

Mio Motion User Guide

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A. MIO MOTION FIT AT-A-GLANCE Heart Rate GOAL flashing indicates indicates HR Lock your Heart Rate is the value indicates Heart being measured is the daily Rate is off step goal Alarm Hourly Chime Percentage of Max Heart STEP Rate... Page 5 To use LIGHT: Press LIGHT button to turn on the backlight.

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Once the vehicle engine is started, your Mio automatically powers on. When you power on your Mio for the first time, follow the on-screen prompts to complete the following: 1. Select your preferred language. 2.

User Manual - Mio

Mio Motion User Guide 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.

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Summary of Contents for Mio MOTIVA PETITE. Page 1 Miosensors. Make sure the Make sure the back plate is in contact with your wrist back plate is in contact with Your MIO may be in sleep mode (with a blank display) when during the measurement. your wrist. you first receive it. Page 2 AGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO LIFESTYLE WATCH.

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the mio watch, instruction guide & miosense booklet are intended to support a sensible approach to health & fit- ness. Page 37: Warranty And Repairs Contact EU-DECLARATION OF CONFORMITY Physi-Cal Enterprises Inc. declares this Finger Sense heart rate Watch (MIO ACTIVE) in compliance with EMC directive 2004/108/EC.

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Arm Position In Mio GO, select whether you will wear Mio FUSE on your left or right arm. The screen orientation will automatically change to reflect your selection. Note that in the Left arm will be above the display, and in the Right arm position, Touchpoint position, Touchpoint will be below the display.

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proper detection of a HR signal.

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Record at all times with Parking Mode With the latest motion detection technology, MiVue™ 798 Dual can automatically activate and record videos when a motion is detected near the front of the vehicle. This helps collect evidence even when you're not in the car. Requires Smartbox, available separately.

MiVue™ 798 Dual - Dash Camera - Mio

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your cardio training guide mioPOD is a wearable device that provides real-time accurate heart-rate information. It alerts and guides you towards the right exercising intensity based on your personal training target.

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