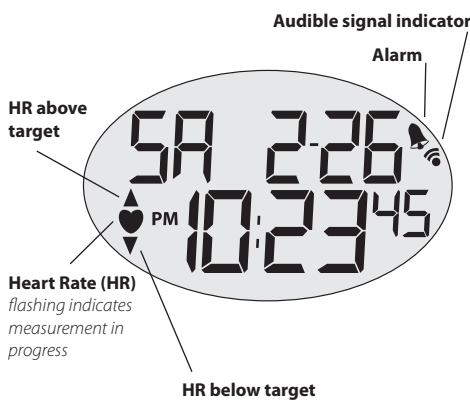


USER'S GUIDE

ultimate mio™ PERFORMANCE

- monitor your heart rate continuously with a compatible chest strap or on-demand with the strapless quick-touch sensors
- track calories burned during a workout
- monitor your performance with 16 lap timers and lap memory

A. MIO ULTIMATE AT-A-GLANCE



To turn on backlight, press and hold **OPTION** button for 2 seconds; it will light up for 5 seconds. To keep backlight on for an additional 5 seconds, press any button.

SET button
allows you to adjust settings in various modes; to start and stop in Stopwatch Timer, Countdown Timer and Lap Modes

OPTION button
switches between different options within main mode (see Section B); turns on backlight.

LOWER MIO button

UPPER MIO sensor

MODE button
switches between main operating modes (see Section B)

B. MODES OF OPERATION

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

Warning: This watch is a monitoring tool for training and fitness. Before beginning any exercise program, please consult your doctor to establish your individual upper and lower heart rate limits, as well as the exercise frequency and workout duration appropriate for your age and current fitness level.

TIME & DATE

- Displays time and date

ALARM

- Set alarm

HIGH RANGE TIMER

LOW RANGE TIMER

IN RANGE TIMER

- Displays time above, below and in heart rate range

AVERAGE HEART RATE

- Displays your average heart rate during workout (stopwatch must be running)

MAX. HEART RATE

- Displays your maximum heart rate during workout

CALORIE BURN

- Displays how many calories you burned during your workout

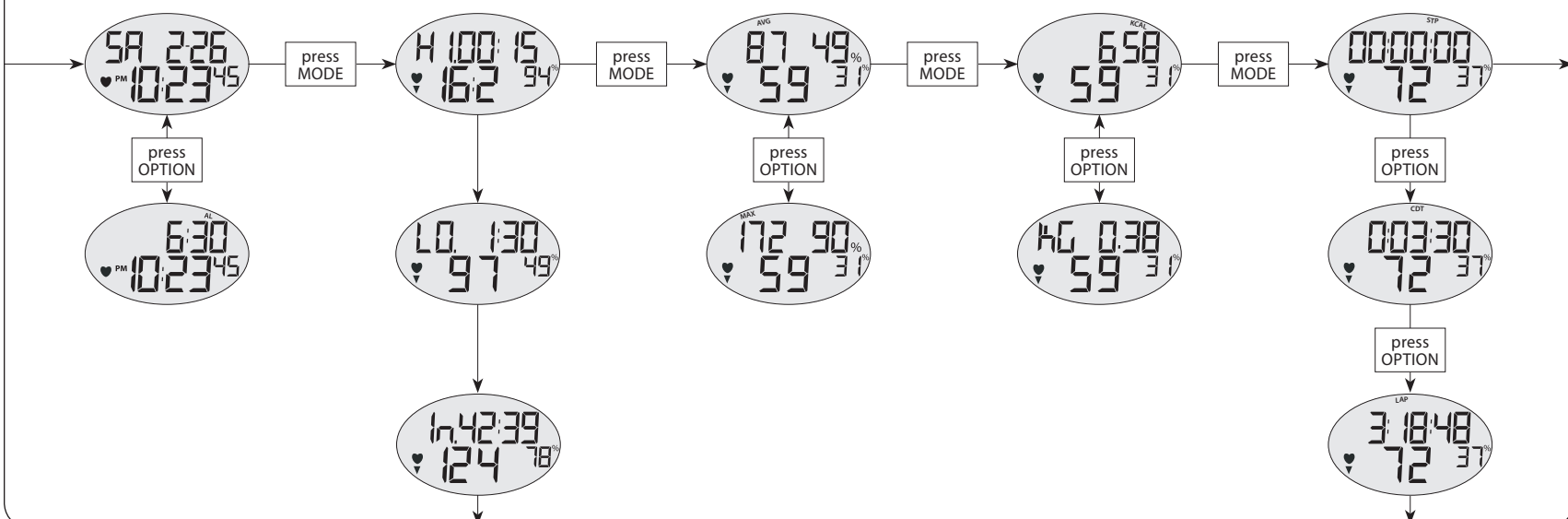
FAT BURN

- Displays how much fat you burned during your workout

STOPWATCH

COUNTDOWN TIMER

LAP TIMER



C. TAKE YOUR HEART RATE



- Place index finger (pad not tip) down on **LOWER MIO** button & rest middle finger (pad not tip) on **UPPER MIO** sensor.
- Place thumb on watch buckle for support.
- Press down with index finger pad until heart icon flashes.
- Wait for heart rate readout (5–7 seconds). Mio will beep to let you know that the reading is ready. 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.



E. SET ALARM

- In Clock Mode, press **OPTION** button to select Alarm.
- Press and hold **SET** button for 2 seconds until "hold" message disappears.
- Press **SET** button to change between on and off options.
- To turn off, press **MODE** button when "off" appears. To exit to Clock Mode, press **MODE** button twice and **OPTION** button once.
- To turn on without changing alarm setting, press **MODE** button when "on" appears. To exit to Clock Mode, press **MODE** button twice and **OPTION** button once.
- To change alarm setting, press **OPTION** button to cycle through to select specific weekday or "all." Alarm will sound on specified day (MO on) or everyday (ALL on). Press **MODE** button to select and advance to time setting.
- To set time, press **SET** button to adjust hour digit (hold for fast advance). Press **MODE** button to select and advance to minute setting. Repeat process for minute setting.
- To exit to Clock Mode, press **OPTION** button once.

F. AUDIBLE SIGNAL

To turn on or off beeper in High/Lo/In Timer, Calorie and Fat Burn Modes, press and hold **MODE** button for 2 seconds. Beeper icon displays when beeper is on.

G. CHEST STRAP (OPTIONAL)

To ensure a proper heart rate display, the chest transmitter must be properly moistened and positioned: Moisten the back surface of the conductive rubber pads with saliva or ECG conductive gel (do not use water or moisturizing creams; these are insulators and will not conduct the heart rate signal). Snap the key tabs on the elastic belt into the keyholes at the two ends of the rubber transmitter, and adjust the strap so that the transmitter fits snugly below the pectoral muscles. Mio ULTIMATE may take a minute or two to display an accurate count. This is normal and may take longer on cool or dry days. For optimal performance check the user manual that came with your chest strap.

H. HEART RATE FUNCTIONS

Note: Except for the finger sense and chest strap heart rate detection, the Stopwatch must be turned on (in count-up) to activate the heart rate functions.

FINGER SENSE HEART RATE DETECTION

There are two sensors on the face of the watch. To measure your heart rate, place your finger pads on each, pressing gently. "HR" appears at upper left, your heart rate in beats per minute below and the estimated percentage of maximum heart rate in the upper right. (See section on Average Heart Rate Mode to set maximum heart rate.) Release your fingers and Mio ULTIMATE will return to the previous mode.

CHEST STRAP HEART RATE DETECTION

For continuous heart rate detection, wear the chest strap in the correct position (see section G) and Mio ULTIMATE will display your current heart rate in Beats Per Minute (BPM) and the estimated percentage of Maximum Heart Rate (MHR). If you use the finger sensors while wearing the strap, Mio ULTIMATE displays the finger sense heart rate.

HEART RATE TRAINING ZONE

- Start the stopwatch timer to record time above, below or in heart rate target zone.

To personalize a safe and effective workout, you can set your own training zone limits.

Note: To decrease values when entering personal information keep scrolling up until the maximum value changes over to the lowest value.

STEP 1:

Use the following Heart Rate Zone chart to select the zone you wish to exercise in. You should consult a medical professional when selecting a training zone, especially if you have a heart condition.

Heart Rate Zone	% of Maximum heart rate
Health Zone Brisk walking; improves health, but not necessarily fitness (ie strength/endurance); good for warm up and cool down sessions; helpful for many patients with heart disease, obesity and arthritis; breathing is comfortable, talking is easy.	50-60%
Conditioning Zone Slow jogging; suitable for beginners and warm ups; longer sessions required to burn fat and lose weight; breathing more noticeable, but conversation still fairly easy.	60-70%
Aerobic Fitness Zone Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder, but conversation still possible.	70-80%
Anaerobic Power Zone Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.	80-90%
Competitive Training Zone	90-100%

STEP 2:

- Calculate your MHR using the same equation Mio does:
- Men: $(214 - (0.8 \times \text{age in years})) = \text{MHR in BPM (Beats per Minute)}$
- Women: $(209 - (0.7 \times \text{age in years})) = \text{MHR in BPM}$
- Example: $(214 - (0.8 \times 35)) = 186 \text{ BPM (35 year-old man)}$

D. SET TIME

- In Clock Mode, press and hold **SET** button for 2 seconds until "hold" message disappears.
- Release **SET** button and press set to change between 24 and 12 hour options.
- Press **MODE** button to select and advance to hour digit setting.
- Press **SET** button to adjust hour digit (hold button for fast advance).
- Press **MODE** button to select and advance to minute setting. Repeat process for minute setting.

Note: 12 hour clock will display American calendar format of month/date. 24 hour clock will display European calendar format of date/month.

- Press **MODE** button to select and advance to Date setting.
- Press **SET** button to change year (hold button for fast advance).
- Press **MODE** button to select and advance to month setting.
- Press **SET** button to adjust day (hold button for fast advance).
- Press **MODE** button to select and exit.

STEP 3:

Multiply your MHR by the higher percentage and the lower percentage of your zone. If you wish to exercise in the Aerobic Fitness Zone, you would multiply as follows:

- 186 x 80% = 149 BPM (Upper HR Threshold)
- 186 x 70% = 130 BPM (Lower HR Threshold)

STEP 4:

Set your estimated maximum heart rate in the Calorie/Fat Burn Mode (see Calorie/Fat Burn section below).

STEP 5:

Set training zone limits:

- Press MODE button until you reach Average Heart Rate Mode.
- Press and hold SET button for 2 seconds until "hold" disappears.
- Press SET button to adjust upper limit from 41 to 239 (hold button for fast advance; will not advance below preset lower limit).
- Press MODE button to select and advance to Lower limit setting.
- Press SET button to adjust lower limit from 40 to 238 (will not advance above preset High Limit).

If one or both limits are already set, and you do not wish to adjust them, press MODE button to exit.

Heart Rate Training Memory: During your workout, Mio ULTIMATE records the time over upper limit, the time below lower limit and the time in range. Set Mio ULTIMATE to the High/Low/In Timer Mode, to view these training zone times which display in turn, advancing every 2 seconds. If the beeper is activated in the High/Low/In Timer Mode (see section F), an alert tone sounds every 8 seconds and a display will flash when your heart rate exceeds the limit settings. Mio ULTIMATE beeps once when your heart rate goes under and twice when it goes over the set limits. An arrow will appear above the heart icon on the watch display if your heart rate is above the upper limit that you set. An arrow will appear below the heart icon on the watch display if your heart rate is below the lower limit that you set. So you can react instantly and adjust the intensity exercise to maximize your workouts. When you reset the stopwatch, Mio ULTIMATE resets all training zone information.

Average heart rate/Maximum heart rate

Mio ULTIMATE displays your current heart rate in beats per minute in the lower half of the watch face, your average heart rate during a workout and its percentage of your estimated maximum heart rate, your maximum heart rate during a workout and its percentage of your estimated maximum heart rate.

- Before your workout, calculate and set your estimated maximum heart rate (see heart rate Training Zone and Calorie/Fat Burn Sections above and below);
- Put on your chest strap OR if you want to workout without a chest strap, take your heart rate using the sensors at the beginning of your workout, during (whenever you increase or decrease the intensity of exercise) and at the end of your workout;
 - Start the stopwatch timer at the beginning of your workout.

TO CHECK

- Your average heart rate during or at the end of a workout, press the MODE button until you reach the Average Heart Rate Mode as indicated by the AVG appearing on the watch display;
- Your maximum heart rate during or at the end of a workout, press the MODE button until you reach the Average Heart Rate Mode; then press the OPTION button to go to Maximum Heart Rate Mode as indicated by the MAX appearing on the watch display. To return to Average Heart Rate Mode, press OPTION button or to exit press MODE button.

CALORIE/FAT BURN

In these modes, Mio ULTIMATE displays approximately how many calories or how much fat (measured in lb or kg) you burn during a workout.

Before your workout:

1.Program your personal information:

- Go to Calorie Burn Mode as indicated by the KCAL appearing on the watch display.
- Press and hold SET button for 2 seconds.
- Press SET button to change between male and female; press MODE button to select and advance to weight setting.
- Press OPTION button to change between kg and lb units; press Set button to adjust weight value from 20-227 kg or 44-499 lb (hold button for fast advance); press MODE button to select and advance to age setting.
- Press SET button to adjust age from 10-99 (hold button for fast advance); press MODE button to select and advance to Calorie Target setting.
- Press SET button to adjust calorie target, the number of calories you wish to burn during your workout; press MODE button to select and advance to estimated maximum heart rate.

- Press SET button to adjust your estimated maximum heart rate from 65-239. (See formula to calculate Estimated Maximum heart rate in the Heart Rate Training Zone section above.)
- Press MODE button to exit.

- 2.Set your Resting Heart Rate (RHR).** For the most accurate RHR, take your heart rate upon awakening naturally before you get up (an alarm or rising increases your heart rate). You can change your RHR anytime.
- Go to Calorie Burn Mode.
 - Press OPTION button to go to Fat Burn Mode as indicated by the LB or KG appearing on the watch display.
 - Take heart rate using sensor. Your resting heart rate will display for about 2 seconds and be stored until you reset it.
 - To reset, repeat instructions above.

During your work out,

- Start the stopwatch;
- Check your progress:
 - when you burn 1/3 of target calories, one bar appears,
 - when you burn 2/3 of target calories, two bars appear,
 - when you reach or exceed target calories, three bars appear.

At the end of your workout,

- Check Calorie Burn and/or Fat Burn Modes for approximate values;
- To clear and reset these values, reset the stopwatch.

I. STOPWATCH FUNCTIONS

STOPWATCH TIMER (COUNT UP)

When stopwatch time is less than 1 hour, it displays MM:SS.1/10S. When stopwatch time exceeds 1 hour, it displays HH:MM:SS until it is reset. If the stopwatch is reset, Hi/Low/In Range, Average Heart Rate, Maximum Heart Rate and Calorie/Fat Burn values will reset.

- Press MODE to go to stopwatch mode as indicated by the STP appearing on the watch display
- To start/stop stopwatch, press SET button.
- To reset stopwatch, press and hold SET button.

INTERVAL/COUNT DOWN TIMER

Go to Stopwatch Mode. If you wish to use HR functions, you must press SET button to start stopwatch. If you don't need HR functions, proceed to next step.

- Press OPTION button once to get to interval/count down timer as indicated by the CDT appearing on the watch display.
- Press and hold MODE button for 2 seconds.
- Press SET button to adjust hour setting from 0 -99 (hold button for fast advance). Press MODE button to select and advance to minute setting. Repeat process for minute and second settings.
- Press Mode button to return to Interval/Countdown Timer Mode.
- To start or stop the count down timer, press SET button. To restart, press SET button.
- When countdown finishes, a beep will sound and count down will begin again automatically.
- To stop countdown and reset to the Set Time, press SET; press and hold MODE button for 2 seconds.
- To exit, press MODE button once.

LAP TIMER

Mio ULTIMATE provides you with a lap timer for training up to 16 laps. The timer counts up to 99 minutes and 59 seconds for each lap, and then resets to 0 and counts up again.

TO TIME LAPS:

- Go to Stopwatch Mode. If you wish to use HR functions, you must press SET button to start stopwatch. If you don't need HR functions, proceed to next step.
- Press OPTION button twice to get to lap timer as indicated by the LAP appearing on the watch display.
- Press SET button to start lap timer.
- Press SET button again to stop current lap and advance automatically to next lap; the display will flash Lap # and time for 5 seconds and then display next lap time already in progress.
- To stop current lap without automatic advance, press MODE button; to start the next lap, press SET button.

To review total and average lap times after a workout (before clearing or resetting lap timer):

- Press and hold MODE button for 2 seconds until training records display. Every 2 seconds, total lap time alternates with total laps/average time.
- To review individual lap times as well as average heart rate and its percentage of maximum heart rate, press SET button several times to cycle through lap times.
- To exit review, press MODE button.
- To clear and reset lap timer, press and hold SET button for 2 seconds.
- To exit, press MODE button.

HEART RATE RECOVERY TIMER

Measuring your heart rate recovery allows you to determine your fitness level: most recover in 1-3 minutes, but the quicker the recovery, the better your fitness level. If the Heart Rate Recovery Mode is enabled, Mio ULTIMATE automatically enters Recovery Mode when you stop the Stopwatch. Mio ULTIMATE displays your recovery in two ways:

- The Recovery Mode counts down 3 minutes to 0:00. At the end of the countdown, Mio ULTIMATE beeps and displays your recovery heart rate time.
- The Advanced Recovery Mode begins a 100 minute count up. When your current heart rate reaches or falls below your resting heart rate, Mio ULTIMATE beeps and displays your recovery heart rate time.

To enable:

- Go to Stopwatch Mode.
- Press and hold MODE button as Recovery Off, Recovery On, and Advanced Recovery On appear in sequence; release button when desired setting appears.
- Record RHR in Fat Burn Mode (see Section H).
- Start stopwatch before working out, stopping it when finished; wait for beeps and check heart rate recovery time.
- If you are working out without a chest strap, take your heart rate using the finger sense method approximately every 30 seconds to see how your heart rate is slowing and wait for the beeps and check the heart rate recovery time.

To return to Stopwatch Mode and reset all timer values at the end of your workout, press and hold SET button for 2 seconds. This will also reset the heart rate memory and prepare Mio ULTIMATE for the next workout.

J. TROUBLESHOOTING

Here are some suggestions to address some simple problems:

No heart rate Display

- Adjust strap to ensure heart rate transmitter is properly positioned (see section G).
- Move watch closer to transmitter.
- Moisten transmitter conductive rubber.
- Move away from power lines or other sources of EMI.
- Replace transmitter battery.

Slow Display Response

- Avoid using Mio ULTIMATE in ambient temperatures below 0°C.

Black Display

- Avoid using Mio ULTIMATE in ambient temperatures above 55°C.
- Avoid exposing Mio ULTIMATE to direct sunlight.

Fading Display

- Replace weak battery as soon as possible.

TO CHANGE MIO'S BATTERY

Your Mio ULTIMATE is a technical instrument. To ensure proper operation and to maintain a waterproof seal, we recommend that you have your local jeweler or specialty retail shop replace the watch and transmitter batteries. Improper replacement of the battery may damage the watch and will void the manufacturer's warranty. Take your MIO to a MIO-certified battery replacement center. Check miowatch.com to find the most convenient centre for you.

CONTACT

Parsec Enterprises Inc.
7501 N Harker Dr. Peoria, IL 61615
1.877.770.1116 fax 1.309.689.6543
miowatch.com

YOUR PERSONAL MIO ID NUMBER:

MIO comes with a personal identification number. Register this number at miowatch.com to access the wide world of MIO, including:

- Online hints and tips

- Additional training and customer service
- Newsletters and up-to-date information
- Contests and prizes.
- This is also your warranty number.

DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & 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 & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & 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 & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & 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 & EXPENDITURE. RELIANCE ON INAPPROPRIATE INTAKE & 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 & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN ECG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

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. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. 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 PHYSI-CAL 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. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

MIO ULTIMATE SPECIFICATIONS

12/24 Hour Clock with Alarm
Stopwatch: **100 Hours**
Countdown Timer: **99h59m59s**
16 lap timers up to 99m59s
16 lap memory, average lap time, total lap time
Maximum heart rate Percentage: **99%**
Maximum Readable heart rate: **239 BPM**
Minimum Readable heart rate: **40 BPM**
Luminescent Backlight: **5 second display**
Water Resistance: **10 meters**
Lens: **acrylic**
Watchcase: **PC/ABS**
Caseback: **stainless steel**
Strap: **polyurethane**
Buckle: **stainless steel**
Battery: **standard lithium type CR2032**
Expected Battery Life: **1 year**
Components made in China. Assembled in Hong Kong.
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE