

# mio™ BREEZE

## User's Guide

- EOS accurate heart rate without a chest strap
- Personalized percent of maximum heart rate display
- Flexible timers
- Easy to use



## A. MIO BREEZE 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.



## B. MODES OF OPERATION

Press MODE to move to the next mode.



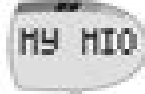
**TIME & DATE**  
• Display time, date and weekday



**ALARM**  
• Set daily alarm



**EXERCISE TIMER**  
• Exercise Timer for workouts



**MY MIO**  
• Set your personal data

## C. 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.

## D. WAKING UP MY 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
  - 24H = 24 Hour clock & DD/MM date format
- Press SET to move to next setting.
- Do the same for TIME, DATE, GENDER, BIRTH YEAR.
- Press SET to finish START UP.

## E. SET TIME & DATE

Display shows Time, cycling through DATE, and WEEKDAY automatically. To change TIME and DATE:

- Hold SET until beep (2 seconds): 12H or 24H blinks.
- 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.
- Do the same 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.

### SET MODES

Whatever mode you are in, hold the SET button to enter its SET mode:

1. Hold SET until beep (2 seconds)
2. Value you are setting will flash.
3. Press + or - to adjust the value. To scroll automatically, hold + or -.
4. When value is adjusted, press SET again.
5. Repeat steps 2 to 4 as needed or hold SET for 2 seconds to exit the set mode.

## F. TAKING YOUR HEART RATE



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.

You return to the previous mode 5 seconds after removing your finger pads from the MIO sensors.

### TROUBLESHOOTING POINTERS

1. 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 sensors.
2. If MIO's calculations start to vary significantly from what you have come to expect, if the digits freeze or if the face is blank, replace MIO's battery (see Section K).
3. To optimize readings, occasionally clean the back of your MIO case and the metal UPPER and LOWER MIO sensors with a clean soft cloth.

# Mio Heart Rate Monitor Manual

**SJ Ball**



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