

MIO TRIUMPH

User Guide

- 800 accurate heart rate without a chest strap
- patented calorie management system
- personalized percent of maximum heart rate display
- 2000-calorie countdown mode

user's guide and how-to videos available at www.miofitness.com



A. MIO TRIUMPH AT-A-GLANCE



B. MODES OF OPERATION

Press MODE to move to the next mode.



D. 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

- Whenever you are in, hold the SET button to enter its SET mode.
- Hold SET until beep (2 sec), value will flash
- Press + or - to adjust, to scroll automatically, hold + or -
- When value is adjusted, press SET again
- Repeat steps 2 to 4 as needed or hold SET for 2 seconds to exit the SET mode

E. WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR

To prevent triggering the Smart Touch Heart Rate feature from accidental readings (due to contact) with water or some depth-measuring materials use the Heart Rate Lock feature. Because water is a conductor, it will activate the HR function.

To protect the battery's life while swimming or showering (although wearing in the shower/bathrooms is not recommended) always use MIO's Heart Rate Lock.

- To turn the HR Lock on, in any MODE, press and hold START/STOP for 2 seconds. The HR Lock icon will display.
- To turn HR Lock off, first dry the watch by towel, then repeat the step above.

F. WAKING UP YOUR MIO

- Your MIO may be in Sleep mode (with a blank display) when you first receive it.
- Hold START until you see blinking 0:00 or 24:00 to activate your MIO and start setting it up.
- Setting Time & Date format:
 - Press + or - to toggle time format.
 - 12h = 12 Hour Clock (AM/PM) & MM/DD-date format

C. TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR



- You can take your HEART RATE from any mode (except SET mode)
- With MIO Smart Touch Technology, obtaining your on-demand heart rate by touch has never been easier. You can get a reading by placing your finger tips, palms, or just about any part of your hand on the stainless steel ring. Experiment to find your own preference.

- Press SET to move to next setting.
- Do the same for TIME, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- Press SET to touch START up.

G. SET TIME & DATE

- Display shows Time, cycling through NAME, DATE, and WEEKDAY automatically. To change TIME and DATE:
- Hold SET until beep (2 seconds), 12h or 24h shows.
- 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 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.

H. SET MY MIO

- MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations. See Section M for how to calculate your CALORIE TARGET and ACTIVITY LEVEL.
- Press MODE & turns to go from TIME to MY MIO.
- To make changes to your personal settings in MY MIO, hold SET until beep (2 seconds)
- The first letter of NAME will blink. Use + or - to adjust. To scroll quickly, hold + or -.
- Press SET to move to next letter.
- Do the same for WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR, MAX HR, SCROLL, ACTIVITY LEVEL and WEEKLY GAIN/LOSS GOAL.
- The Triumph will calculate your MAX HR based on your personal details. If you prefer to override this and input your MAX HR use the + or - buttons.
- Turn the SCROLL on or off. When the scroll is on, the main screen will automatically toggle between NAME, DATE, WEEKDAY.
- For ACTIVITY LEVEL, ACT LO or MI or HI will display. Please refer to section M for the definition of each level.
- For WEEKLY GAIN/LOSS GOAL, LB/WK or KG/WK will display. Use + or - to adjust your weekly weight gain (+) or loss (-) goal. Then press SET.
- For example, if your goal is to lose one pound per week, set the value to -2.0. To lose weight use a negative number; to gain weight use a positive number.
- Please note that it is not recommended to have weight change for more than 2 lb or 0.9kg per week, or the maximum gain/loss is limited to 2 lb or 0.9kg per week.
- To stop making changes at any time, hold SET until beep (2 seconds). Your MIO will go directly to Daily Net Calorie TARGET.

- A one-time read out of your heart rate in beats per minute (BPM) will display. The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 90%).
- MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.
- For continuous reading, keep pressing the sensor.
- For best accuracy, left and right hands should not be in contact during the test.
- The display returns to the previous mode 5 seconds after you remove your finger from the Smart Touch sensor.

TROUBLESHOOTING POINTERS

If you don't get your heart rate within 30 seconds, motion 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. Do not press too hard on the sensor.

Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent proper detection of a HR signal. Try to relax your watch arm.

If your HR seems off, note that fluctuations are normal in a healthy heart. In fact, the healthier your heart is, the more variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section L).

To optimize readings, occasionally clean the back of your MIO case and the Sensor Ring with a Clean, soft cloth.

- MIO will calculate your Daily Net Calorie TARGET based on your weight change goal and personal settings. The right-most digit of this TARGET will be flashing. To accept this calculated TARGET press SET 4 times to accept each digit of this target. If you would like to manually adjust this TARGET then use + or - and SET to adjust each digit. See Section M for more information on setting TARGET Daily Calories.
- To return to TIME, press MODE.

I. 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 + or - to adjust your hour, press SET, use + or - 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.

J. SET RESTING HEART RATE

- For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Limit: there are 5 times to set.
- Press MODE 5 times to go from TIME to RESTING HEART RATE. Your most recent BPM will display.
- Place two finger pads on the MicroSensors as described in Section C. Heart icon blinks. Your resting heart rate should appear within a 1 to 7 seconds.
- To return to TIME, press MODE 2 times.

K. USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISE TIMER or press MODE 3 times to go from TIME to EXERCISE TIMER. There are five timer types. You can choose the one which is suitable for your exercise.

TO COUNT UP FROM ZERO (available for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TIME 1. Press SET.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- To reset timer to zero and clear the workout calories, press START until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP (available for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or - to adjust the TIMER TYPE to TIME 4. Press SET.

Mio Triumph Manual

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