

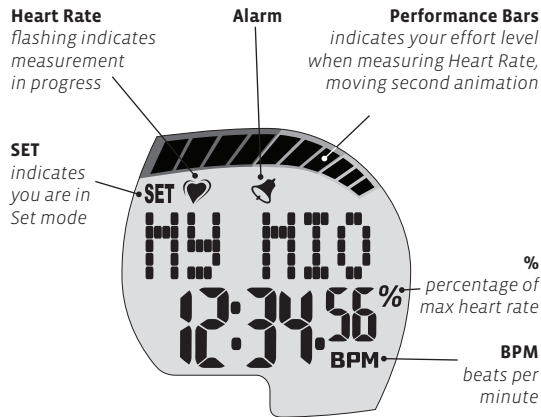
User's Guide



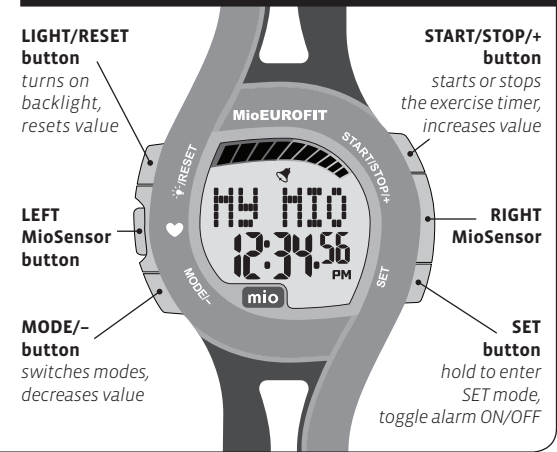
- ECG accurate heart rate without a chest strap
- personalized percent of maximum heart rate display
- flexible timers
- easy to use

This guide is also available online at www.miowatch.com

A. MIO HEART PRO WOMEN'S AT-A-GLANCE

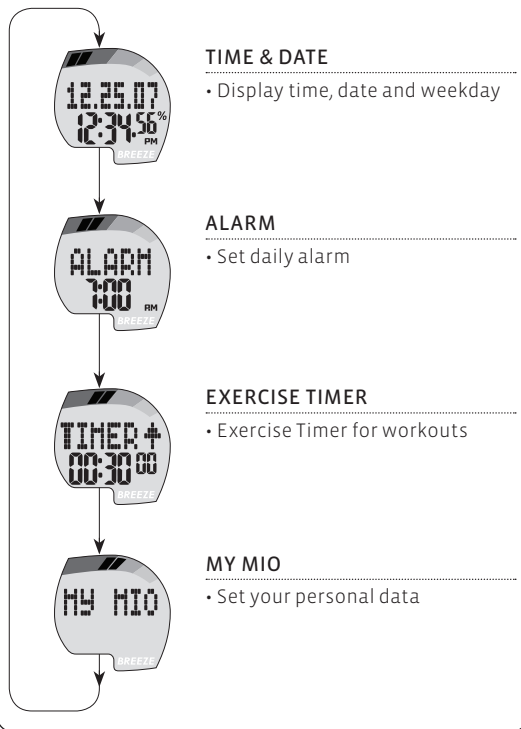


To use light: Press the LIGHT button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.



B. MODES OF OPERATION

Press MODE to move to the next mode.



D. WAKING UP MY MIO

Your MIO may be in sleep mode (with a blank display) when you first receive it.

- Hold START until you see blinking 12H or 24H to activate your MIO and start setting it up.
- Setting time & date format:
 - Press + or - to toggle the format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press SET to move to next setting.
- Do the same for TIME, DATE, GENDER, BIRTH YEAR.
- Press SET to finish START UP.

E. SET TIME & DATE

Display shows Time, cycling through DATE, and WEEKDAY automatically. To change TIME and DATE:

- Hold SET until beep (2 seconds). 12H or 24H blinks.
- Press + or - to toggle the TIME & DATE format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press SET to set HOUR.
- Press + or - to select HOUR. To scroll quickly, hold + or -. Press SET.
- Do the same to select MIN.
- To reset seconds to zero press + or -. Otherwise press SET to move to next setting.
- Use + or - then SET to adjust YEAR, MONTH, DAY.
- To stop making changes at any time, hold SET for 2 seconds.

C. QUICK TIPS

SHORTCUTS

- To return to TIME from any mode, hold MODE for 2 seconds
- To go directly to EXERCISE TIMER from any mode press the START button
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds

SET MODES

Whatever mode you are in, hold the SET button to enter its SET mode:

1. Hold SET until beep (2 seconds)
2. Value you are setting will flash
3. Press + or - to adjust the value
To scroll automatically, hold + or -
4. When value is adjusted, press SET again
5. Repeat steps 2 to 4 as needed or hold SET for 2 seconds to exit the set mode.

F. TAKING YOUR HEART RATE

1. Place thumb on the LEFT MioSensor and index finger on RIGHT MioSensor.
If you wear your MIO on right hand: Place the index finger on LEFT MioSensor and thumb on RIGHT MioSensor.
2. Press and hold to activate MioSensors. Make sure the back plate is in contact with your wrist.
Heart icon will flash.
3. Wait for Heart Rate readout (4-7 seconds).
Your MIO will beep to let you know that the reading is ready.

The small digits displaying on the right show your percentage heart rate in relation to your maximum heart rate (up to 99%). MY MIO calculates this percentage using your personal data. (See Step 3)

A maximum heart rate is an estimate with a variability of up to 15 BPM.

Your screen will return to the previous mode 5 seconds after removing your finger pads from the MioSensors.

TROUBLESHOOTING POINTERS

1. Make sure the back plate is in contact with your wrist during the measurement.
2. If you don't get your heart rate within 10 sec, 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.
3. 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 K on page 2).
4. To optimize readings, occasionally clean the back of your MIO case and the RIGHT and LEFT MioSensors with a clean soft cloth.

G. SET MY MIO

MIO uses your personal information in calculating your % Maximum Heart Rate (%MHR), which is a good indicator of your workout intensity (see section J for detail). Once you have set the correct information during the startup, you actually do not need to set this mode anymore.

- Press MODE 3 times to go from TIME to MY MIO.
- To make changes to your personal settings in MY MIO, hold SET until beep (2 seconds).
- The gender will blink. Use + or - to adjust. Press SET to go to BIRTH YEAR.
- The birth year will display. User + or - to adjust your birth year. To scroll quickly, hold + or -.

To return to TIME, press MODE.

H. SET ALARM

- Press MODE once to go from TIME to ALARM.
- To change ALARM from ON to OFF or from OFF to ON press the SET button.
- To change the time of an ALARM, hold the SET button until beep (2 seconds), use +/- to adjust the HOUR, press SET, use +/- to adjust the MINUTE, then press SET. To scroll more quickly hold the + or -.
- Alarm icon will show if the ALARM is on.
- Hold MODE for 2 seconds to return to TIME mode.

I. USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISE TIMER or press MODE 2 times to go from TIME to EXERCISE TIMER. There are two timer types. You can choose the one which is suitable for your exercise.

TO COUNT UP FROM ZERO

- The timer must be stopped.
 - Hold SET until beep (2 seconds).
 - Press + or - to adjust the TIMER TYPE to TMR ↑. Press SET.
 - To start the timer, press START.
 - To pause, press STOP. Press START to resume.
 - To reset timer to zero, press RESET until beep (2 seconds).
- To return to TIME, hold MODE for 2 seconds.

TO COUNT DOWN TO ZERO AND STOP

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TMR ↓. Press SET.
- Press + or - to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero.
- To reset timer to starting condition, press RESET until beep (2 sec).

TO USE PREVIOUS SETTING

- Hold RESET until beep at any screen in TIMER mode to reload your previous timer setting. For count up timer (TMR ↑), the timer will clear to zero.

J. MAXIMUM HEART RATE

MIO uses your personal information in calculating your % Maximum Heart Rate (%MHR), which is a good indicator of your workout intensity. The intensity of your workouts is of the highest importance: too low of an intensity and you will get little benefit, too high of an intensity and you will overtrain, risking possible injury and illness. Please refer to the following table and select the suitable zone for your

exercise, but please remember to consult a medical professional if you have a heart condition.

Heart Rate Zone % of Maximum heart rate

Health Zone 50-60%

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.

Conditioning Zone 60-70%

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.

Aerobic Fitness Zone 70-80%

Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder, but conversation still possible.

Anaerobic Power Zone 80-90%

Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.

Competitive Training Zone 90-100%

All-out running; short bursts used in interval training by athletes and in sprint activity in most sports; quite heavy breathing.

K. TO CHANGE MIO'S BATTERY



1. Take off the strap from the module.
2. Remove 4 screws from back plate.
3. Remove back plate. Notice the rubber gasket around edge of the case. If gasket comes out, handle carefully.
4. Remove the old battery. Place the new battery in with the positive (+) side facing out. Make sure the rubber gasket sits on the edge of the case properly.
5. Place the back plate and screw in the four screws.



WARRANTY AND REPAIRS CONTACT

Toll-free: **1-877-770-1116**

Fax: **1-309-689-6543**

www.miowatch.com

MIO Watch Service Center
7501 N Harker Drive
Peoria, IL 61615

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 Heart Pro Women's) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.

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. 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. 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.

HEART PRO WOMEN'S SPECIFICATIONS

12/24 hour clock with date and weekday
Daily alarm

Exercise Timer Modes:

- **Countup**
- **Countdown**

Timer: **99 hours 59 minutes**

Max Heart Rate Percentage: **99%**

Max Readable Heart Rate: **230 BPM**

Min Readable Heart Rate: **40 BPM**

Backlight: **5 second display**

Operating Temperature: **0°C to 40°C**

Lens: **acrylic**

Watchcase: **ABS**

Caseback: **stainless steel**

Strap: **polyurethane**

Buckle: **stainless steel**

Battery: **lithium type CR2032**

Expected Battery Life: **1 year**

Made in China • SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

Water
Resistance

30
meters

Do not push buttons underwater