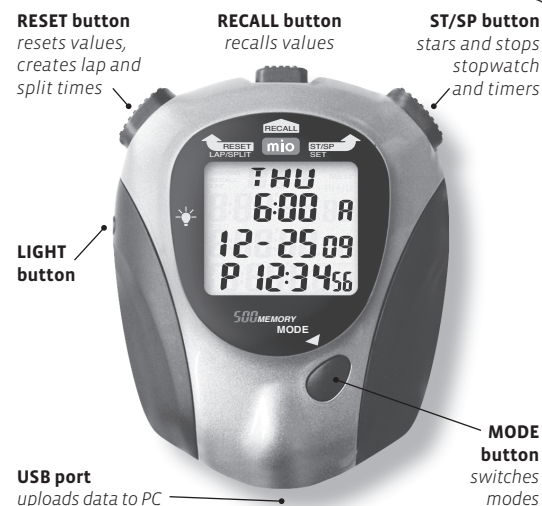
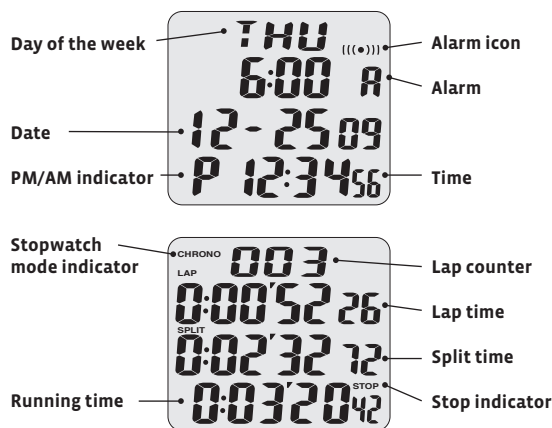


## USER'S GUIDE



This guide is also available at [www.miowatch.com](http://www.miowatch.com)

### A. MIO TIMES 2 AT-A-GLANCE



### B. MODES OF OPERATION

Press MODE to move to the next screen.



#### TIME

- Shows day of the week, alarm, date and time



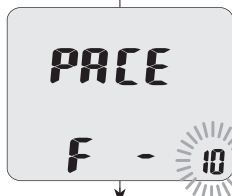
#### STOPWATCH

- Times your activities and counts laps



#### TIMER

- Shows two countdowns and a lap counter



#### PACER

- Shows the pace for your walk or run. The flashing number in lower right corner indicates frequency.



#### PC MODE

- Uploads your data to a computer via USB cable

### C. SETTING ALARM, DATE AND TIME

1. Press the MODE button to reach the Time screen.
2. Hold down RESET button until the alarm time is flashing.
3. Press the ST/SP button until the desired hour is reached.
4. Use the RESET button to move on to the next item. Use the ST/SP button to adjust the setting. The data is set in the following order: Alarm hour → Alarm minutes (decimal) → Alarm minutes → Alarm On/Off selection → Year → Year (decade) → Month → Day → 12/24 hr clock → Hour → Minutes (decimal) → Minutes → Seconds.

*Note: The alarm is set when the alarm icon is on. When the alarm goes off it will sound for 60 seconds.*

Press MODE at any time to exit.

### D. USING THE STOPWATCH

1. Press the MODE button until the Stopwatch screen is shown. (See Section A for display explanation.)
2. Press ST/SP to start the stopwatch.
3. Press RESET to split the time and record the lap time.
4. Press RESET every time you want to record another lap time (you can record up to 500 laps) or press ST/SP to stop the running time.
5. Press ST/SP to start the running time again or press RESET button to reset all times.

### E. RECALLING YOUR TIMES

There are a few different methods for recalling your times.

1. Press the MODE button to reach the recall mode, it will display Chrono in the top left corner.
2. When you are not using the lap function, but just the stopwatch function, you press the RECALL button to recall your split times. Press the RESET button to see the date of the events, and then use the RESET button to choose which event times you would like to recall (begins at MCH-001), continue to press RESET until you have reached your desired event.
3. When you are using the lap function in addition to the stopwatch function, pressing the RECALL button will scroll through your split times first, followed by your lap times, and then the best, average and slowest time. Again you

can choose the event you would like to recall by pressing the RESET button and scrolling through the events. The times are recalled in successive order with the Lap/Split time starting with the first time all the way to the last time.

4. Individual events can be cleared by pressing the ST/SP button for 3 sec, the word "CLEARED" will be displayed. All segregated memories can be cleared by pressing ST/SP for 6 sec, "ALL CLEARED" will be displayed.

If the lap or split time is greater than 9:59:59.99 then the AVE, BES and SLO times cannot be calculated.

If the lap counter is greater than 500, the stored data more than 500 should be deleted when calculating the AVE, BES and SLO.

If the lap counter is flashing "000" the memory is full. To save new data you must clear the current data first.

*Note: When the AVE, BES and SLO function is being used for every lap time, the memory cannot hold 500 times.*

### F. USING THE TIMER FUNCTION

1. Press the MODE button until you reach the Timer Screen.
2. Hold the RESET button down until hour digit blinks.
3. Press ST/SP to find the desired hour for the countdown. When the desired hour is found, use the RESET button to move onto the minutes. Repeat the first step and the move onto the seconds. Keep repeating until finished the second time as well.
4. Press ST/SP to start the count down. The "1" will start blinking as the time is counting down.
5. When the first timer reaches zero, the timer will beep four times and the second timer will start counting down immediately. If you only want to use one timer you can leave the other set at 0:00:00.
6. When the second time reaches zero it will beep twice and the number at the bottom will increase by one.
7. The first timer will automatically start up again. It will continue until stopped by pressing ST/SP. You can restart by pressing ST/SP again.
8. Press ST/SP to stop the Timer; press the RESET button to reset the Timer.

## G. USING PACER MODE

1. Press the MODE button to reach the PACER screen. The two numbers in the right bottom corner will be blinking.
2. Press the RESET button to change the frequency; 10, 20, 30, 40, 60, 80, 120, 160, 200, 220, 240, 320. The frequency indicates number of beeps per minute. For example if you choose 20, you will hear 20 beeps per minute.
3. Press ST/SP to start the Pacer.
4. Press ST/SP to stop the Pacer, press RESET button to reset.

*Note: The PACER function does not work concurrently with other modes. If TIMES 2 is switched to another mode the PACER will be reset.*

## H. PC UPLOAD

1. Insert enclosed CD into the CD-ROM drive. Follow on-screen installation instructions.
2. Connect TIMES 2 to your PC via the USB cable. You will receive a pop up asking you to install the driver, click on accept. When the driver has installed, click the shortcut on your desktop, "MIO TIMES 2".

*Note: If the computer pop up says that the hardware is not available, delete any software you have installed, including the shortcut, and re-install.*

3. Press MODE button to reach the PC Mode screen.
4. Press ST/SP button to start uploading data.

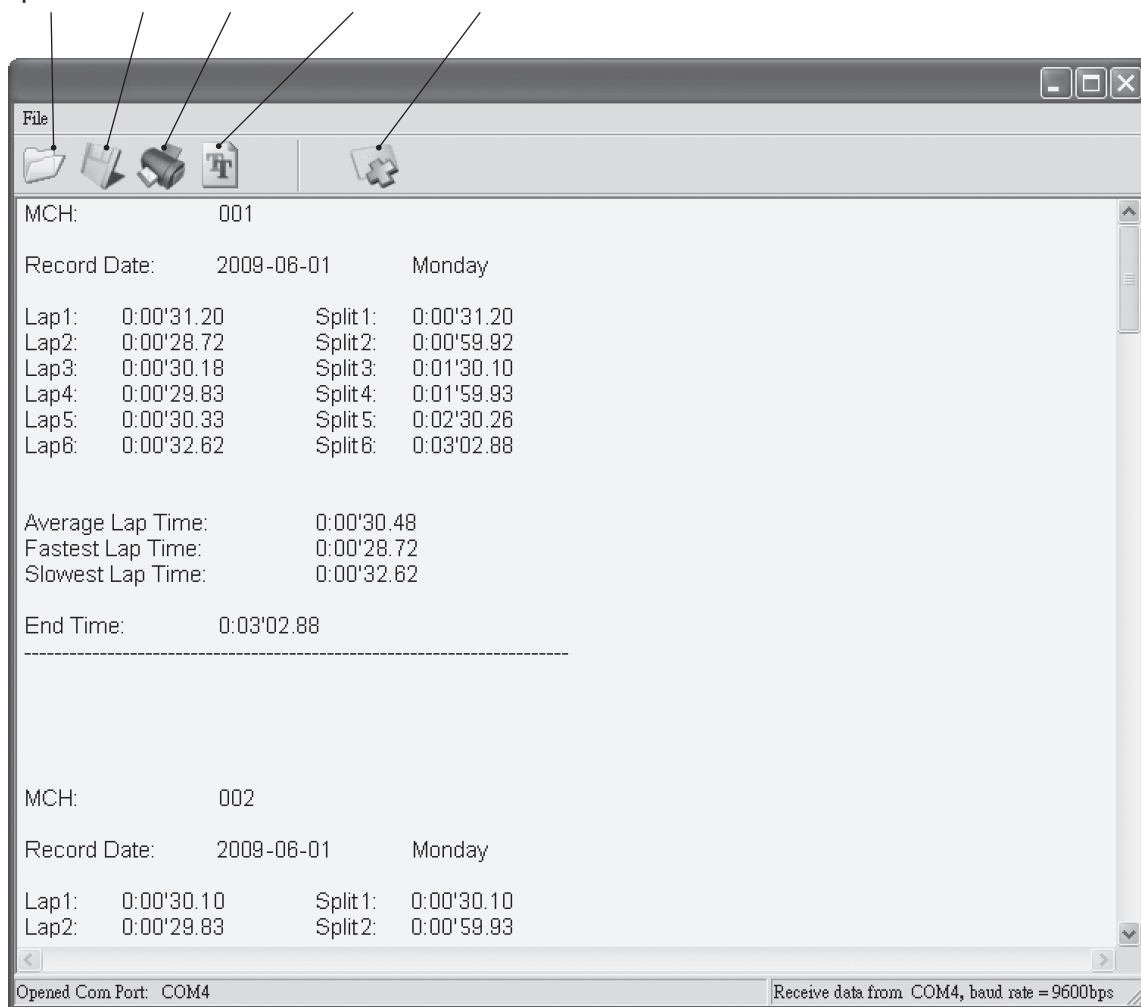
## J. CHANGING THE BATTERIES

MIO Times 2 uses one CR2032 battery (available at most drugstores).

1. Use a quarter to twist off the battery hatch on the back of the timer.
2. Remove the old battery and replace with a new one. Make sure that the polarity is lined up correctly.
3. Push the cover half way into the opening then press and turn clockwise.



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PHYSI-CAL ENTERPRISES INC., 7501 N HARKER DRIVE, PEORIA, IL 61615  
TOLL-FREE: 1-877-770-1116 • WWW.MIOWATCH.COM

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## LIMITED (ONE YEAR) WARRANTY

THE MIO LIFESTYLE STOPWATCH, 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 STOPWATCH 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 STOPWATCH. 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 STOPWATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE STOPWATCH CASE OF THE MIO FITNESS STOPWATCH 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 STOPWATCH AFTER YOUR DEFECTIVE STOPWATCH 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 STOPWATCH SERVICE CENTER, 7501 N. 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 STOPWATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

## MIO TIMES 2 SPECIFICATIONS

**12/24 hour clock + Daily alarm**  
Maximum Stopwatch: **9:59:59.99** (hours: minutes: seconds)  
Maximum Timer: **9:59:59.99** (hours: minutes: seconds)  
Memory: **500 laps**  
PC System Requirements: **Pentium or higher, Windows XP or Vista, 100 MB disk space, USB port**  
Operating Temperature: **0°C to 45°C**  
Battery: **Standard CR2032**  
Expected Battery Life: **1 year**  
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE • 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 pedometer (MIO Times 2) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.