

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.



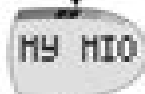
TIME & DATE
• Display time, date and weekday



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

N Noddings



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Table of Contents Mio Heart Rate Monitor Manual

1. Understanding the eBook Mio Heart Rate Monitor Manual
 - The Rise of Digital Reading Mio Heart Rate Monitor Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Mio Heart Rate Monitor 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 Heart Rate Monitor Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mio Heart Rate Monitor Manual
 - Personalized Recommendations
 - Mio Heart Rate Monitor Manual User Reviews and Ratings
 - Mio Heart Rate Monitor Manual and Bestseller Lists

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