

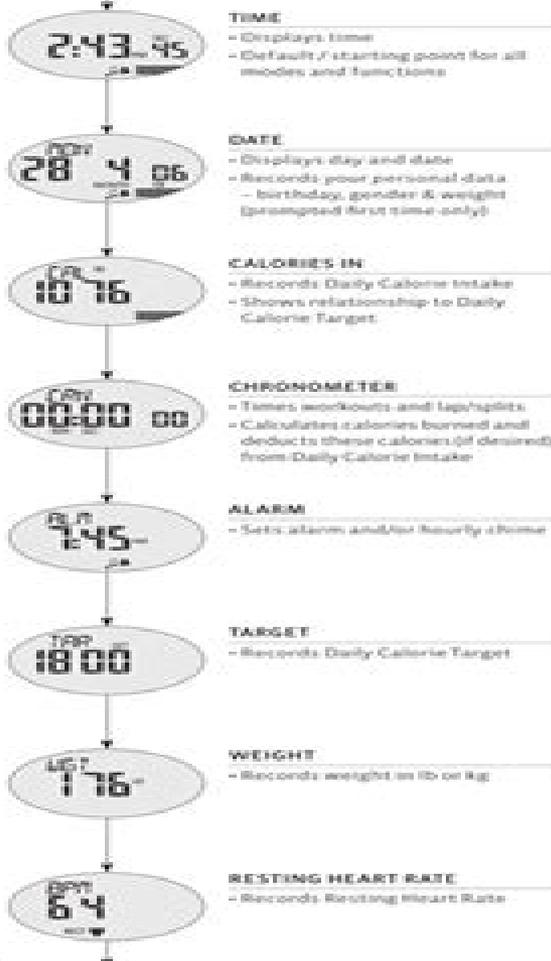
mio Classic SELECT

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 + 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 User Guide

John Ruskin



Mio Classic User Guide:

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,1872 **Musical America** ,1921 **Music Supervisors' Journal** ,1930 **St. Mark's Rest** John Ruskin,1908 *MLN.*
,1892

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Table of Contents Mio Classic User Guide

1. Understanding the eBook Mio Classic User Guide
 - The Rise of Digital Reading Mio Classic User Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Mio Classic User Guide
 - 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 User Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mio Classic User Guide

- Personalized Recommendations
- Mio Classic User Guide User Reviews and Ratings
- Mio Classic User Guide and Bestseller Lists
- 5. Accessing Mio Classic User Guide Free and Paid eBooks
 - Mio Classic User Guide Public Domain eBooks
 - Mio Classic User Guide eBook Subscription Services
 - Mio Classic User Guide Budget-Friendly Options
- 6. Navigating Mio Classic User Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Mio Classic User Guide Compatibility with Devices
 - Mio Classic User Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mio Classic User Guide
 - Highlighting and Note-Taking Mio Classic User Guide
 - Interactive Elements Mio Classic User Guide
- 8. Staying Engaged with Mio Classic User Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mio Classic User Guide
- 9. Balancing eBooks and Physical Books Mio Classic User Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mio Classic User Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mio Classic User Guide
 - Setting Reading Goals Mio Classic User Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mio Classic User Guide

- Fact-Checking eBook Content of Mio Classic User Guide
 - 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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