

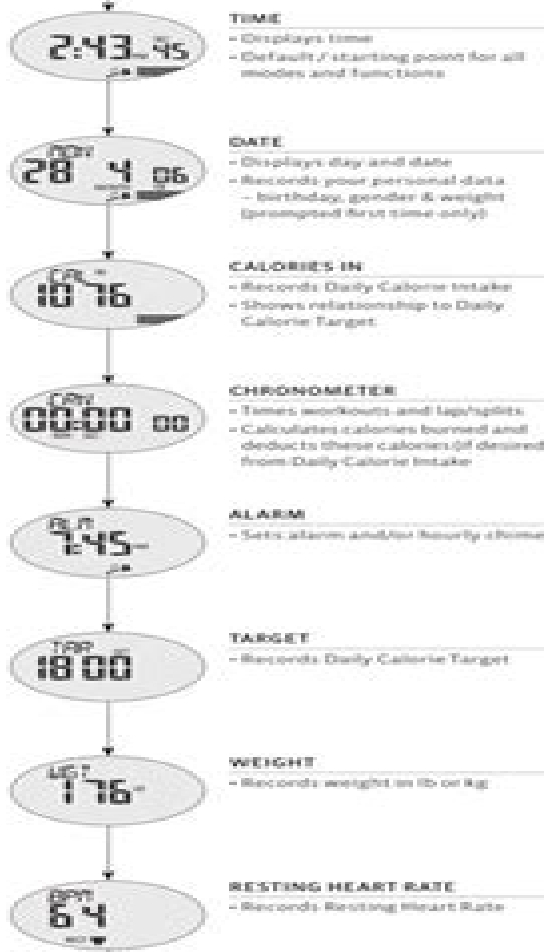
# mio Classic SELECT

## User's Guide for all MIO Classic SELECT and Classic SELECT Petite models

- set your daily calorie target
- enter calories consumed for running daily total
- get your heart rate without a chest strap
- track calories burned during a workout

## C. MODES OF OPERATION

Press **MODE** to move to the next screen.



## A. MIO Classic AT-A-GLANCE



- How to operate SET button**  
Whatever mode you are in, use the SET button to program your personalized settings:
1. Hold SET until watch beeps (2 seconds).
  2. The value you are setting will flash.
  3. Use + to increase value and - to decrease value.
  4. When value is correct, press SET again.
  5. Repeat as needed.
  6. When finished, hold SET until watch beeps (2 seconds).

To use **Light**: Press **LIGHT**. Light will stay on for 7 seconds.

## D. SET TIME

- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Do the same for minutes, seconds and AM / PM values.
- To stop making changes at any time, hold SET until watch beeps. New settings will be stored.

## E. SET DATE

- Press **MODE** once to go from **TIME** to **DATE**.
- Hold SET until watch beeps (2 seconds). Year digits blink.
- Press + or - to reach correct year. Press SET.
- Do the same for month, date and weekday. Repeat process for birth year, birth month and birth day. Repeat process for male / female icon.
- To stop making changes at any time, hold SET until watch beeps.
- To return to **TIME**, press **MODE** 7 times or wait 60 seconds.
- If checking the date from the **TIME** mode, press **MODE** once. MIO will return to **TIME** automatically after 30 seconds.

## F. SET HOURLY CHIME & ALARM

- Press **MODE** 4 times to go from **TIME** to **ALARM**.
- Press SET:

  1. Time to turn on **HOURLY CHIME** (music icon) only.
  2. Time to activate **ALARM** (bell icon) only.
  3. Time to turn on both **HOURLY CHIME** and **ALARM**.
  4. Time to turn off both **HOURLY CHIME** and **ALARM**.

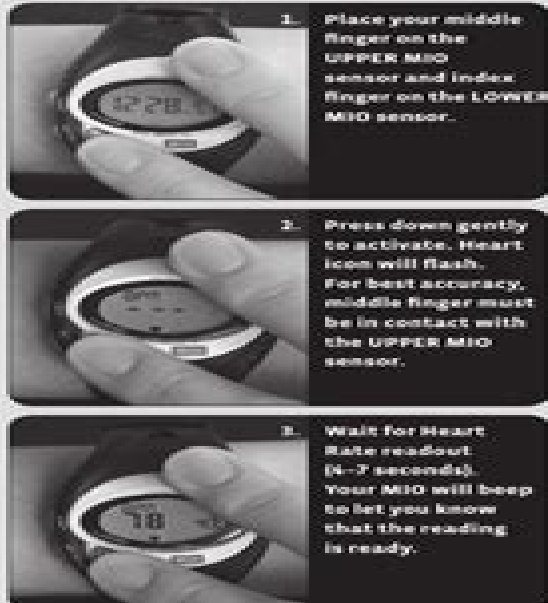
### TO SET ALARM

- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Repeat for minutes and AM/PM values.
- To return to **TIME**, press **MODE** 4 times or wait 60 seconds.

## G. SET WEIGHT

- Press **MODE** 6 times to go from **TIME** to **WEIGHT**.
- Hold SET until watch beeps (2 seconds). LB or KG blinks.

## B. TAKE YOUR HEART RATE



Heart rate appears in beats per minute (BPM). 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.

You will 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, moisten your finger pads & try again. In help to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch & your arm. Do not press too hard on sensors.
2. To optimize readings, occasionally clean the back of your MIO case and the **UPPER** and **LOWER MIO** sensors with a clean soft cloth.
3. 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 on the other side).

- Press + or - to select **LB** or **KG**. Press SET.
  - Weight digits blink. Press + or - to reach correct weight.
  - Hold SET until watch beeps (2 seconds).
  - To return to **TIME**, press **MODE** 2 times or wait 60 seconds.
- MIO calculates calories burned during exercise based on your age, gender, weight and resting heart rate. Update your weight regularly for the most accurate MIO calculation.

## H. SET RESTING HEART RATE

- For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).
- Press **MODE** 7 times to go from **TIME** to **RESTING HEART RATE**.
  - Place fingers on the MIO sensors as described in section B.
  - The **REST** and heart icon will blink. Your resting heart rate should appear within 5-7 seconds, setting automatically.
  - To return to **TIME**, press **MODE** once or wait 60 seconds.

# Mio Classic Manual

**M Walker**



## **Mio Classic Manual:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Mio Classic Manual**

In a world inundated with monitors and the cacophony of fast communication, the profound energy and psychological resonance of verbal beauty often disappear into obscurity, eclipsed by the constant assault of noise and distractions. However, set within the musical pages of **Mio Classic Manual**, a charming work of fictional elegance that impulses with fresh emotions, lies an remarkable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that mesmerizing opus guides visitors on a mental odyssey, delicately revealing the latent potential and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key themes, dissect its captivating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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