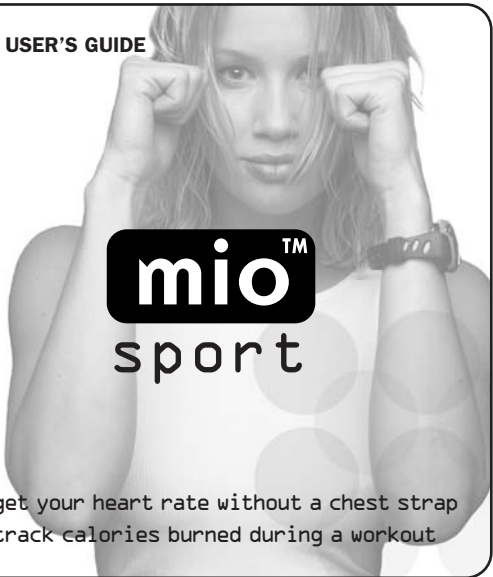


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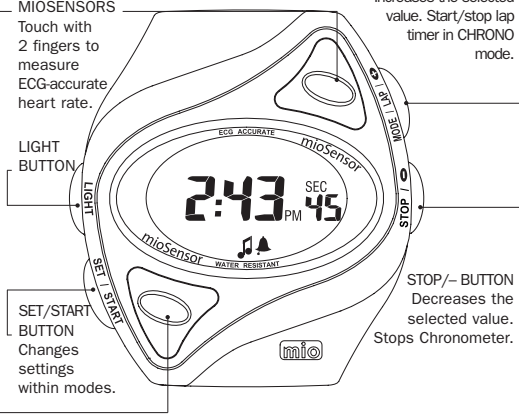
USER'S GUIDE



mioTM sport

- get your heart rate without a chest strap
- track calories burned during a workout

a MIO™ SPORT AT-A-GLANCE



MIOSENSORS
Touch with 2 fingers to measure ECG-accurate heart rate.

MODE/LAP/+ BUTTON
Switches modes. Increases the selected value. Start/stop lap timer in CHRONO mode.

LIGHT BUTTON
LIGHT

STOP/- BUTTON
Decreases the selected value. Stops Chronometer.

SET/START BUTTON
Changes settings within modes.

HOW TO OPERATE SET BUTTON
Whatever MODE you are in, use the SET button to record the values you want:

- 1 Hold SET until beep (2 seconds).
- 2 Value you are setting will flash.
- 3 Use + to move forward, - to go back.
- 4 When value is adjusted, press SET again.
- 5 Repeat as needed.
- 6 When finished, hold SET until beep (2 seconds).

TO USE LIGHT
Press LIGHT. Light will stay on for 7 seconds.

c MODES OF OPERATION

TIME

- Displays time
- Default/starting point for all MODES and functions

CALENDAR

- Displays day and date
- Records personal data – birthday, gender & weight (first time only)

CHRONOMETER

- Exercise MODE
- Times workouts
- Times laps
- Calculates calories burned

ALARM

- Sets alarm and/or hourly chime

WEIGHT

- Records weight in lb or kg

RESTING HEART RATE

- Records Resting Heart Rate

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b MIO™ HEART RATE QUICK START

1 STRAP ON MIO™
If your arms are thin, push watch up to thicker part of arm.
Push watch above wrist bone.

2 SITTING
Rest your arm lightly against body or on tabletop.

3 FINGERS
Put index finger (pad, not tip) on lower MioSensor.
Put middle finger (pad, not tip) on upper MioSensor.
Have thumb gently pressing on watchstrap buckle for support.

4 TAKE HEART RATE
When in motion, keep finger pads firm and stable on MioSensors.
Rest middle finger pad lightly on MioSensor – button does not depress.
Press down gently with index finger pad until heart icon flashes.

5 READ HEART RATE
Wait for beep before raising arm to look at readout (5-7 seconds).
If unsuccessful, moisten finger pads and try again.
If you receive an incorrect half-reading, moisten finger pads and try again.

BLACK

SPORT instructions_D 08.19.03
9.375" x 13" open
3.125" x 3.25" folded
refer to dummy for folding

d SET TIME

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

e SET CALENDAR

- Press MODE once to go from TIME to CALENDAR.
- Hold SET until beep (2 seconds). Year digits blink.
- Press + or – to reach correct year. Press SET.
- Do the same for month, day of month, weekday, birth year, birth month, birth day, male/female icon, lb/kg symbol, weight (make changes to weight after this in WEIGHT).
- To stop making changes at any time, hold SET until beep.
- To return to TIME, press MODE 7 times or wait 60 seconds.
- If checking date, Mio™ returns to TIME automatically after 10 seconds.

f SET HOURLY CHIME/ALARM

- Press MODE 3 times to go from TIME to ALARM.
- Press SET:
 - 1 time to turn on HOURLY CHIME (music icon) only.
 - 2 times to activate ALARM (bell icon) only.
 - 3 times to turn on both HOURLY CHIME and ALARM.
 - 4 times to turn off both HOURLY CHIME and ALARM.

TO SET ALARM

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

To return to TIME, press MODE 2 times or wait 60 seconds.

g SET WEIGHT

Mio™ uses your weight in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in Mio's calculations. (Set your weight the first time in CALENDAR.)

- Press MODE 4 times to go from TIME to WEIGHT.
- Hold SET until beep (2 seconds). LB or KG blinks.
- Press + or – select one. Press SET.
- Weight digits blink. Press + or – to reach correct weight.
- Hold SET until beep (2 seconds).

To return to TIME, press MODE 1 time or wait 60 seconds.

h SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake in the morning (without an alarm clock). Until then, use the default heart rate (70 BPM).

- Press MODE 5 times to go from TIME to RESTING HEART RATE.
- Place two finger pads on the MioSensors as described in sections B or J. REST and heart icon blink. Your resting heart rate should appear within 5-7 seconds.

To return to TIME, press MODE once or wait 60 seconds.

i USING EXERCISE/CHRONOMETER

- Press MODE 2 times to go from TIME to CHRONOMETER (CRN).
- Press SET to start your workout.
- Record your heart rate anytime while exercising, but particularly when you increase or decrease the intensity of the workout for a more accurate calorie expenditure. (See Sections B or J)
- After your heart rate and percentage of maximum heart rate appear, the number of calories burned since starting the timer appears.
- Press STOP when finished.
- Press STOP again to view the total number of calories burned. If you did not measure your heart rate, this resets the CHRONO to zero.
- Press STOP again to reset CHRONO to zero

To return to TIME, press MODE 5 times or wait 60 seconds.

j TAKING YOUR HEART RATE

- To take your HEART RATE from any MODE:
- Place index finger (pad, not tip) down on lower MioSensor and middle finger (pad, not tip) on upper MioSensor with thumb gently pressing on watch buckle for support.
- Press down gently with index finger pad until heart icon flashes.
- Wait for beep before raising arm to look at readout (5-7 seconds). 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 return to the previous mode 5 seconds after removing your finger pads from the MioSensors.

TROUBLESHOOTING POINTERS

- If you don't get your heart rate within 10 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 sensors.
- If you receive an incorrect half-reading (eg, 70 BPM instead of 140 BPM), moisten finger pads and try again. If this problem persists, contact the Physi-Cal Customer Service Center for assistance.
- If you still don't get your heart rate, you may fall into a category of people that may not be able to use Mio™ all the time, including those with very low resting heart rates (typically less than 43 BPM), a very irregular heart beat or a small ECG signal. Contact the Physi-Cal Customer Service Center for assistance.
- 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 M).

k DISCLAIMER

The material in the Instruction Guide and MioSense booklet is for information purposes only. The Mio™ watch described is subject to change without prior notice, due to the manufacturer's continuous development program.

The Mio™ watch, Instruction Guide and MioSense booklet are intended to support a sensible approach to health and fitness. They are not intended to replace professional medical advice related to diet, exercise or weight loss. Physi-Cal Enterprises shall not be liable for any damages, direct or incidental, consequential or special, arising out of, or related to, the use of Mio™ and accompanying documents. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY.

The information in the Instruction Guide and MioSense booklet is intended to be used as a general guide only and may not be appropriate to specific users. In particular:

Maximum Heart Rate. Consult a doctor to determine your personal maximum heart rate. Mio™ uses complex formulae that generally predict the HR based upon studies of subjects with healthy hearts. The percentage of maximum calculations are not to be relied upon especially if you have a history of heart disease, stroke, high or low blood pressure, diabetes, asthma or other circulatory or respiratory conditions.

Calorie Target and Expenditure. Reliance on inappropriate intake and expenditure targets may result in excessive weight gain or loss, fainting, dietary deficiencies or other adverse medical consequences. Consult a doctor to determine what caloric intake and expenditure targets are appropriate for you.

Mio™, while designed to provide an ECG-accurate heart rate, is neither designed nor warranted for medical use and should not be relied upon for medical purposes. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

Return Address for Service and Repairs:

Physi-Cal Enterprises Inc.
7501 N Harker Dr.
Peoria, IL 61615
1.877.770.1116
fax 604.224.9194
miowatch.com

l SPORT SPECIFICATIONS

Chronometer/Stopwatch (CRN): 99:59.59
Calorie Out (CAL OUT): 4999
% Maximum Heart Rate: 99%
Maximum Readable Heart Rate: 199 BPM
Minimum Readable Heart Rate: 43 BPM
Luminescent Backlight: 7-second display
Water Resistance: 10 meters
Operating Temperature: 0°C to 40°C
Lens: acrylic
Watchcase: ABS
Caseback: stainless steel
Strap: polyurethane
Buckle: stainless steel
Battery: standard lithium type CR2032
Expected Battery Life: 1 year

Made in Hong Kong

m TO CHANGE MIO'S BATTERY

NOTE: IT IS ADVISABLE TO USE A REPUTABLE JEWELER THAT CAN TEST FOR WATER RESISTANCE AFTER CHANGING THE BATTERY. PLEASE READ WARRANTY.

1. Place watch face down on a table, with MODE/LAP and STOP switches on left side and SET/START and LIGHT switch on right side.
2. Remove the 4 screws from back plate. (Diagram A)
3. Remove back plate. (Diagram B). Notice the rubber gasket around edge of case. If gasket comes out, handle carefully.
4. Release latch holding battery in place by inserting small screwdriver into groove. Bend it gently away from you to release the latch. (Diagram C)
5. Release battery by inserting small screwdriver into slot at the bottom left or right side of battery and popping up. (Diagram D)
6. Take out the battery. (Diagram E)
7. Put in the new battery. Positive (+) side must face down. (Diagram E)
8. Snap latch back into original position by gently pushing down with finger. (Diagram F)
9. Carefully replace rubber gasket.
10. Screw in the four screws holding the back plate. (Diagram A)



n LIMITED (ONE YEAR) WARRANTY

THE MIO™ LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO™ FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO™ LIFESTYLE WATCH. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO™ LIFESTYLE WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO™ FITNESS WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$10.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1.877.566.4636. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.

YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: PHYSI-CAL ENTERPRISES INC., PMB342 250 "H" STREET, BLAINE WA 98230-4033

NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.