

mio TRIUMPH

User Guide

- 800 accurate heart rate without a chest strap
- patented calorie management system
- personalized percent of maximum heart rate display
- split-calorie countdown mode

user's guide and how-to videos available on www.miohub.com



B. MODES OF OPERATION

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



D. 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

SET MODES

- Whenever you are in, hold the **SET** button to enter its SET mode
- Hold **SET** until beep (2 sec), value will flash
- Press + or - to adjust, to scroll automatically, hold + or -
- When value is adjusted, press **SET** again
- Repeat steps 2 to 4 as needed or hold **SET** for 2 seconds to exit the SET mode

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

To prevent triggering the Smart Touch Heart Rate feature 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/bathrooms is not recommended) always use MIO's Heart Rate Lock.

- To turn the HR Lock on: In any MODE press and hold **START/STOP** for 2 seconds. The HR lock icon will display
- To turn HR Lock off: First dry the watch by towel, then repeat the step above

F. WAKING UP YOUR 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

A. MIO TRIUMPH 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.



C. TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR



- You can take your HEART RATE from any mode (except SET mode)
- With MIO Smart Touch Technology, obtaining your on-demand 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 rate in beats per minute (BPM) will display. The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%).
- MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.
- 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 you remove your finger from the Smart Touch sensor.

TROUBLESHOOTING POINTERS

If you don't get your heart rate within 30 seconds, moisten 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 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 relax your watch arm.

If your HR varies, note that fluctuations are normal in a healthy heart, in fact, the heart rate is the most variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section I).

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

- Press **SET** to move to next setting.
- Do the same for TIME, DATE, YOUR NAME, WEIGHT, GENDER, BIRTH YEAR.
- Press **SET** to touch START up.

G. SET TIME & DATE

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

- Mode SET until beep (2 seconds). 12H or 24H shows.
- 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** 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.

H. SET MY MIO

MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations. See Section M on how to calculate your CALORIE TARGET and ACTIVITY LEVEL.

- Press **MODE** & turns 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 NAME will blink. Use + or - to adjust. To scroll quickly, hold + or -.
- Press **SET** to move to next letter.
- Do the same for WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR, MAX HR, SCROLL, ACTIVITY LEVEL and WEEKLY GAIN/LOSS GOAL.

- The Triumph will calculate your MAX HR based on your personal details. If you wish to override this and input your MAX HR use the + or - buttons.
- Turn the SCROLL on or off. When the Scroll is on, the main screen will automatically toggle between NAME, DATE, WEEKDAY.
- For ACTIVITY LEVEL, ACT LO or HI or HI will display. Please refer to section M for the definition of each level.
- For WEEKLY GAIN/LOSS GOAL, LB/WRK or KG/WRK will display. Use + or - to adjust your weekly weight gain (+) or loss (-) goal. Then press **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 weight change for more than 2 lb or 0.9kg per week, so the maximum gain/loss is limited to 2 lb or 0.9kg per week.

- To stop making changes at any time, hold **SET** until beep (2 seconds). Your MIO will go directly to Daily Net Calorie TARGET.

- MIO will calculate your Daily Net-Calorie TARGET based on your weight change goal and personal settings. The night-mode digit of this TARGET will be flashing. To accept this calculated TARGET press **SET** 4 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 Calories.
- To return to TIME, press **MODE**.

I. SET ALARM

- Press **MODE** once to go from TIME to ALARM.
- To change ALARM from OFF to ON or from ON to OFF, press the **START** button.
- To change the time of an ALARM, hold the **SET** button until beep (2 seconds), use + or - to adjust the HOUR, press **SET**, use + or - to adjust the MINUTE, then press **SET**. To scroll more quickly, hold the + or -.
- Alarm icon will show if the ALARM is on.
- Hold **MODE** for 2 seconds to return to TIME mode.

J. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Limit: 50-180.

- Press **MODE** 5 times to go from TIME to RESTING HEART RATE. Your most recent HRH will display.
- Place two finger pads on the Microsensors as described in Section C. Heart icon blinks. 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 TIMER or press **MODE** 3 times to go from TIME to EXERCISE TIMER. There are five timer types. You can choose the one which is suitable for your exercise.

TO COUNT UP FROM ZERO

- Available for walking with time limit.
- The timer must be stopped.
- Second SET until beep (2 seconds).
- Press + or - to adjust the TIME TYPE to TMR 1. Press **SET**.
- To start the timer, press **START**.
- To pause, press **STOP**. Press **START** to resume.
- To reset timer to zero and clear the workout calories, press **SET** until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP

- Available for walking with time limit.
- The timer must be stopped.
- Hold **SET** until beep (2 seconds).
- Press + or - to adjust the TIME TYPE to TMR 4. Press **SET**.

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VM Jensen

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'VM Jensen' text.

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