

MIO TRIUMPH

User Guide

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

user's guide and how-to videos available on www.miohub.com



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 clothing 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 12H or 24H to activate your MIO and start setting it up.
- Setting time & date format:
 - Press + or - to toggle the format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD-date format

A. MIO TRIUMPH AT-A-GLANCE



To use Light: Press the **LIGHT** button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.



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.

- 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 99%).
- 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, moisten 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 varies, note that fluctuations are normal in a healthy heart, in fact, the heart rate is the most 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 I).

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

- Press **SET** to move to next setting.
- Do the same for TIME, DATE, YOUR NAME, 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 on 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 wish 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 HI or HI will display. Please refer to section M for the definition of each level.
- For WEEKLY GAIN/LOSS GOAL, LB/WRK or KG/WRK 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, so 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.

- MIO will calculate your Daily Net-Calorie TARGET based on your weight change goal and personal settings. The night-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 OFF to ON or OFF to ON, press the **START** button.
- To change the time of an ALARM, hold the **SET** button until beep (2 seconds), use + or - to adjust the 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: 50-180 BPM.

- Press **MODE** 5 times to go from TIME to RESTING HEART RATE. Your most recent HRH will display.
- Place two finger pads on the Microsensors as described in Section C. Heart icon blinks. Your resting heart rate should appear within 4 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 TIME 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 **SET** 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 TIME TYPE to TIME 4. Press **SET**.

Mio Triumph Manual

Michael Brown



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spring boot application yml application yaml file geeksforgeeks - Jul 14 2023

web dec 22 2021 yaml is a data serialization language that is often used for writing configuration files so yaml configuration file in spring boot provides a very convenient syntax for storing logging configurations in a hierarchical format the application properties file is not that readable

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web feb 5 2022 viewed 5k times 2 how to point to local application yaml instead of other yaml files intellij is taking application yaml by default i want to change configuration to point to local yaml so that i can run application in my local java intellij idea yaml intellij plugin

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web aug 13 2020 spring boot 2 4 0 m2 has just been released and it brings with it some interesting changes to the way that application properties and application yaml files are loaded if your applications use the fairly typical setup of only using a single application properties or application yaml file then you ll probably not notice any

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web sep 8 2023 the app yaml file defines your configuration settings for your runtime as well as general app network and other resource settings do not add app yaml to the gcloudignore file

spring boot logging with application.yml howtodoinjava - Jul 02 2022

web jul 3 2023 in the application.yml file you can define log levels of spring boot loggers application loggers hibernate loggers thymeleaf loggers and more to set the logging level for any logger add keys starting with logging level the logging level can be one of one of trace debug info warn error fatal off

springboot configuration with application.yml stack overflow - Sep 04 2022

web jul 25 2017 i have a little springboot application which can execute different functions via openldap getuser createuser deleteuser etc that works fine now i want to create an application.yml where i can manage different environments with different credentials

configuration files is it yaml or yml stack overflow - Feb 26 2022

web jan 11 2014 yaml is apparently the official extension because some applications fail when using yml on the other hand i am not familiar with any applications which use yaml code but fail with a yml extension i just stumbled across this as i was used to writing yml in ansible and docker compose

application.yml vs application.properties for spring boot - Jun 13 2023

web nov 24 2017 as per my knowledge these are at least some of the differences properties stores data in sequential format whereas yml stores data in hierarchical format properties supports only key value pairs basically string values whereas yml supports key value pair as well as map list scalar type values

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web for example if your application activates a profile named prod and uses yaml files then both application.yaml and application-prod.yaml will be considered profile specific properties are loaded from the same locations as standard application.properties with profile specific files always overriding the non specific ones

java spring boot how to define application.yml properties as - Jan 08 2023

web feb 19 2018 the guide i am following uses the following application.yml properties amazonproperties.endpointurl s3 us east 2 amazonaws.com accesskey xxxxxxxxxxxxxxxx secretkey xxxxxxxxxxxxxxxxxxxxxxxx bucketname your bucket name how can i define these properties in my application.properties file

java how do i use a variable from an application.yml file in my - Dec 07 2022

web jul 29 2020 you need to use spring expression language which says we should write it as value spring.application.name private string appname for default value if key is not present in yaml.yml or properties file value spring.application.name defaultvalue private string appname

spring yaml configuration baeldung - May 12 2023

web may 2 2021 in this brief article we learned how to configure properties in spring boot applications using yaml we also discussed the property overriding rules followed by spring boot for yaml files the code for this article is available over on github

how to convert application properties to application.yml for - Oct 05 2022

web jun 30 2023 explore the difference between properties and yaml files and learn how to convert the application properties file to application.yml and vice versa using various tools and plugins

spring boot starter for azure active directory developer's guide - Dec 27 2021

web apr 6 2023 update your application.yml file set property spring cloud azure active directory application type to web application and resource server and specify the authorization type for each authorization client as shown in the following example