

mio STRIDE

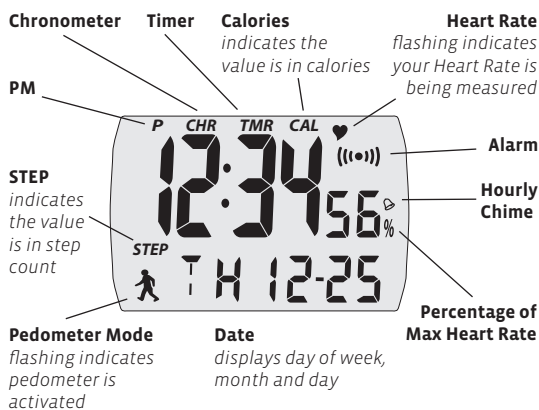
User's Guide

- ECG Accurate heart rate watch without a chest strap
- Pedometer Program that tracks your steps and distance
- Track your calories burned during your walking program

This guide is also available online at miowatch.com



A. MIO STRIDE AT-A-GLANCE



To use light: Press the LIGHT button to turn on the backlight. Light will stay on for 4 seconds.

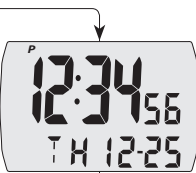


B. MODES OF OPERATION

Press MODE to move to the next mode.

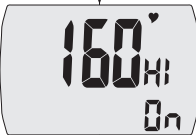
TIME

- Display time
- Set time and date
- Set key beep



HEART RATE TARGET ZONE

- Set lower and upper targets



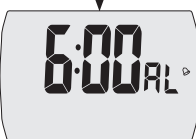
RESTING HEART RATE

- Measure and display your resting heart rate



ALARM

- Set daily alarm
- Set hourly chime



CHRONOMETER

- Count up timer



TIMER

- Set and display countdown timer



DUAL TIME

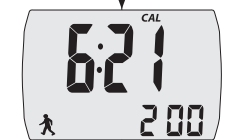
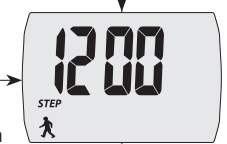
- Display alternate time



PEDOMETER MODES OF OPERATION

Press MODE to move to the next mode.

Press to switch between



STEP

- Tracks total step count

CALORIES

- Calories burnt during walking

DISTANCE

- Distance walked

SPEED

- Display average speed

D. SET DUAL TIME.

- In Dual Time mode, hold Mode for 3 seconds until the display flashes.
- Press Mode to advance through settings: → Hours → Minutes
- Edit these settings by pressing + or - button.
- To save the new settings, hold Mode for 3 seconds.

E. SET ALARM AND HOURLY CHIME

- In Alarm mode, hold MODE for 3 seconds until the display flashes.
- Press MODE to advance through settings: → Hours → Minutes
- Edit these settings by pressing + or - button.
- To save the new settings, hold MODE for 3 seconds.
- In Alarm mode, press STR/STP to toggle the Alarm alert ON/OFF; press RESET to toggle the Hourly Chime alert ON/OFF.

F. ENTER PERSONAL INFORMATION

In order to calculate your maximum heart rate and to ensure accurate data, you must first enter your personal information.

- In Heart Rate Target Zone mode, hold MODE for 3 seconds until the display flashes.
- Press Mode to advance through settings: → Target Zone Upper Limit (Hi) → Target Zone Lower Limit (Lo) → Age → Gender (male/female) → Unit format (Imperial/Metric) → Weight (lb/kg) → Height (in/cm) → Walk Stride Length (in/cm)
- Edit these settings by pressing + or - button.

G. TAKING YOUR HEART RATE

- Place middle finger on the UPPER MioSensor and index finger on the LOWER MioSensor.
- Press and hold to activate MioSensors. Make sure the back plate is in contact with your wrist. Heart icon will flash.
- Wait for Heart Rate readout (3-8 seconds). MIO will beep when the reading is ready. Your heart rate will remain displayed for 7 seconds after you release the sensor button.

Reading times will vary. If you don't get a reading in 8 seconds, wait few minutes and try again. Make sure:

- Mio STRIDE is snugly strapped to your wrist.
 - To press MioSensors with the soft, flat pads of your fingers, not the tips of your fingers.
 - To press gently with enough pressure to activate the heart rate measure mode. Pressing too hard can make it difficult to measure your heart rate.
 - The metal back of Mio STRIDE is laying flat on your skin.
 - Your wrist and fingers are clean & free of oils and lotions.
 - To stay still, and relax your arms on a stable surface while taking your heart rate.
 - To clean the front sensors and back metal plate with a mild soap and water or similar cleaning solution.
 - To moisten the pads of the fingers that you are using to contact the sensors on the face of the watch.
 - To moisten with water the surface between the back metal plate of the watch and the skin on your wrist.
- If you still cannot obtain your heart rate, then please contact us for further information. See contact info on the reverse.

CAUTION: The Heart Rate Measure function is not intended for use or operation in or under water.

- To save the new settings, hold Mode for 3 seconds.
- Calculate your average stride length when you walk so the watch can accurately determine the distance and speed traveled. To calculate your average stride length, walk ten steps. Then measure the distance traveled (inches or cm) and divide it by ten. This is your average walking stride length.

C. SET TIME AND DATE

- In Time mode, hold MODE for 3 seconds until the display flashes.
- Press MODE to advance through settings: → Seconds → Minutes → Hours → Year → Month → Day → Month/Day format → 12/24 hr format → Key Beep
- Edit these settings by pressing + or - button.
- To save the new settings, hold MODE for 3 seconds.

H. PERCENTAGE OF MAX HEART RATE

Percentage of Maximum Heart Rate (%MHR) is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as:
220 minus your age (220 – your age).

Example of %MHR: Tom is 30 years old. His Maximum Heart Rate is 190 bpm (220–30=190) His current heart rate is 133 bpm. Tom's %MHR is 70% (133/190=70)

I. HEART RATE TARGET ZONE AND ALERT

The Heart Rate Target Zone feature helps you compare your acquired heart rate with your targeted heart rate zone.

- If your heart rate is within the target zone, the watch will beep once and display your heart rate.
- If your heart rate is lower than your target zone lower limit, the watch will beep twice and your heart rate will be displayed with an “L” (L = Low).
- If your heart rate is higher than your target zone upper limit, the watch will beep twice and your heart rate will be displayed with an “H” (H = High).

Example: Debbie's target zone is 80 bpm–120 bpm. After 5 minutes of walking, Debbie measures her heart rate. If Debbie's heart rate is “L 72”, she can decide to pick up her pace so her next reading falls within her target zone.

SET HEART RATE TARGET ZONE

By entering your age and gender, the watch will automatically calculate your standard heart rate range.

- In Heart Rate Target Zone mode, hold Mode for 3 seconds until the display flashes.
- Press Mode to advance through settings:
 - Age → Gender (male/female)
- Edit these settings by pressing + or – button.
- To save the new settings, hold Mode for 3 seconds.

SET HEART RATE TARGET ZONE MANUALLY

You can manually override the standard heart rate settings to those of your own preference.

- In Heart Rate Target Zone mode, hold Mode for 3 seconds until the display flashes.
- Press Mode to advance through settings:
 - Target Zone Upper Limit (Hi)
 - Target Zone Lower Limit (Lo)
- Edit these settings by pressing + or – button.
- To save the new settings, hold Mode for 3 seconds.

SET THE HEART RATE ALERT

While in Heart Rate Target Zone mode, press STR/STP to toggle the Heart Rate Alert function ON or OFF. When OFF, your upper and lower limits will be ‘hidden’ and your Heart Rate Alert function will be disabled. When ON, your upper and lower limits will appear in the display and your Heart Rate Alert function will be enabled.

J. RESTING HEART RATE

The Resting Heart Rate feature can be used as a reference to inform you of your progress. The lower your resting heart rate becomes, the healthier you become.

- In Resting Heart Rate mode, hold the two sensors for 3-8 seconds until your heart rate is acquired.
- A beep tone sounds and your resting heart rate will be displayed and recorded.

It is recommended to obtain your resting heart rate when waking up from sleep. This will ensure the most accurate reading for a resting heart rate.

K. HOW TO USE PODEMETER

- In Time mode, press the button to switch to Pedometer mode.
- Press ST/SP/+ to start and stop counting steps.
- Press Mode to advance through features:
 - Step Count → Exercise Timer & Calories Burned → Distance Traveled → Walking/Running Speed
- To reset the step count and data, advance to the Step Count feature. Hold RESET for 3 seconds (the pedometer must be stopped). Display will show “Reset.”
 - Toggle YES and NO by pressing + or – button, then press MODE to confirm. Selecting YES resets the step count and all related data to zero.
- You can switch back to Time mode from Pedometer mode at anytime by pressing the button. To return to Pedometer mode you must be in Time mode first then press the button.
- In order to save battery power the pedometer will be turned off automatically when there is no step count for 15 minutes.

SETTING PODEMETER SENSITIVITY LEVEL

To determine whether you need to adjust the sensitivity level walk 100 steps. If the step count displayed is 90 or less adjust the sensitivity level to Hi.

To set the sensitivity level the pedometer must be stopped.

- In Pedometer mode, hold Mode for 3 seconds until the display flashes.
- Choose Hi or Lo by using + or – buttons.
- To save the new settings, hold Mode for 3 seconds.

L. HOW TO USE CHRONOGRAPH

- In Chronograph mode, press STR/STP to begin timing.
- Press STR/STP again to stop timing.
- To reset the chronograph, press RESET (the chronograph must be stopped).

M. HOW TO USE COUNTDOWN TIMER

- In Countdown Timer mode, press STR/STP to begin the timer.
- Press STR/STP again to stop the timer.
- To reset the countdown timer, press RESET (the timer must be stopped).

HOW TO SET COUNTDOWN TIMER

- In Countdown Timer mode, hold Mode for 3 seconds until the display flashes.

- Press Mode to advance through settings:
 - Seconds → Minutes → Hours
- Edit these settings by pressing + or – button.
- To save the new settings, hold Mode for 3 seconds.

N. CARE AND MAINTENANCE

To ensure proper function of your Mio STRIDE:

- Avoid rough usage or severe impacts to the watch
- Keep the front sensors and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the watch with a soft cloth, mild soap and water, or similar cleaning solution.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.
- Do not expose the watch to chemicals such as gasoline, alcohol, or solvents.

O. BATTERY

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage of the light, heart rate and pedometer features (which require high power consumption).

To replace the battery of your Pedometer + Heart Rate Watch, we recommend this be done by a watch repair service center. This will ensure the water resistance will be retained after battery replacement.

- The watch uses 1 standard lithium CR2032 battery

P. POWER OFF MODE & ACTIVATION

To conserve the battery's lifetime during long periods of inactivity, hold the MODE, STR/STP and RESET buttons for 3 seconds. The watch will turn off and enter Power Off Mode. **CAUTION: Entering Power Off Mode will reset the watch and all of its data. To activate the watch again, simply press any button** (except the Light button).



For more info visit
www.miowatch.com

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 Finger Sense Heart Rate Watch (MIO Stride) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.



CONTACT

Physi-Cal Enterprises Inc., 7501 N Harker Drive, Peoria, IL 61615
Toll-free: 1-877-770-1116 • www.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. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSI-CAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1.877.770.1116. 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: MIO WATCH 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 WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

MIO STRIDE SPECIFICATIONS

12/24 hour clock with **autocalendar** from 2000 to 2099
Hourly Chime + 1 Daily alarm, 30 seconds duration

- Pedometer
 - Displayable Step Range: **0–999999 steps**
 - Exercise time: **99 hours, 59 minutes, 59 seconds**
 - Maximum Distance: **0–400 km (0–248 miles)**
 - Maximum Speed: **36 km/h (22 mph)**
 - Calorie Range: **0–99999 calories**
 - Pedometer Sensitivity: **2 levels**

Heart Rate

- Heart Rate Range: **43–200 BPM**
- Upper and lower limit heart rate zones/alerts
- % of maximum heart rate

Chronograph

- Resolution: **1/100 second**
- Measuring range: **99 hours, 59 minutes, 59 seconds**

Countdown Timer

- Resolution: **1 second**
- Measuring Range: **99 hours, 59 minutes, 59 seconds**

Luminescent Backlight: **4 second display**

Water Resistance: **50 meters** (the Heart Rate Measure function is not intended for use or operation in or under water)
Lens: **acrylic** • Watchcase: **ABS** • Strap: **polyurethane**
Caseback and buckle: **stainless steel**
Battery: **standard lithium type CR2032**

Made in China

SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE