

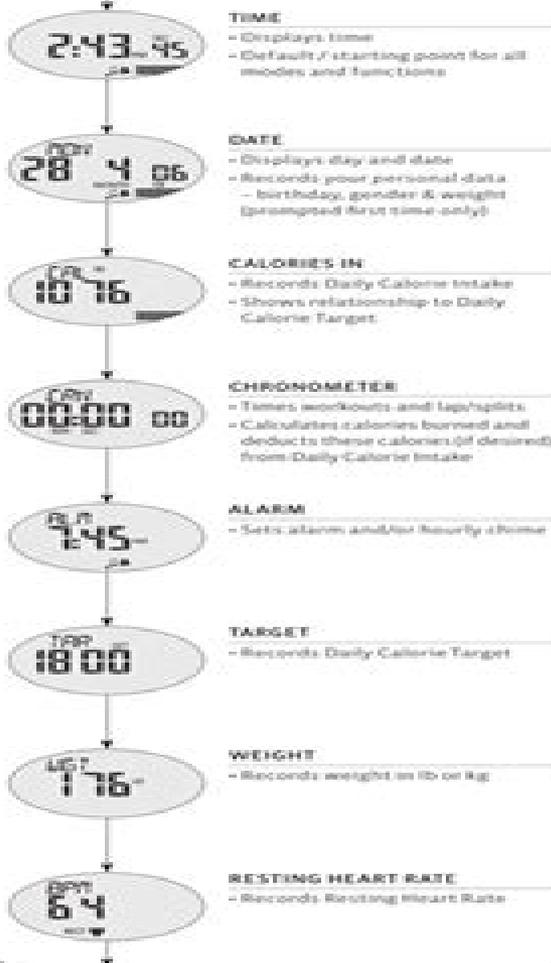
mio Classic SELECT

User's Guide for all MIO Classic SELECT and Classic SELECT Petite models

- set your daily calorie target
- enter calories consumed for running daily total
- get your heart rate without a chest strap
- track calories burned during a workout

C. MODES OF OPERATION

Press **MODE** to move to the next screen.



A. MIO Classic AT-A-GLANCE



How to operate SET button

Whatever mode you are in, use the SET button to program your personalized settings:

1. Hold SET until watch beeps (2 seconds)
2. The value you are setting will flash.
3. Use + or - to increase value and - to decrease value.
4. When value is correct, press SET again.
5. Repeat as needed.
6. When finished, hold SET until watch beeps (2 seconds).

To use **Light**: Press **LIGHT**. Light will stay on for 7 seconds.

D. SET TIME

- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Do the same for minutes, seconds and AM / PM values.
- To stop making changes at any time, hold SET until watch beeps. New settings will be stored.

E. SET DATE

- Press **MODE** once to go from **TIME** to **DATE**.
- Hold SET until watch beeps (2 seconds). Year digits blink.
- Press + or - to reach correct year. Press SET.
- Do the same for month, date and weekday. Repeat process for birth year, birth month and birth day. Repeat process for male / female icon.
- To stop making changes at any time, hold SET until watch beeps.
- To return to **TIME**, press **MODE** 7 times or wait 60 seconds.
- If checking the date from the **TIME** mode, press **MODE** once. **MIO** will return to **TIME** automatically after 30 seconds.

F. SET HOURLY CHIME & ALARM

- Press **MODE** 4 times to go from **TIME** to **ALARM**.
- Press SET:
 1. Time to turn on **HOURLY CHIME** (music icon) only
 2. Time to activate **ALARM** (bell icon) only
 3. Time to turn on both **HOURLY CHIME** and **ALARM**.
 4. Time to turn off both **HOURLY CHIME** and **ALARM**.

TO SET ALARM

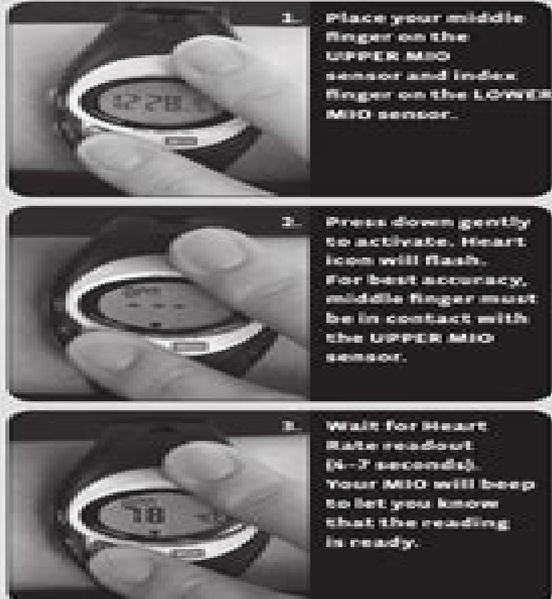
- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Repeat for minutes and AM/PM values.

To return to **TIME**, press **MODE** 4 times or wait 60 seconds.

G. SET WEIGHT

- Press **MODE** 6 times to go from **TIME** to **WEIGHT**.
- Hold SET until watch beeps (2 seconds). LB or KG blinks.

B. TAKE YOUR HEART RATE



Heart rate appears in beats per minute (BPM). The small digits at the right, display the percentage of your current heart rate to your maximum heart rate (up to 99%). **MIO** calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.

You will return to the previous mode 5 seconds after removing your finger pads from the **MIO sensors**.

TROUBLESHOOTING POINTERS

1. If you don't get your heart rate within 30 seconds, moisten your finger pads & 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 & your arm. Do not press too hard on sensors.
2. To optimize readings, occasionally clean the back of your **MIO** case and the **UPPER** and **LOWER MIO sensors** with a clean soft cloth.
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 the other side).

- Press + or - to select **LB** or **KG**. Press SET.
- Weight digits blink. Press + or - to reach correct weight.
- Hold SET until watch beeps (2 seconds).
- To return to **TIME**, press **MODE** 2 times or wait 60 seconds. **MIO** calculates calories burned during exercise based on your age, gender, weight and resting heart rate. Update your weight regularly for the most accurate **MIO** calculation.

H. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).

- Press **MODE** 7 times to go from **TIME** to **RESTING HEART RATE**.
- Place fingers on the **MIO sensors** as described in section B. The **REST** and heart icon will blink. Your resting heart rate should appear within 5-7 seconds, setting automatically.
- To return to **TIME**, press **MODE** once or wait 60 seconds.

Mio Classic Manual

Raffaela Di Napoli



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Table of Contents Mio Classic Manual

1. Understanding the eBook Mio Classic Manual
 - The Rise of Digital Reading Mio Classic Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Mio Classic Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mio Classic Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mio Classic Manual
 - Personalized Recommendations
 - Mio Classic Manual User Reviews and Ratings
 - Mio Classic Manual and Bestseller Lists
5. Accessing Mio Classic Manual Free and Paid eBooks

- Mio Classic Manual Public Domain eBooks
 - Mio Classic Manual eBook Subscription Services
 - Mio Classic Manual Budget-Friendly Options
6. Navigating Mio Classic Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Mio Classic Manual Compatibility with Devices
 - Mio Classic Manual Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mio Classic Manual
 - Highlighting and Note-Taking Mio Classic Manual
 - Interactive Elements Mio Classic Manual
 8. Staying Engaged with Mio Classic Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mio Classic Manual
 9. Balancing eBooks and Physical Books Mio Classic Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mio Classic Manual
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Mio Classic Manual
 - Setting Reading Goals Mio Classic Manual
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Mio Classic Manual
 - Fact-Checking eBook Content of Mio Classic Manual
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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