

HEALTHY HEART & WAISTLINE
MANAGEMENT HEART RATE
PEDOMETER WATCH

EASY
TO USE

Item# 458359

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mio STRIDE

EGG ACCURATE **STRAPLESS**
HEART RATE WATCH WITH
PEDOMETER FUNCTIONALITY

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

The best measurements to:

- > Strengthen your heart
- > Increase your endurance
- > Tone your body

See the reverse on
how you can easily take
your heart rate with:

**NO CHEST STRAP
NEEDED**



heart
rate



step
count



distance



calories



speed



ECG
accuracy



workout
intensity



50m
waterproof



Mio Stride User Guide

LL Leslie

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