

## Mio Watch Manual

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### Mio Watch Manual

Summary of Contents for Mio Active Page 1 This manual is for all Active watches, including Connect models... Page 2 FEATURES: - EKG accurate heart rate watch without a chest strap. - Activity Monitor with PC Connection (Connect Model only) - Tracks total calories your burn in a day - 3500 calorie countdown mode...

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Timer Heart Rate Activating Your Alpha 1. Remove your MIO Alpha watch from the packaging. 2. Peel off the protective film. 3. Press and hold the SET or button to activate the watch. The display will turn on and prompt you to set the time. Page 5: Using Alpha The tighter you can wear the watch, the better.

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### Mio Watch Heart Rate Monitor Heart Rate Monitor User Manual

Get Free Mio Classic Watch Manual MioSHAPE Heart Rate Monitor Watch Instructions Press the plus or minus buttons, located on the right side of the watch, to reach the correct hour. Press the "Set" button. Continue in this fashion to set minutes, seconds and AM/PM values.

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### User Manual - Mio

your cardio training guide mioPOD is a wearable device that provides real-time accurate heart-rate information. It alerts and guides you towards the right exercising intensity based on your personal training target.

### mioPOD, your cardio training guide - MIO Labs

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### Worldwide leading dashcam brand - Mio

Instructional Video for the MIO Stride/Stride Petite strapless heart rate monitor watch. This video shows a step by step guide how to set up your watch with your personal data and use each function.

### MIO Stride Instructional Video

Mio MOTIVA PETITE Manuals & User Guides User Manuals, Guides and Specifications for your Mio MOTIVA PETITE Watch. Database contains 1 Mio MOTIVA PETITE Manuals (available for free online viewing or downloading in PDF): Operation & user's manual. Mio MOTIVA PETITE Operation & user's manual (2 pages)

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Mio Heart Rate Monitor - Detailed Instructions. Mio Heart Rate Monitor - Detailed Instructions. Refine and Filter Done. Manufacturer. Bowman Dispensers Clinton Industries Detecto QM Elite QuickMedical. Made In. United States.

### MioSHAPE Heart Rate Monitor Watch Instructions

The Mio Alpha is about the size of a standard wrist watch. The black watch with the white bezel and black watch with black bezel fit wrists between 5.7 inches and 7.8 inches. The indigo watch fits wrists 5.2 inches to 6.7 inches in circumference. The bands are flexible and have holes to adjust to a comfortable fit.

### Mio Alpha RunnerClick

Instructional Video for the MIO Motion. The MIO Motion has a built in pedometer with innovative technology; making it easier than ever to obtain an accurate and fast reading! This video shows a ...

### MIO Motion and Motion + Instructional Video

Instructional Video for the MIO Motiva/Motiva Petite strapless heart rate monitor watch. This video shows a step by step guide how to set up your watch with your personal data and use each function.

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