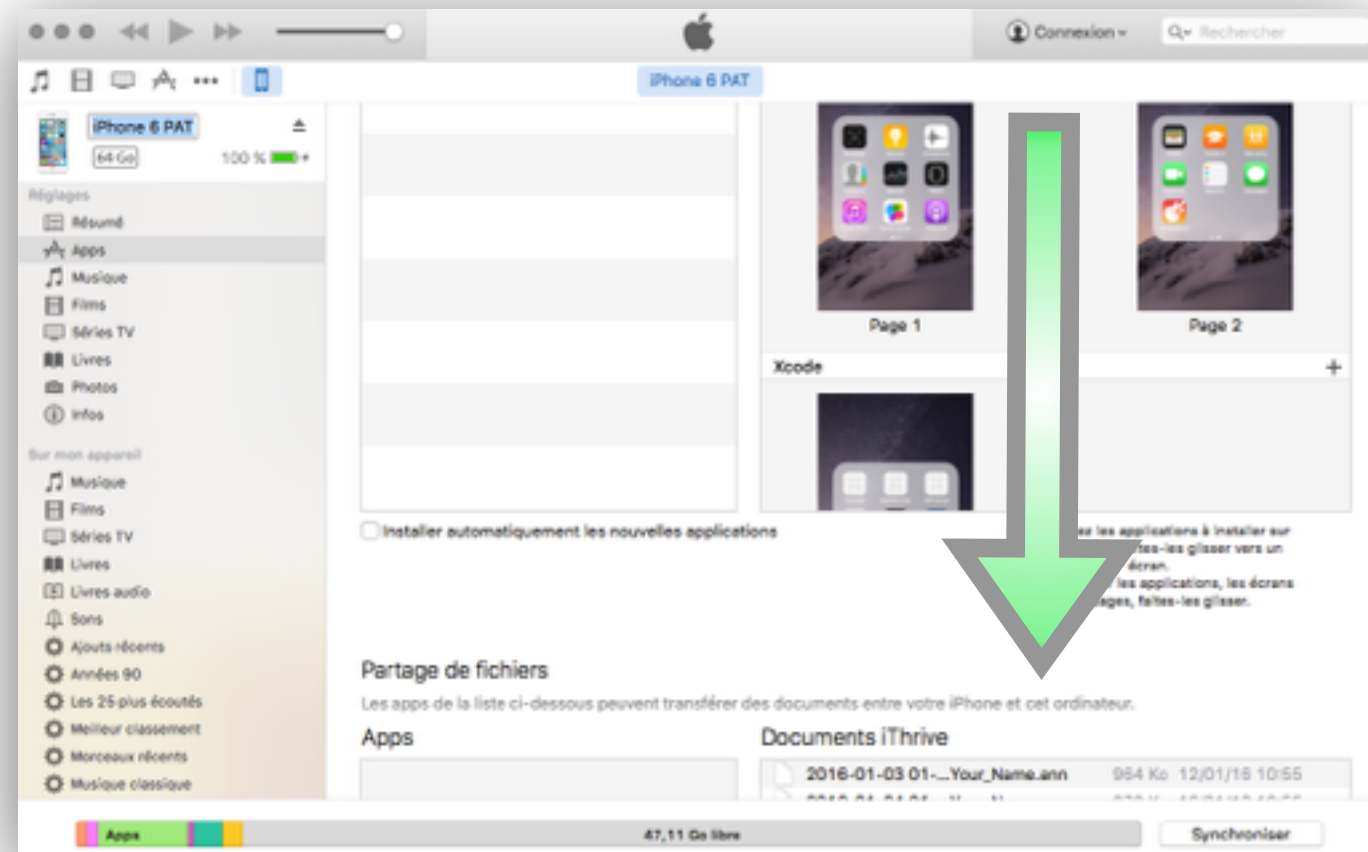


Select  
Apps



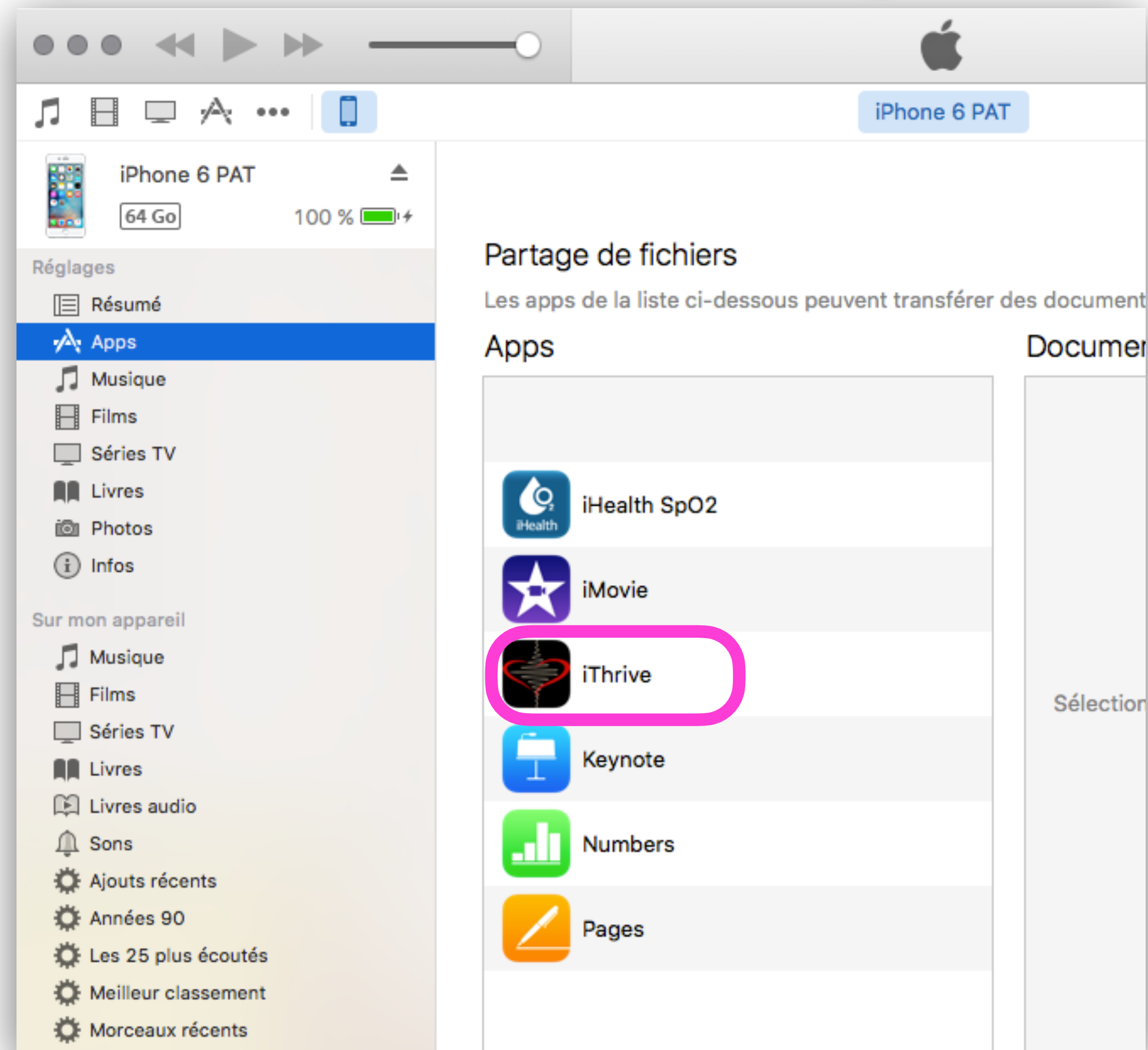


Swipe down  
the right part  
of the screen  
up to the bottom part

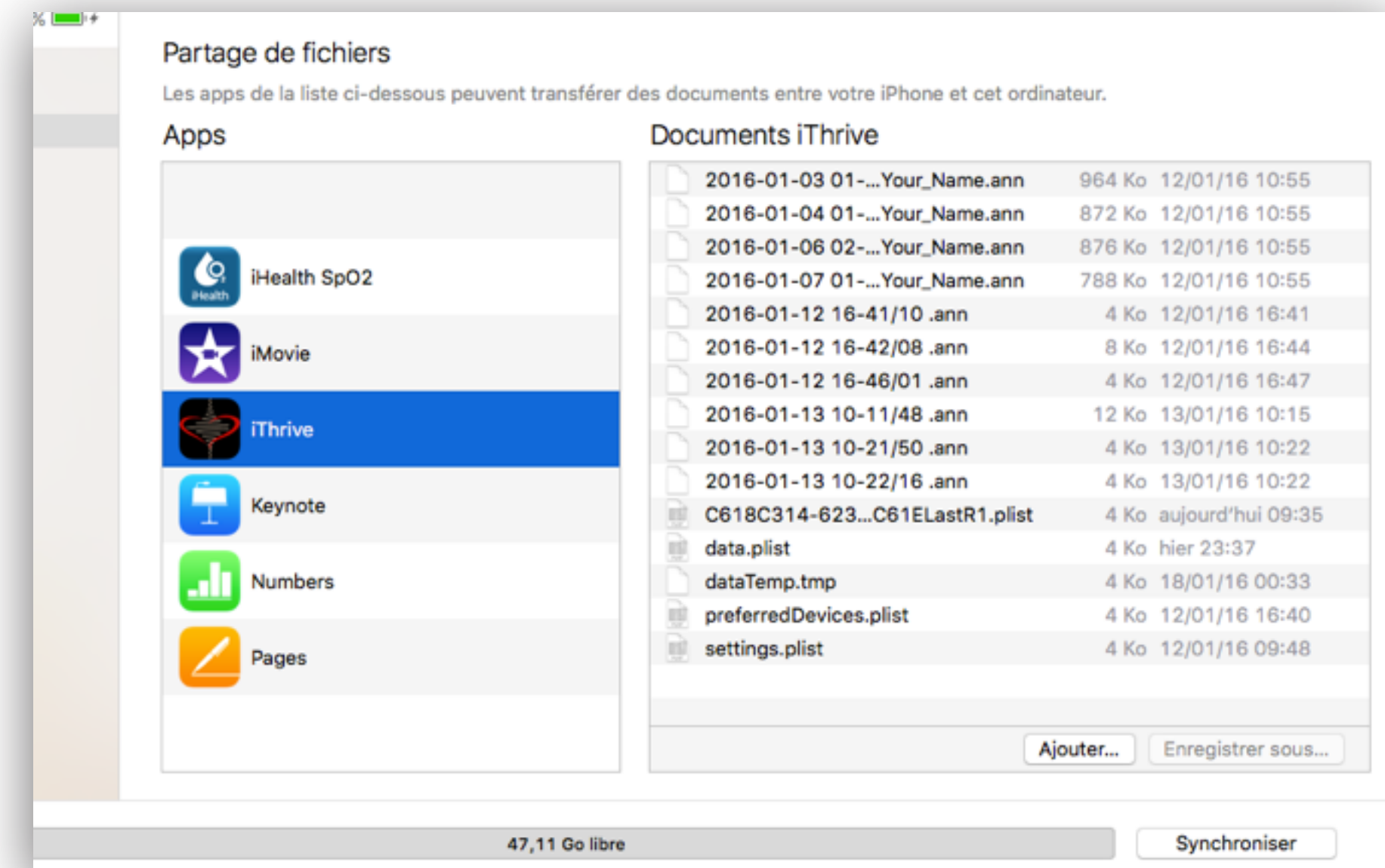




# Select iTrve App



The list of the recorded files appears on the right



All the recorded files have a  
« .ann » extension

Please, DO NOT modify the  
other files of this folder !!!!

You can change the name of  
the files, but always with  
« .ann » extension

Files can be exported or  
imported to or from this folder

Documents iThrive

2016-01-03 01-...Your_Name.ann	964 Ko	12/01/16 10:55
2016-01-04 01-...Your_Name.ann	872 Ko	12/01/16 10:55
2016-01-06 02-...Your_Name.ann	876 Ko	12/01/16 10:55
2016-01-07 01-...Your_Name.ann	788 Ko	12/01/16 10:55
2016-01-12 16-41/10 .ann	4 Ko	12/01/16 16:41
2016-01-12 16-42/08 .ann	8 Ko	12/01/16 16:44
2016-01-12 16-46/01 .ann	4 Ko	12/01/16 16:47
2016-01-13 10-11/48 .ann	12 Ko	13/01/16 10:15
2016-01-13 10-21/50 .ann	4 Ko	13/01/16 10:22
2016-01-13 10-22/16 .ann	4 Ko	13/01/16 10:22
C618C314-623...C61ELastR1.plist	4 Ko	aujourd'hui 09:35
data.plist	4 Ko	hier 23:37
dataTemp.tmp	4 Ko	18/01/16 00:33
preferredDevices.plist	4 Ko	12/01/16 16:40
settings.plist	4 Ko	12/01/16 09:48