

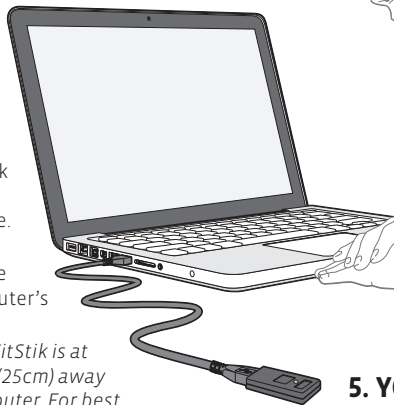
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- Open your browser and navigate to **mio.youngr**.
- Sign up for your account, and login to the site.

4

- Plug your FitStik into the USB Extension Cable.
- Plug the USB Extension Cable into your computer's USB port.

*Make sure the FitStik is at least 10 inches (25cm) away from your computer. For best results place the FitStik in a horizontal position.*



## 1. BEFORE YOU START

- You will need: **MIO FitStik**, **MIO Heart Rate Sensor Strap** and **USB Extension Cable** (included in the box).
- You will also need a computer running the **Windows XP** (or higher) operating system, with **Internet Explorer 7** (or higher) and **internet access**.

3

- Put on your Heart Rate Sensor Strap, positioning it as shown. *Make sure the strap sensor is in firm contact with your skin—you may need to moisten the sensor with water to ensure good conductivity.*

Heart Rate Sensor

## 5. YOU ARE READY TO START USING YOUNGR

- View the various instructional videos on the Youngr website to become more familiar with your hardware and to learn how the tools and exercises work. **Enjoy your MIO FitStik!**
- For troubleshooting and tips on using MIO FitStik go to **mio.youngr/fitstik**

## DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE IS FOR INFORMATION PURPOSES ONLY. THE MIO DEVICE DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO DEVICE AND INSTRUCTION GUIDE 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. PHYSICAL 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. MIO DEVICES ARE 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. INTERNET ACCESS REQUIRED (MINIMUM SPEED 64 KBPS), BROADBAND RECOMMENDED, FEES MAY APPLY.

## LIMITED (1 YEAR) WARRANTY

THE MIO DEVICE 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 DEVICE 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 DEVICE. THIS INCLUDES ANY DAMAGE TO THE MIO DEVICE THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS.

WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO DEVICE WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE CASE OF THE MIO DEVICE HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1.877.770.1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED DEVICE AFTER YOUR DEFECTIVE DEVICE 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: MIO PEDOMETER SERVICE CENTER, 7501N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1.877.770.1116 FAX 1.309.689.6543 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 DEVICE IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

PHYSICAL ENTERPRISES INC.

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## SPECIFICATIONS

Operating System: **Windows XP** or higher

Connectivity: **USB 1.0**

Browser: **Internet Explorer 7** or higher

Internet Connection: **64 kbps** minimum;  
broadband recommended

Material: **ABS plastic** (FitStik), **ABS**  
(Cheststrap), **PU, natural rubber**

Operating Temperature: **0°C to 45°C**

Cheststrap: **splashproof**

Cheststrap battery: **1 x CR2032**

SPECIFICATIONS SUBJECT TO CHANGE WITHOUT  
NOTICE • DESIGNED IN CANADA • MADE IN CHINA

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service.

EU-DECLARATION OF CONFORMITY  
Physi-Cal Enterprises Inc. declares this device (MIO FitStik) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.

