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USER'S GUIDE

wave
mio™

→ get your heart rate without a chest strap

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a MIO™ WAVE AT-A-GLANCE

MIOSENSORS
Touch with 2 fingers to measure ECG-accurate heart rate.

LIGHT BUTTON
LIGHT

MODE/LAP/+ BUTTON
Switches modes. Increases the selected value. Start/stop lap timer in CHRONO mode.

STOP/- BUTTON
Decreases the selected value. Stops Chronometer.

SET/START BUTTON
Changes settings within modes.

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

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

TO USE LIGHT
Press LIGHT. Light will stay on for 7 seconds.

c MODES OF OPERATION

TIME

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

CALENDAR

- Displays day and date
- Records personal data – birthday, gender & weight (first time only)

CHRONOMETER

- Exercise MODE
- Times workouts
- Times laps

ALARM

- Sets alarm and/or hourly chime

b MIO™ HEART RATE QUICK START

STRAP ON MIO™
If your arms are thin, push watch up to thicker part of arm.

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.

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.

Have thumb gently pressing on watchstrap buckle for support.

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.

d 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.

e 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, weekday, birth year, birth month, birth day and male/female icon.
- 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.

f SET HOURLY CHIME/ALARM

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

i 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. Your percentage of maximum heart rate appears to the right of your heart rate.
- Press STOP when finished.
- Press STOP again to reset CHRONO to zero

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

j 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).
- The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%). Mio™ calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 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 receive an incorrect half-reading (eg, 70 BPM instead of 140 BPM), moisten finger pads and try again. If this problem persists, contact the Physi-Cal Customer Service Center for assistance.
- 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 M).

k DISCLAIMER

The material in the Instruction Guide and MioSense booklet 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, Instruction Guide and MioSense booklet 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 and MioSense booklet is intended to be used as a general guide only and may not be appropriate to specific users. In particular:

Maximum Heart Rate. Consult a doctor to determine your personal maximum heart rate. Mio™ uses complex formulae that generally predict the HR based upon studies of subjects with healthy hearts. The percentage of maximum calculations are not to be relied upon especially if you have a history of heart disease, stroke, high or low blood pressure, diabetes, asthma or other circulatory or respiratory conditions.

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.

Return Address for Service and Repairs:

Physi-Cal Enterprises Inc.
7501 N Harker Dr.
Peoria, IL 61615
1.877.770.1116
fax 604.224.9194
miowatch.com

1 WAVE SPECIFICATIONS

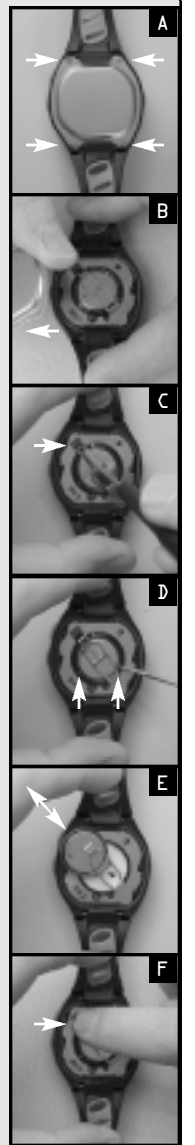
Chronometer/Stopwatch (CRN): 99:59.59
% Maximum Heart Rate: 99%
Maximum Readable Heart Rate: 199 BPM
Minimum Readable Heart Rate: 43 BPM
Luminescent Backlight: 7-second display
Water Resistance: 30 meters
Operating Temperature: 0°C to 40°C
Lens: acrylic
Watchcase: ABS
Caseback: stainless steel
Strap: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

Made in China.

m 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)



n 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. \$7.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL 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: PHYSICAL 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.