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STRIDE easily & effectively tracks
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distance and calorie burn.

The best measurements to:

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- > 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
accurate



exercise
intensity



50m
waterproof



Mio Stride Petite Manual

RD Boyd



Mio Stride Petite Manual:

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