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STRIDE easily & effectively tracks
your heart rate, steps, speed,
distance and calorie burn.

The best measurements to:

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- > Increase your endurance
- > Tone your body

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how you can easily take
your heart rate with:

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NEEDED**



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rate



step
count



distance



calories



speed



ECG
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50m



Mio Stride Petite Manual

RD Boyd



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