# mio TRIUMPH

#### User Guide

- **BCG** accurate BEAT CHURCH a others street
- patiented calorie
- management system - personalized persons of maximum bears rate display
- pater-called countdown made

Literation granted arms thereon the yesternia. enconita brier an www.micghibat.com



#### F. MODES OF OPERATION



#### TIME & DATE

ALARMA.

- Display time, date, weekday and your name or miliars



# - Set doily atarm

WET CALORIES IN - Drophley Net Callone Intiake



#### - Ember-Calorow somake EXERCISE TIMES

- Exercise Simer for workputs and other activities, 5 timer modes including Walk/Run Simer



#### MEART BATE RECOVERY

 Measure your Weart Rate Recovery—a good indicator of Rithers Sever



RESTING HEART RATE Measure and display yo Resting meant Rate



#### MY MICH

Set your personal data and weight management post

#### O. 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
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds

#### SET MODES

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

5. Hold SET until beep (2 sec), value will flash

- 2. Press + or to adjust, to scroll automatically, hold + or -
- 5. When value is adjusted, press SET again.
- Repeat steps 2 to 4 as needed or hold SET for 2 seconds. too exact the set mode.

#### E. WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR

prevent triggering the Smart Touch Heart Rate Seature from accidental readings due to contact with water or some clothing materials use the Heart Rate Lock feature. Because water is a conductor, it will activate the HR function.

To protect the battery's life while swimming or showering (although wearing in the shower/bath/sauria is not recommended) always use MIO's Ineart Rate Lock.

- To turn the HR Lock on in any MODE press and hold START/ STOP for 2 seconds. The HR lock cont will display.
- . To turn left Lock off first dry the watch by towel, then repeat The stoop above

#### F. WAKING UP YOUR MIO

Your MID may be in sleep mode builth a blank display! when your first receive it.

- Hold START until you see blinking 12H or July 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/DO date format

#### A. MIO TRIUMPH AT-A-GLANCE

Itemaniti pour Calorie goal indicates effort leve in pirruginessi. resourcing the are distin SET 1 principal parties (to Said Monda

TOTAL. or carbonies

main thesant roote -



#### TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR



Swart Sate

Place a finger on the Smart Touch sensor. Place another finger on the opposite side for support



Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon will flash.



wait for meart Rate readout (3-8 seconds). MIO will beep when the reading is ready. four heart rate will remain di played for 5 seconds after you

eleane the sensor button

u can take your HEART BATE from any mode (except SET moderá

- With MiO Smart Touch Technology, obtaining your ondemand heart rate by touch has never been easier. You can get a reading by placing your finger tips, palms or just about any part of your hand on the stainless steel ring. Experiment to find your own preference.

- A one-time read out of your Heart Bate in beats per minute (RPM) will display. The small digits at the right display the percentage of your current heart rate to your maximum heart rate tup to 99%).
- MiO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 35 8PW.
- For continuous reading, keep pressing the sensor.
- For best accuracy, left and right hands should not be in-contact during the test.

The display returns to the previous mode 5 seconds after ou remove your finger from the Smart fouch sensor.

#### TROUBLESHOOTING POINTERS.

if you don't get your heart rate within 10 seconds. then finger pads and bry again. It helps to wear your MIO for a little while to allow a layer of moniture to build up between the back of the watch and your arm. Do not press too hard on the sensor

Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent proper detection of a HR signal. Try to netax would wright the Arrest

If your HR varies, note that fluctuations are normal in a healthy heart, in fact, the healther your heart is, the more variation you could see. However, if Mich Calculations start to vary significantly from what you have come to expect, replace MilO's battery (see Section 1.)

To optimize readings, occasionally clean the back of your MID case and the Sensor Ring with a clean, soft cloth.

- Press SET to move to next setting.
- On the same for TIME, DATE, YOUR HAME, INSIGHT UNIT, WOIGHT, GENDER, BIRTH YEAR.
- · Press, SET to Breigh START or

#### G SET TIME & DATE

by shows Time, cycling through teams, DATE, and WEEKDAY automatically. To change TIME and OATE

- moter SET until beep (2 seconds). 12H or 24H Stones. · Press v or - to toggle the TIME A DWY hormat
- -12H+12 Heart clock (AM/PM) & MM/OC-date for mult - Jan + 24 Hour Clock & OC/MM date format - Press SET to set HOUR.
- Press + or to select HOUR to scroll quickly, hold + or Press SET. - On 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, DWY
- . To stop making changes at any time, hold \$87 for 2 seconds.

#### H SET MY MIO

brunned during exercise. Opdate your weight regularly for greatest accuracy in MiO's calculations. See Section M on how to calculate your CALORDE TARREST and ACTIVITY LEVEL

- Press MODE 6 times to go from TIME to MY MIO
- To make changes to your personal settings in MY MIO, hold SET until beep (2 seconds)
- . The first letter of AsiANE will blink. Use a or to adjust to scraft quickly, hald + or -. Press SET to it-inve to next letter On the same for WEIGHT UNIT, INDIGHT, GENORA, BIRTH YEAR,
- MAXING SCROUL ACTIVITY LEVEL AND WEEKLY GAIN/LOSS ACCUPANT.
- The Triumph will calculate your NAX HR based on you personal details. If you wish to override this and it your MAX HR use the + or - buttons.
- flurn the SOROLL on proff. When the Scrott is on, the main screen will automatically toggle between NAME, OATE, SWEEKEN - For ACTIVITY LEVEL ACT LO or MI or HI will droplay Flexage
- on M for the definition of each level - For WEEKLY GARLS DGS GOAL, LISTING OF KSCHIN WITH display title + or - to adjust your weekly weight gain (+) or loss of Egoal Then givess SET.

For example, if your goal is to lose one pound per week, set the value to -2.0. To lose weight use a negative number, to gain weight use a positive number. Please note that it is not recommended to have we change for more than 2 ib or 0 like per week, so the

maximum gain/focs in limited to 2 th or 0 thg per week.

To stop making changes at any time hold SET until beep Q. seconds) Your MIC will go directly to Daily Net Calone TARGET. - NRO will calculate your Daily Net Calonie TARGET based on your weight change goal and personal settings. The right-most digit of this SARGET will be flashing. To accept this calculated TNRGET preys SET's times to accept each digit of this target. If you would like to manually adjust this TARGET then use + or - and SET to adjust each digit. See Section M for more information on setting TARGET Daily Calonies. To neturn to TIME, prevs MODE

#### I. SET ALARM

- Prints MODE once to go from TIME to ALARM.
- To change ALARM from ON to DFF or from DFF to ON preto. Other SET Building
- To change the time of an ALAKM, hold the SET button until beep (2 seconds) use 4/- to adjust the HOUR, press SET, use 4/- to adjust the MOUR; then press SET To so all more quickly hold the - or -
- Alarm soon will show if the ALARM is on
- restif MODE for 2 seconds to return to TAKE mode.

#### SET RESTING HEART RATE

For the most accurate reading, set this function when yo first wake up in the morning lastflowt an atomic clocks. Until then, use the default resting heart rate (10 6PM).

- Press MODE 5 times to go from TIME to AESTING HEART RATE. Your most recent first will displicy
- . Place Two finger pads on the MidSensors as described in Section-C. Heart icon blocks. Your resting heart rate should appear within 4 to 7 seconds.
- To return to TIME, press MODE 2 times

#### K. USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISE TIMES or press WOOE It times to go from TIME to EXEMPLE TIMER. There are five timer types. You can choose the one which is suitable for pour exercise

#### TO COUNT UP FROM ZERO

(contable for walking with time limit)

- The timer must be stopped.
- Holid SET until being (2 seconds). - Press + or - to adjust the TrateR TYPE to Talk 1 Press SET.
- To start the times, preso START
- To pause, press STOP Press START to resume - To result bisher to devic and clear the workout calories, press RESET until heep G seconds!

#### TO COUNT DOWN TO ZERO AND STOP (nuitable for walking with time limit)

- The timer must be stopped.
- Press or to-adjust the Trates Type to Tank + Press SET.
- Molid SET until beisp (2 seconds)

# **Mio Triumph Watch Manual**

**Rose Arny** 

#### **Mio Triumph Watch Manual:**

Cataloging Sound Recordings Deanne Holzberlein, Dolly Jones, 1988 At lasta manual that takes the chore out of cataloging sound recordings The author clarifies the AACR2 rules Anglo American Cataloging Rules 2nd edition and literally steps through the thought process used in cataloging a sound recording beginning with what to use as the source for the title through the physical description and series information All the examples of catalog cards presented ranging from the full gamut of 20th century music to spoken records and compact discs show the full level of descriptive cataloging The appendixes make this a practical worker's manual they include order and content of cataloging notes order of parts in a uniform title a glossary of musical terms and acronyms a list of basic reference books and thematic indexes a complete set of catalog cards and the Library of Congress rule interpretations for sound recordings The detailed indexes enhance this important book s utility The Dublin Literary Gazette, Or Weekly Chronicle of Criticism, Belles Lettres, and Fine **Arts** ,1830 AB Bookman's Weekly ,1986 Forthcoming Books Rose Arny, 1999 I record del cinema. Enciclopedia dei fatti, delle curiosità e dei primati del cinema mondiale, dall'epoca del muto ad oggi Patrick Arts & Humanities Citation Index ,1995 A multidisciplinary index covering the journal literature of the arts and humanities It fully covers 1 144 of the world's leading arts and humanities journals and it indexes individually selected relevant items from over 6 800 major science and social science journals The Compact Edition of the Oxford English Dictionary Sir James Augustus Henry Murray, 1971 Micrographic reproduction of the 13 volume Oxford English **Service Instruction Manual Triumph** The Standard Motor Company, dictionary published in 1933 Triumph Workshop Instruction Manual ,1955 Service Instruction Manual Standard-Triumph Sales Ltd,1945\* Service **Instruction Manual TR 2 Triumph** Standard-Triumph Sales Limited. Service Division,19?? Triumph Motorcycles <u>Illustrated Workshop Manual 1937-1951</u> Floyd Clymer, 2007-01-01 1935 to 1939 MODELS An Illustrated Workshop Manual Covering Pre War Triumph Twin And Single Cylinder Motorcycles From 1935 To 1939 After the outbreak of war in September 1939 all of the Triumph motorcycles constructed were destined for military use civilian production did not resume again until 1946 This is a faithful reproduction of the 1939 Floyd Clymer E T Brown Workshop Manual originally published in the US in 1947 It includes repair and maintenance data for rigid frame pre war single cylinder SV OHV and twin cylinder OHV Triumph motorcycles from 1935 to 1939 Much more detailed than the owner s handbook this manual provides the information necessary for the overhaul of engines carburetors clutches gear boxes forks electrics etc essential information for the enthusiast owner or restorer of these classic motorcycles Measuring 5 5 x 8 5 with 96 pages and 56 illustrations Applicable To The Following Models L2 1 2 1 2 5 3 1 3 2 3 5 5 1 5 2 5 3 5 4 5 5 5 10 6 1 Tiger 70 Tiger 80 Tiger 90 2H Tiger 70C 3S 3H Tiger 80C 5H Tiger 90C 6S 2HC 3SC 5T Speed Twin 5S and T100 Tiger 100 Includes Maintenance And Repair Data For The Following Engines Single Cylinder 250cc OHV 350cc SV 350cc OHV 500cc SV 500cc OHV 550cc SV and 600cc

SV Twin Cylinder 500cc OHV and 650cc OHV

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Engineering Company,195?

Triumph TR 2, 3, 3A, 4, 4A Owners Workshop Manual John Harold Haynes,1997

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Triumph Workshop Instruction Manual, for Models 1945-1955, Triumph TR7 Service and Repair Manual John Harold Haynes, Peter Ward, 2014-06 This is one in a series of manuals for car or motorcycle owners Each book provides information on routine maintenance and servicing with tasks described and photographed in a step by step sequence so that even a novice can do the work

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