

mio BREEZE

User's Guide

- 600 accurate heart rate without a chest strap
- Personalized picture of maximum heart rate display
- Flexible Screen
- Easy to use



A. MIO-BREEZE AT-A-GLANCE



To see higher, Press the **UPPER** button to turn on the backlight. Light will stay on for 5 seconds, or until you keep from being pressed for 3 seconds.

UPPER/STOP button

LOWER/RESET button

Turn on the light, reset watch

MODEL button

switch mode, activate alarm

DOWN/OK/BACK button

START/STOP button

start/stop the alarm, stop, previous screen

SET button

adjustment, 27 mode, http://www.mio.com

B. MODES OF OPERATION

Press **MODE** to move to the next mode:



TIME & DATE

• Display time, date and weekday



ALARM

• Set alarm alarm



EXERCISE TIMER

• Exercise timer for workouts



MY MIO

• Set your personal data

C. WAKING UP MY MIO

My MIO stay for in sleep mode with a blank display, when you first receive it.

- Press **UPPER** until you see blinking time or date to activate your MIO and start setting it up.
- Setting Time & date format:
 - Press **UP** or **DOWN** to toggle the format.
 - **DOWN** - 12 Hour clock (MIO has a 24 HOUR date format)
 - **DOWN** - 24 hour clock & DYNAMIC date format.
- Press **SET** to save the setting.
- On the screen the TIME, DATE, GENDER, BIRTH YEAR
- Press **SET** to finish "START" up.

E. SET TIME & DATE

Display shows Time, Cycling through DATE and BIRTH YEAR automatically. To change TIME and DATE:

- Press **SET** until See/Change/Setting. Lower **DOWN** screen.
- Press **UP** or **DOWN** to toggle the display to DATE format.
 - **DOWN** - 12 Hour clock (MIO has a 24 HOUR date format)
 - **DOWN** - 24 hour clock & DYNAMIC date format.
- Press **SET** to save MIO.
- Press **UP** or **DOWN** to select MIO's quickly. Hold **UP** or **DOWN**. Press **SET**.
- On the screen to select MIO.
- To reset seconds, to zero press **UP** or **DOWN** to press **SET** to reset seconds.
- Use **UP** or **DOWN** to adjust YEAR, MONTH, DAY.
- To stop making changes at any time, hold **SET** for 3 seconds.

C. QUICK TIPS

SHORTCUTS:

- To return to TIME from any mode, press **MODE**.
- To go directly to ALARM, hold **UP** from any mode, press **SET** to start.
- To reset seconds, hold **SET** for 3 seconds.

SET MODES

When in mode you are in, hold the **SET** button to enter a SET mode:

1. Hold **SET** for 3 seconds
2. Select you want to set up/Time
3. Press **UP** or **DOWN** to adjust the value to your automatic, hold **UP** or **DOWN**.
4. Select value to adjust, press **SET** again
5. Repeat steps 2-4 to adjust or hold **SET** for 3 seconds to end the set mode.

F. TAKING YOUR HEART RATE



Place index finger on the metal **UPPER MIO** sensor and index finger on **LOWER MIO** button.



Press down gently on the buttons to activate MIO sensors. Heart icon with flash.



Wait for heart rate reading (5-7 seconds) your MIO will beep to let you know that the reading is ready.

The small display line right above the percentage of heart rate will flash later to your maximum heart rate. For example, when a person that percentage is using, you get 100% that is 4, maximum heart rate is 180 and heart rate is 180, so the display will be 100%.

Heart rate is the pulse per minute. Customarily when you are engaged finger push from the MIO to stop.

PROBLEMSHOOTING POINTERS

1. If you don't get good heart rate when you exercise, and your finger push and try again. It helps to wear your MIO for a while before to allow a layer of moisture to build up between the MIO and the skin of your skin. When you push too hard on the skin.
2. If MIO's not working, start by using MIO in a room where you have more the exposure of the light, because as in the face of MIO, it helps MIO's to work better.
3. Forget to use MIO's for 3-5 days. It helps to use MIO's for 3-5 days. It helps to use MIO's for 3-5 days. It helps to use MIO's for 3-5 days.

Mio Breeze Manual

Didier Musso



Mio Breeze Manual:

The Enigmatic Realm of **Mio Breeze Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Mio Breeze Manual** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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Table of Contents Mio Breeze Manual

1. Understanding the eBook Mio Breeze Manual
 - The Rise of Digital Reading Mio Breeze Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Mio Breeze Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mio Breeze Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mio Breeze Manual
 - Personalized Recommendations
 - Mio Breeze Manual User Reviews and Ratings
 - Mio Breeze Manual and Bestseller Lists

5. Accessing Mio Breeze Manual Free and Paid eBooks
 - Mio Breeze Manual Public Domain eBooks
 - Mio Breeze Manual eBook Subscription Services
 - Mio Breeze Manual Budget-Friendly Options
6. Navigating Mio Breeze Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Mio Breeze Manual Compatibility with Devices
 - Mio Breeze Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mio Breeze Manual
 - Highlighting and Note-Taking Mio Breeze Manual
 - Interactive Elements Mio Breeze Manual
8. Staying Engaged with Mio Breeze Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mio Breeze Manual
9. Balancing eBooks and Physical Books Mio Breeze Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mio Breeze Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mio Breeze Manual
 - Setting Reading Goals Mio Breeze Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mio Breeze Manual
 - Fact-Checking eBook Content of Mio Breeze Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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