

## USER'S GUIDE

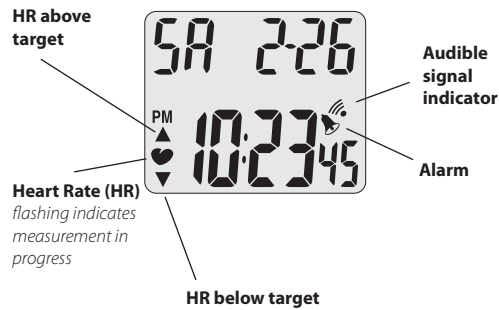
# zone plus

## mio™

### PERFORMANCE

- obtain your ECG accurate heart rate without a chest strap
- set and monitor your average heart rate and target zone for effective cardio training
- take your cardio workout to the next level with the 16 lap interval timers

## A. MIO ZONE PLUS AT-A-GLANCE



To turn on backlight, press and hold **OPTION** button for 2 seconds; it will light up for 5 seconds. To keep backlight on for an additional 5 seconds, press any button.

### SET button

allows you to adjust settings in various modes; to start and stop in Stopwatch Timer, Countdown Timer and Lap Modes

### UPPER MIO sensor

### OPTION button

switches between different options within main mode (see Section B); turns on backlight.

### LOWER MIO button

### MODE button

switches between main operating modes (see Section B)



## B. MODES OF OPERATION

Press **MODE** to move to the next mode.

### TIME & DATE

- Displays time and date

### ALARM

- Set alarm

### AVERAGE HEART RATE

- Displays your average heart rate during workout (stopwatch must be running)

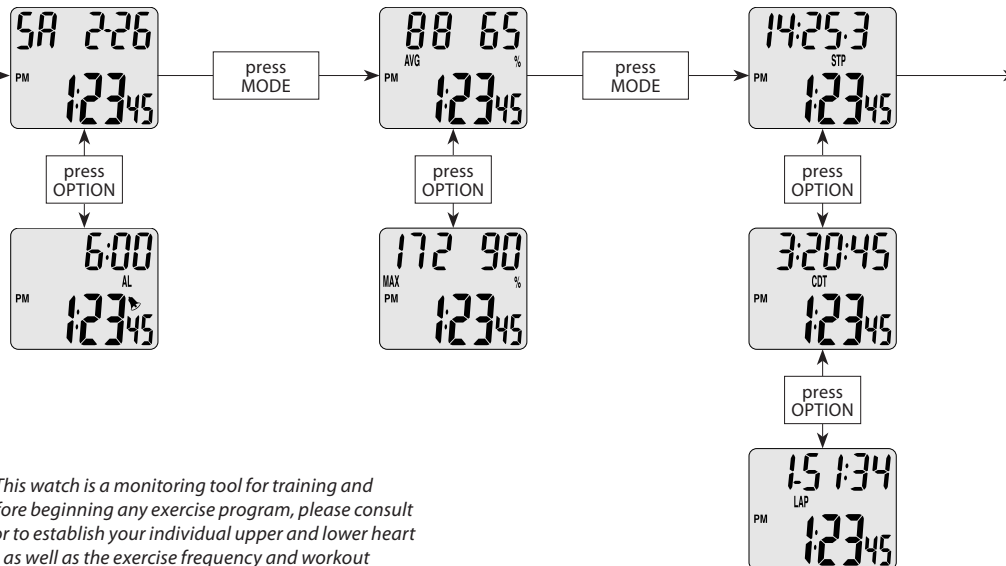
### MAX. HEART RATE

- Displays your maximum heart rate during workout

### STOPWATCH

### COUNTDOWN TIMER

### LAP TIMER

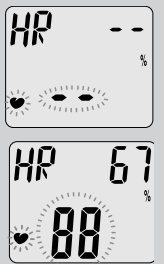


*Warning: This watch is a monitoring tool for training and fitness. Before beginning any exercise program, please consult your doctor to establish your individual upper and lower heart rate limits, as well as the exercise frequency and workout duration appropriate for your age and current fitness level.*

## C. TAKE YOUR HEART RATE



- Place index finger (pad not tip) down on **LOWER MIO** button & rest middle finger (pad not tip) on **UPPER MIO** sensor.
- Place thumb on watch buckle for support.
- Press down with index finger pad until heart icon flashes.
- Wait for heart rate readout (5–7 seconds). Mio will beep to let you know that the reading is ready. 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.

## D. SET TIME

- In Clock Mode, press and hold **SET** button for 2 seconds until "hold" message disappears.
- Release **SET** button and press set to change between 24 and 12 hour options.
- Press **MODE** button to select and advance to hour digit setting.
- Press **SET** button to adjust hour digit (hold button for fast advance).
- Press **MODE** button to select and advance to minute setting. Repeat process for minute setting.

*Note: 12 hour clock will display American calendar format of month/date. 24 hour clock will display European calendar format of date/month.*

- Press **MODE** button to select and advance to Date setting.
- Press **SET** button to change year (hold button for fast advance).
- Press **MODE** button to select and advance to month setting.
- Press **SET** button to adjust day (hold button for fast advance).
- Press **MODE** button to select and exit.

## E. SET ALARM

- In Clock Mode, press **OPTION** button to select Alarm.
- Press and hold **SET** button for 2 seconds until "hold" message disappears.
- Press **SET** button to change between on and off options.
- To turn off, press **MODE** button when "off" appears. To exit to Clock Mode, press **MODE** button twice and **OPTION** button once.
- To turn on without changing alarm setting, press **MODE** button when "on" appears. To exit to Clock Mode, press **MODE** button twice and **OPTION** button once.

- To change alarm setting, press **OPTION** button to cycle through to select specific weekday or "all." Alarm will sound on specified day (MO on) or everyday (ALL on). Press **MODE** button to select and advance to time setting.
- To set time, press **SET** button to adjust hour digit (hold for fast advance). Press **MODE** button to select and advance to minute setting. Repeat process for minute setting.
- To exit to Clock Mode, press **OPTION** button once.

## F. AUDIBLE SIGNAL

To turn on or off beeper, press and hold **MODE** button for 2 seconds. Beeper icon displays when beeper is on.

## G. HEART RATE FUNCTIONS

### FINGER SENSE HEART RATE DETECTION

There are two sensors on the face of the watch. To measure your heart rate, place your finger pads on each, pressing gently. "HR" appears at upper left, your heart rate in beats per minute below and the estimated percentage of maximum heart rate in the upper right. (See section on Average Heart Rate Mode to set maximum heart rate.) Release your fingers and Mio ZONE PLUS will return to the previous mode.

### HEART RATE TRAINING ZONE

To personalize a safe and effective workout, you can set your own training zone limits.

*Note: To decrease values when entering personal information keep scrolling up until the maximum value changes over to the lowest value.*

### STEP 1:

Use the following Heart Rate Zone chart to select the zone you wish to exercise in. You should consult a medical professional when selecting a training zone, especially if you have a heart condition.

Heart Rate Zone	% of Maximum heart rate
<b>Health Zone</b>	<b>50-60%</b>
Brisk walking; improves health, but not necessarily fitness (ie strength/endurance); good for warm up and cool down sessions; helpful for many patients with heart disease, obesity and arthritis; breathing is comfortable, talking is easy.	
<b>Conditioning Zone</b>	<b>60-70%</b>
Slow jogging; suitable for beginners and warm ups; longer sessions required to burn fat and lose weight; breathing more noticeable, but conversation still fairly easy.	
<b>Aerobic Fitness Zone</b>	<b>70-80%</b>
Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder, but conversation still possible.	
<b>Anaerobic Power Zone</b>	<b>80-90%</b>
Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.	
<b>Competitive Training Zone</b>	<b>90-100%</b>
All-out running; short bursts used in interval training by athletes and in sprint activity in most sports; quite heavy breathing.	

#### STEP 2:

Calculate your MHR using the same equation Mio does:

- Men:  $(214 - (0.8 \times \text{age in years})) = \text{MHR in BPM (Beats per Minute)}$
- Women:  $(209 - (0.7 \times \text{age in years})) = \text{MHR in BPM}$
- Example:  $(214 - (0.8 \times 35)) = 186 \text{ BPM (35 year-old man)}$

#### STEP 3:

Multiply your MHR by the higher percentage and the lower percentage of your zone. If you wish to exercise in the Aerobic Fitness Zone, you would multiply as follows:

- 186 x 80% = 149 BPM (Upper HR Threshold)
- 186 x 70% = 130 BPM (Lower HR Threshold)

#### STEP 4:

Set training zone limits and personal information:

- Press MODE button until you reach Average Heart Rate Mode.
- Press and hold SET button for 2 seconds until "hold" disappears.
- Press SET button to adjust upper limit from 41 to 239 (hold button for fast advance; will not advance below preset lower limit).
- Press MODE button to select and advance to Lower limit setting.
- Press SET button to adjust lower limit from 40 to 238 (will not advance above preset High Limit).

If one or both limits are already set, and you do not wish to adjust them, press MODE button to continue.

- Press SET button to change between male and female; press MODE button to select and advance to age setting.
- Press SET button to adjust age from 10-99 (hold button for fast advance); press MODE button to select and advance to estimated maximum heart rate.
- Press SET button to adjust your estimated maximum heart rate from 65-239 (hold button for fast advance). (See formula to calculate estimated maximum heart rate in Step 2 above.)
- Press MODE button to exit.

#### Heart Rate Training Zone:

Mio ZONE PLUS beeps once when your heart rate goes under and twice when it goes over the set limits. An arrow will appear above the heart icon on the watch display if your heart rate is above the upper limit that you set. An arrow will appear below the heart icon on the watch display if your heart rate is below the lower limit that you set. So you can react instantly and adjust the intensity exercise to maximize your workouts.

#### Average heart rate/Maximum heart rate

Mio ZONE PLUS displays your current heart rate in beats per minute in the lower half of the watch face, your average heart rate during a workout and its percentage of your estimated maximum heart rate, your maximum heart rate during a workout and its percentage of your estimated maximum heart rate.

Before your workout, calculate and set your estimated heart rate (see Heart Rate Training Zone Section above);

- Start the stopwatch timer at the beginning of your workout;
- Take your heart rate using the sensors at the beginning of your workout, during (whenever you increase or decrease the intensity of exercise) and at the end of your workout.

#### TO CHECK

- Your average heart rate during or at the end of a workout, press the MODE button until you reach the Average Heart Rate Mode as indicated by the AVG appearing on the watch display;
- Your maximum heart rate during or at the end of a workout, press the MODE button until you reach the Average Heart Rate Mode; then press the OPTION button to go to Maximum Heart Rate Mode as indicated by the MAX appearing on the watch display. To return to Average Heart Rate Mode, press OPTION button or to exit press MODE button.

## H. STOPWATCH FUNCTIONS

#### STOPWATCH TIMER (COUNT UP)

When stopwatch time is less than 1 hour, it displays MM:SS:1/10S. When stopwatch time exceeds 1 hour, it displays HH:MM:SS until it is reset.

- Press MODE to go to stopwatch mode as indicated by the STP appearing on the watch display
- To start/stop stopwatch, press SET button.
- To reset stopwatch, press and hold SET button.

#### INTERVAL/COUNT DOWN TIMER

Go to Stopwatch Mode. If you wish to use the average HR function, you must press set button to start stopwatch. If you don't need average HR function, proceed to next step.

- Press OPTION button once to get to interval/count down timer as indicated by the CDT appearing on the watch display.
- Press and hold MODE button for 2 seconds.
- Press SET button to adjust hour setting from 0-99 (hold button for fast advance). Press MODE button to select and advance to minute setting. Repeat process for minute and second settings.
- Press Mode button to return to Interval/Countdown Timer Mode.
- To start or stop the count down timer, press SET button. To restart, press SET button.
- When countdown finishes, a beep will sound and count down will begin again automatically.
- To stop countdown and reset to the Set Time, press SET; press and hold MODE button for 2 seconds.
- To exit, press MODE button once.

#### LAP TIMER

Mio ZONE PLUS provides you with a lap timer for training up to 16 laps. The timer counts up to 99 minutes and 59 seconds for each lap, and then resets to 0 and counts up again.

#### TO TIME LAPS:

- Go to Stopwatch Mode. If you wish to use the average HR function, you must press set button to start stopwatch. If you don't need average HR function, proceed to next step.
- Press OPTION button twice to get to lap timer as indicated by

the LAP appearing on the watch display.

- Press SET button to start lap timer.
- Press SET button again to stop current lap and advance automatically to next lap; the display will flash Lap # and time for 5 seconds and then display next lap time already in progress.
- To stop current lap without automatic advance, press MODE button; to start the next lap, press SET button.

To review total and average lap times after a workout (before clearing or resetting lap timer):

- Press and hold MODE button for 2 seconds until training records display. Every 2 seconds, total lap time alternates with total laps/average time.
- To review individual lap times as well as average heart rate and its percentage of maximum heart rate, press SET button several times to cycle through lap times.
- To exit review, press MODE button.
- To clear and reset lap timer, press and hold SET button for 2 seconds.
- To exit, press MODE button.

To reset the average HR memory and prepare Mio ZONE PLUS for the next workout, reset the stopwatch timer.

## I. TROUBLESHOOTING

Here are some suggestions to address some simple problems:

#### No heart rate Display

- Replace transmitter battery.

#### Slow Display Response

- Avoid using Mio ZONE PLUS in ambient temperatures below 0°C.

#### Black Display

- Avoid using Mio ZONE PLUS in ambient temperatures above 55°C.
- Avoid exposing Mio ZONE PLUS to direct sunlight.

#### Fading Display

- Replace weak battery as soon as possible.

## TO CHANGE MIO'S BATTERY

Your Mio ZONE PLUS is a technical instrument. To ensure proper operation and to maintain a waterproof seal, we recommend that you have your local jeweler or specialty retail shop replace the watch and transmitter batteries. Improper replacement of the battery may damage the watch and will void the manufacturer's warranty. Take your MIO to a MIO-certified battery replacement center. Check [miowatch.com](http://miowatch.com) to find the most convenient centre for you.

## YOUR PERSONAL MIO ID NUMBER:

MIO comes with a personal identification number. Register this number at [miowatch.com](http://miowatch.com) to access the wide world of MIO, including:

- Online hints and tips

- Additional training and customer service
- Newsletters and up-to-date information
- Contests and prizes.
- This is also your warranty number.

## CONTACT

Parsec Enterprises Inc.  
7501 N Harker Dr. Peoria, IL 61615  
1.877.770.1116 fax 1.309.689.6543  
[miowatch.com](http://miowatch.com)

## DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & 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 & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & 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 & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & 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. CALORIE TARGET & EXPENDITURE. RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN ECG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

## 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. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. 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. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

## MIO ZONE PLUS SPECIFICATIONS

12/24 Hour Clock with Alarm  
Stopwatch: **100 Hours**  
Countdown timer: **99h59m59s**  
**16 lap timers up to 99m59s**  
**16 lap memory, average lap time, total lap time**  
Maximum heart rate Percentage: **99%**  
Maximum Readable heart rate: **239 BPM**  
Minimum Readable heart rate: **40 BPM**  
Luminescent Backlight: **5 second display**  
Water Resistance: **20 meters**  
Lens: **acrylic**  
Watchcase: **PC/ABS**  
Caseback: **stainless steel**  
Strap: **polyurethane**  
Buckle: **stainless steel**  
Battery: **standard lithium type CR2032**  
Expected Battery Life: **1 year**  
Components made in China. Assembled in Hong Kong.  
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE