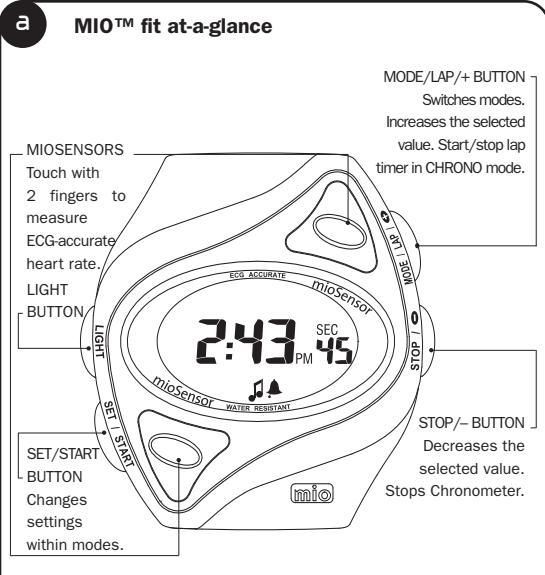


→ get your heart rate without a chest strap



b MODES OF OPERATION

TIME

- Displays time
- Default/starting point for all MODES and functions

CALENDAR

- Displays day and date

CHRONOMETER

- Exercise MODE
- Times workouts
- Times laps

ALARM

- Sets alarm and/or hourly chime

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HOW TO OPERATE SET BUTTON
Whatever MODE you are in, use the SET button to record the values you want:

- Hold SET until beep (2 seconds).
- Value you are setting will flash.
- Use + to move forward, - to go back.
- When value is adjusted, press SET again.
- Repeat as needed.
- When finished, hold SET until beep (2 seconds).

TO USE LIGHT

Press LIGHT. Light will stay on for 7 seconds.

c FIT SPECIFICATIONS

Chronometer/Stopwatch (CRN): 99:59.59
 Maximum Readable Heart Rate: 199 BPM
 Minimum Readable Heart Rate: 43 BPM
 Luminescent Backlight: 7-second display
 Water Resistance: 30 meters
 Operating Temperature: 0°C to 40°C
 Lens: acrylic
 Watchcase: ABS
 Caseback: stainless steel
 Strap: polyurethane
 Buckle: stainless steel
 Battery: standard lithium type CR2032
 Expected Battery Life: 1 year

Made in China

d MIO™ HEART RATE QUICK START

1 Push watch above wrist bone.

Strap on mio™
If your arms are thin, push watch up to thicker part of arm.

2

Sitting
Rest your arm lightly against body or on tabletop.

Standing
(walking/running/jogging) Keep arm low (below chest) and relaxed when in motion, moving naturally.

Fingers
Put index finger (pad, not tip) on lower MioSensor.
Put middle finger (pad, not tip) on upper MioSensor.

Have thumb gently pressing on watchstrap buckle for support.

3

4

Rest middle finger pad lightly on MioSensor – button does not depress.

Press down gently with index finger pad until heart icon flashes.

Take Heart Rate
When in motion, keep finger pads firm and stable on MioSensors.

5

Read Heart Rate
Wait for beep before raising arm to look at readout (5-7 seconds).

If unsuccessful, moisten finger pads and try again.

If you receive an incorrect half-reading, moisten finger pads and try again.

e Set TIME

- Hold SET until beep (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Do the same for minutes, seconds, AM/PM values.
- To stop making changes at any time, hold SET until beep. New settings will be stored.

f Set CALENDAR

- Press MODE once to go from TIME to CALENDAR.
- Hold SET until beep (2 seconds). Year digits blink.
- Press + or - to reach correct year. Press SET.
- Do the same for month, day of month and weekday.
- To stop making changes at any time, hold SET until beep.
- To return to TIME, press MODE 3 times or wait 60 seconds.
- If checking date, Mio™ returns to TIME automatically after 10 seconds.

g Set HOURLY CHIME/ALARM

- Press MODE 3 times to go from TIME to ALARM.
- Press SET:
 - 1 x to turn on HOURLY CHIME (music icon) only.
 - 2 x to activate ALARM (bell icon) only.
 - 3 x to turn on both HOURLY CHIME and ALARM.
 - 4 x to turn off both HOURLY CHIME and ALARM.

TO SET ALARM

- Hold SET until beep (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Do the same for minutes and AM/PM values.
- To stop making changes at any time, hold SET until beep.

To return to TIME, press MODE 1 time or wait 60 seconds.

h USING EXERCISE/CHRONOMETER

- Press MODE 2 times to go from TIME to CHRONOMETER (CRN).
- Press SET to start your workout.
- Record your heart rate anytime while exercising.
- Press STOP when finished.
- Press STOP again to reset CHRONO to zero

To return to TIME, press MODE 2 times or wait 60 seconds.

i TAKING YOUR HEART RATE

- To take your HEART RATE from any MODE:
- Place index finger (pad, not tip) down on lower MioSensor and middle finger (pad, not tip) on upper MioSensor with thumb gently pressing on watch buckle for support.
- Press down gently with index finger pad until heart icon flashes.
- Wait for beep before raising arm to look at readout (5-7 seconds). Heart rate appears in Beats per Minute (BPM).

You return to the previous mode 5 seconds after removing your finger pads from the MioSensors.

TROUBLESHOOTING POINTERS

- If you don't get your heart rate within 10 seconds, moisten finger pads and try again. It helps to wear your Mio™ for a little while to allow a layer of moisture to build up between the back of the watch and your arm. Do not press too hard on sensors.
- If you still don't get your heart rate, you may fall into a category of people that may not be able to use Mio™ all the time, including those that have pacemakers, a very irregular heart beat or a small ECG signal. Contact the Physi-Cal Customer Service Center for assistance.
- If Mio's calculations start to vary significantly from what you have come to expect, if the digits freeze or if the face is blank, replace Mio's battery (see Section L).

MIO™ PERSONAL ID NUMBER

- Mio™ comes with a personal identification number. Register this number on Mio's website at www.miowatch.com to access the wide world of Mio™, including:
 - Online personal trainers for fitness program development and menu planning
 - Updated calorie tables
 - Newsletters with up-to-the-minute information on fitness and nutrition
 - Contests and prizes
- Your personal diary, where you can computer-set a daily calorie target, plus chart your weight gain/loss progress, write in goals & challenges, plus much more!

YOUR PERSONAL MIO™ ID

Physi-Cal Enterprises Inc.
PMB 342 250 "H" Street
Blaine, WA 98230-4033
1.877.566.4636 (INFO)
fax 604.224.9194
www.miowatch.com

j MIO™ HEART RATE TRAINING

- Use the Mio™ Heart Rate Training Zone chart to determine your target Heart Rate Zone.
- Use Mio™ to measure your current heart rate (CHR) and adjust your workout intensity to stay in your target zone.

SELECT A HEART RATE ZONE

People have different reasons to exercise: to increase cardiovascular health, to recuperate after heart surgery, to lose weight or to increase athletic performance. Therefore, not everyone needs to exercise at the same intensity. There are five heart-rate zones based on the percentage of maximum heart rate (MHR). Determine your goal and exercise at a level that keeps you within one of the following zones:

Health Zone 50 – 60% of MHR

Brisk walking or strength training; improves health, but not necessarily fitness (eg brisk walking or strength training); helpful to patients with heart disease, obesity and arthritis; breathing is comfortable; talking is easy.

Conditioning Zone 60 – 70% of MHR

Slow jogging; suitable for beginners and warming up; longer sessions required to burn fat and lose weight; breathing more noticeable; conversation still fairly easy.

Aerobic Fitness Zone 70 – 80% of MHR

Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder; conversation still possible.

Anaerobic Power Zone 80 – 90% of MHR

Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.

Competitive Training Zone 90 – 100% of MHR

All-out running; short bursts used in interval training by athletes and in sprint activity in most sports; quite heavy breathing.

USING THE MIO™ HEART RATE TRAINING ZONE CHART

1. Find your Column using your age. For example, a 45 year old female would use Column D. Typical maximum heart rates (MHRs) for your age are shown in your Column. (If you know your MHR you can also use it to determine your Column.)
2. Choose the appropriate Heart Rate Zone based on your level of fitness and goals. For example, a beginner might choose the Conditioning Zone. Your selected Heart Rate Zone defines the row to use.
3. Find your target heart rate range in your Column of the selected row. For example, a 45 year old female (Column D) wanting to exercise in the Conditioning Zone (row) should keep her heart rate in the range of 111 – 130 beats per minute.

MIO™ HEART RATE TRAINING ZONE CHART

		Age and Maximum Heart Rate (MHR)						
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79
Female		16 - 23	24 - 32	33 - 41	42 - 50	51 - 58	59 - 67	68 - 76
Male		202 - 196	195 - 189	188 - 182	181 - 175	174 - 168	167 - 161	160 - 154
MHR								
Column		A	B	C	D	E	F	G
Heart Rate Zones								
Competitive Training Zone		180 - 199	176 - 192	171 - 185	167 - 178	162 - 171	158 - 164	153 - 157
Anaerobic Power Zone		160 - 180	156 - 176	152 - 171	148 - 167	144 - 162	140 - 158	136 - 153
Aerobic Fitness Zone		140 - 160	137 - 156	133 - 152	130 - 148	126 - 144	123 - 140	119 - 136
Conditioning Zone		120 - 140	117 - 137	114 - 133	111 - 130	108 - 126	105 - 123	102 - 119
Health Zone		100 - 120	98 - 117	95 - 114	93 - 111	90 - 108	88 - 105	85 - 102

k DISCLAIMER

The material in the Instruction Guide is for information purposes only. The Mio™ watch described is subject to change without prior notice, due to the manufacturer's continuous development program. The Mio™ watch and Instruction Guide are intended to support a sensible approach to health and fitness. They are not intended to replace professional medical advice related to diet, exercise or weight loss. Physi-Cal Enterprises shall not be liable for any damages, direct or incidental, consequential or special, arising out of, or related to, the use of Mio™ and accompanying documents. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. The information in the Instruction Guide is intended to be used as a general guide only and may not be appropriate to specific users. Mio™, while designed to provide an ECG-accurate heart rate, is neither designed nor warranted for medical use and should not be relied upon for medical purposes. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

l To Change Mio's Battery

NOTE: IT IS ADVISABLE TO USE A REPUTABLE JEWELER THAT CAN TEST FOR WATER RESISTANCE AFTER CHANGING THE BATTERY. PLEASE READ WARRANTY.

1. Place watch face down on a table, with MODE/LAP and STOP switches on left side and SET/START and LIGHT switch on right side.
2. Remove the 4 screws from back plate. (Diagram A)
3. Remove back plate. (Diagram B). Notice the rubber gasket around edge of case. If gasket comes out, handle carefully.
4. Release latch holding battery in place by inserting small screwdriver into groove. Bend it gently away from you to release the latch. (Diagram C)
5. Release battery by inserting small screwdriver into slot at the bottom left or right side of battery and popping up. (Diagram D)
6. Take out the battery. (Diagram E)
7. Put in the new battery. Positive (+) side must face down. (Diagram E)
8. Snap latch back into original position by gently pushing down with finger. (Diagram F)
9. Carefully replace rubber gasket.
10. Screw in the four screws holding the back plate. (Diagram A)



m limited (one year) warranty

THE MIO™ LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO™ FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO™ LIFESTYLE WATCH. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO™ LIFESTYLE WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO™ FITNESS WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$10.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSI-CAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1.877.566.4636. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.

YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: PHYSI-CAL ENTERPRISES INC., PMB342 250 "H" STREET, BLAINE WA 98230-4033

NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.