

### Mio Alpha User Guide

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Page 4: Your Mio Alpha Timer Heart Rate Activating Your Alpha 1. Remove your MIO Alpha watch from the packaging. 2. Peel off the protective film. 3. Press and hold the SET or button to activate the watch. The display will turn on and prompt you to set the time. Page 5: Using Alpha The tighter you can wear the watch, the better.

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MIO Alpha provides very accurate heart rate measurements. However, it is not a medical device. The Alpha watch and USB dongle contain strong magnets that could affect pacemakers and implantable cardioverter-defibrillators (icds). Page 4: Your Mio Alpha Timer Heart Rate Activating Your Alpha 1. Remove your MIO Alpha watch from the packaging. 2.

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Mio ALPHA User Guide 04 Icons Battery Indicator Time Exercise Mode Timer Heart Rate Activating Your Mio ALPHA 1. Remove your Mio ALPHA watch from the packaging. 2. Peel off the protective film. 3. Press and hold the SET or + button to activate the watch. The display will turn on and prompt you to set the time. 4.

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Alpha at a Glance Getting Started 1. Remove your MIO Alpha from the packaging and peel off the • Time • Timer protective film. • Continuous Heart Rate Display • Data Review 2. Press and hold the SET or button to activate the watch.

### MIO ALPHA QUICK START MANUAL Pdf Download | ManualsLib

WEARING YOUR MIO ALPHA To accurately monitor your heart rate during your workout: Fasten Mio ALPHA snugly on your lower forearm, about 1-3 inches (3-8 cm) above your • wrist bone. The optical sensor on the back should make good contact with your skin.

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### Complete User Guide

Watch Mio alpha Complete User Manual. Alpha uses bluetooth smart technology to transmit your heart rate data to smartphones and other compatible devices. take advantage of a wide range of fitness apps (14 pages) Watch Mio Alpha Quick Start Manual (71 pages) Watch Mio Alpha 2 Complete User Manual

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Mio ALPHA 2 User Guide 07 Using the Chronograph Timer Turn on heart rate monitoring (see Getting Your Heart Rate). Once

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your heart rate has been found: Start: Press B to start the timer. The display will show START. Lap: Press B to take a lap. Pause: Press and hold B to pause the timer. Resume: When the timer is paused, press B to resume.

### COMPLETE USER GUIDE - Clever Training

Your Guide To The Revolutionary MIO Alpha Heart Rate Monitor. MIO Alpha is the world ' s only continuous heart rate sport watch accurate at performance speeds. Before Alpha, continuous heart rate monitoring options fell short in terms of comfort and ease-of-use, requiring an uncomfortable chest strap.

### Your Guide To The Revolutionary MIO Alpha Heart Rate Monitor

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### Mio ALPHA 2 Manuals

Mio C Series. C220 - Operating Instructions; C230 - Operating Instructions; C230s - Operating Instructions; C310 - User ' s Manual; C320 - User ' s Manual

### User Guide for Mio GPS, Free Instruction Manual

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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.

mioPOD, your cardio training guide – MIO Labs

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