

**mio**<sup>®</sup> sport SD

# INSTRUCTION MANUAL



## 01. ACTIVATING YOUR MIO

1. Remove your MIO from the packaging and peel off the protective film on the display.
2. Press and hold the **START** button (the upper right button) to wake up the watch. The display will be switched on.

## 02. QUICK START

To get started, your MIO will ask you to set several parameters.

- » Press **+** or **-** to increase and decrease the values
- » Holding **+** or **-** will rapidly change the values
- » Press **SET** to confirm the value and move to the next parameter

For detailed information on setting up your MIO, please see Section 14.

**MIO Tip:** Locking the heart rate sensor will prevent unwanted heart rate readings while setting up the watch. See Section 8 for more information.

### TIME

- » Hour (12 hour format)
- » Minute
- » Second (whenever **+** or **-** is pressed the second will be reset to zero)
- » Hour format (12 hour or 24 hour format)

### DATE

- » Date format (Month-Day or Day-Month)
- » Year
- » Month
- » Day

### PERSONAL INFORMATION

- » Unit Format (KG/CM or LB/IN)
- » Body Weight
- » Height
- » Gender (Female or Male)
- » Birth Year

After finishing the quick first time setup, the watch will go to TIME mode. You can switch the display between time and date/weekday in TIME mode by pressing **+** or **-** button.

For daily usage, you don't need to fasten your watch too tightly on your wrist. During intensive exercise, we recommend that you tighten the watch band for better heart rate readings.

## 03. BEFORE USING YOUR MIO

MIO's Smart Touch Heart Rate (HR) measurement is EKG-accurate, however this product is not a medical device. You should always consult your doctor before starting any new fitness regime, if you are planning to use the product while pregnant, or if you have a pacemaker fitted.

## 04. BASIC OPERATION BUTTONS

### LIGHT/CLEAR BUTTON

Turns light on for 5sec. In TIMER mode press and hold to reset TIMER



### MODE/SET BUTTON

Switches MAIN modes. In SETTING mode: Press & hold to edit the settings

### START/STOP/ SUB MODE FORWARD/+ BUTTON

In TIMER mode: Starts or Stops timer. Switches SUB modes (FORWARD) In SETTING mode: Increases values (press & hold to fast forward value selection). Hold to turn Heart Rate Lock ON/OFF

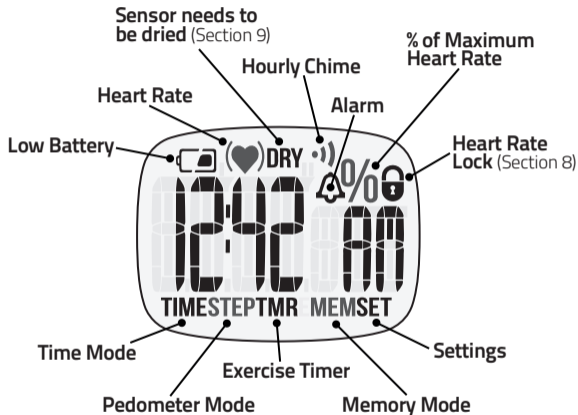
### SMART TOUCH SENSOR

Touch anywhere on sensor to take your heart rate

### SUB MODE BACKWARD/- BUTTON

Switches SUB modes (BACKWARD) In SETTING mode: Decreases values (press & hold to fast backward value selection)

## 05. YOUR MIO'S SCREEN



## 06. MODES OF OPERATION

Your MIO has 5 main modes. You can press the **MODE** button to move to the next mode. You can take your Heart Rate from any mode (except while changing settings).



### TIME MODE

Displays 12/24 hour time, date, and weekday



### PEDOMETER

Displays Steps, Activity Calories, Distance, Active Time and Pace



### EXERCISE TIMER

Displays exercise time for 3 types of counters



### MEMORY

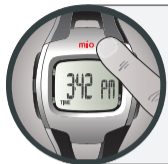
Displays Total Steps, Calories burned, Distance, and Active Time for Today, This Week, Last Week, and each of the last 7 days



### SETTINGS

Set clock alarm, time, hourly chime, button tone, display scroll, user information (units of measure, weight, height, gender, birth year), and Maximum Heart Rate (MHR)

## 07. TAKING YOUR HEART RATE



1. Place any finger or your palm anywhere on the Smart Touch sensor.



2. Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon and 'TESTING' will flash.



3. Wait for EKG-accurate heart rate readout (3 – 8 seconds). MIO will beep when the reading is ready. Your heart rate and % of max heart rate will remain displayed for 5 seconds after you remove your finger from the sensor.

## SMART TOUCH TECHNOLOGY

With MIO Smart Touch Technology, obtaining your on demand heart rate has never been easier. You can get a reading by placing your finger tips, palms or just about any part of your hand on the stainless steel sensor. Experiment to find your own preference.

A one-time read out of your Heart Rate (HR) in beats per minute (BPM) will display. The small digits at the right of the display show the percentage of your maximum heart rate (up to 99%).

- » For continuous reading, keep pressing the sensor.
- » For best accuracy, left and right hands should not be in contact during the test.
- » You can take your Heart Rate from any mode (except while changing settings).

## TROUBLESHOOTING POINTERS

If you don't get your heart rate (HR) within 10 seconds, moisten your finger(s) and watch caseback 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/wrist.

Exercising vigorously with a lot of arm movement or body motion can cause muscle noise" that may prevent proper detection of a HR signal. You should tighten the watch to your wrist and apply a stronger force to the top metal plate in order to reduce the movement of the watch during the exercise. Also relax your watch arm when taking the reading.

If your HR varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section 16).

To optimize readings, occasionally clean the back of your MIO case and the Sensor Ring with a clean, soft cloth.

## 08. MANUAL HEART RATE LOCK

To prevent the Smart Touch Heart Rate sensor from accidentally reading your heart rate (e.g. the sensor comes into contact with clothing or skin), you can use the Heart Rate Lock feature. This will also help to prolong your MIO's battery life.



- » To turn the HR Lock ON, in any mode (except while changing settings), press and hold the **START** button. The HR lock icon will display.
- » To turn HR Lock OFF, press and hold **START** button.

**Note:** If you try to measure your heart rate when this lock is activated, the 'HR Lock' screen will display to remind you to unlock manually.

## 09. AUTOMATIC HEART RATE LOCK

Your MIO is not suitable for heart rate measurement during any underwater activity (such as swimming or showering). The watch will automatically shut down the Smart Touch sensor during these kinds of activities in order to preserve the battery life. That means you can still wear and use your MIO as a regular watch while underwater (see Specifications & Limited Warranty details), but HR measurement function will not be available until you dry your watch.



Once your MIO is locked due to contact with water, the DRY icon will flash to remind you to dry your watch. This lock will be disabled automatically once the watch is thoroughly dry. Use a towel to gently dry the watch; do not put it into contact with any extreme heat (such as a hair dryer).

**Note:** The watch will show the 'PLEASE DRY' screen every 10 seconds to remind you to dry the watch.

## 10. TIME MODE

TIME mode is the default mode. Press **SET** to rotate back to TIME mode from other modes.

- » TIME mode displays current values for: Time and Date (Day, Month, and Day of the Week).
- » Press **+** or **-** to alternate display from Time to Date.

## 11. Pedometer Mode

Your MIO features an advanced sensor that detects your steps. The pedometer automatically begins when it detects movement.

Using your personalized information for height and weight, it calculates and displays distance, pace, active time, steps, and calories burned. MIO calculates your calories burned based on your pace and body weight. Distance is calculated using a stride length estimated by your height. Current pedometer information is displayed in Pedometer Mode. See MEMORY Mode instructions for viewing saved pedometer information.

### GO TO Pedometer Mode

- » Press **SET** once from TIME mode to enter Pedometer mode.
- » Pedometer mode displays current values for: Distance, Pace, Active Time, Steps, and Calories burned.
- » Press **+** or **-** to move from value to value faster or if you have turned Scroll OFF (see SETTING mode, Watch sub-mode in Section 14).

### TO CLEAR Pedometer Information

- » In Pedometer mode, hold the **CLEAR** button for 2 seconds. "HOLD<sub>RST</sub>" will display.

Pedometer values are automatically reset to zero at midnight.

Pedometer values are saved for Today, This Week, and Last Week. View in MEMORY Mode (Section 13).

## 12. Exercise Timer Mode

Your MIO has an easy-to-use exercise timer that helps you to manage your exercise sessions and monitor your heart rate.

There are 3 types of timer. Choose the one that is suitable for your exercise:

- » Count up from zero
- » Count down to zero and stop
- » Count down to zero and repeat (up to 99 times)

There are 5 options for Exercise Type: None, Warm Up, Burn Fat, Fitness, and Training.

The timer will determine a HR zone (upper and lower limit) for you based on your Exercise Type setting. You can disable the HR zone alert by selecting None in Exercise Type. If you wish to override the pre-determined upper limit and lower limit, you can use the **+** or **-** buttons to adjust the values. If your HR is out of the HR zone, audio & visual warnings will alert you.

TYPES	HR LOWER LIMIT	HR UPPER LIMIT
None (Default)	Disable alert	
Warm Up	50% of MHR	60% of MHR
Burn Fat	60% of MHR	70% of MHR
Fitness	70% of MHR	80% of MHR
Training	80% of MHR	90% of MHR

## OPERATING IN TIMER MODE

- » Press **SET** twice from TIME mode to enter TIMER mode
- » Press **START** button to start the timer
- » Press the **STOP** button (the same button as START) to stop/pause the timer
- » You can resume the timer by pressing the **START** button again
- » To reset the timer to zero, press and hold **CLEAR** button for 2 seconds (all digits will become zero)
- » The timer will also be reset to zero at midnight daily

**Note:** When the time is under one hour, it will show 1/100<sup>th</sup> of a second. Once the time reaches one hour, it will show HOUR:MIN.SEC instead. **Timer default is 5 min.** Maximum is 9 hr, 59 min, 59 sec.

## TO COUNT UP FROM ZERO

(suitable for walking or exercises that require timing)

- » The timer must be stopped.
- » Hold **SET** until beep (2 seconds).
- » Press **+** or **-** to adjust the TIMER TYPE to UP. Press **SET**.
- » Press **+** or **-** to adjust the EXERCISE TYPE. Press **SET**.
- » If you want to adjust the HR LOWER and UPPER LIMIT, press **+** or **-** to adjust; otherwise press **SET**.
- » Press **START** to start the timer.
- » To pause, press **STOP**. Press **START** to resume.
- » To reset timer to zero, hold **CLEAR** until beep (2 seconds).

## TO COUNT DOWN TO ZERO AND STOP

(suitable for walking with time limit)

- » The timer must be stopped.
- » Hold **SET** until beep (2 seconds).
- » Press **+** or **-** to adjust the TIMER TYPE to DOWN. Press **SET**.
- » Press **+** or **-** to adjust the HOURS. Press **SET**.
- » Repeat for MINUTES and SECONDS.
- » Press **+** or **-** to adjust the EXERCISE TYPE. Press **SET**.
- » If you want to adjust the HR LOWER and UPPER LIMIT, press **+** or **-** to adjust; otherwise press **SET**.
- » Press **START** to start the timer.



- » To pause, press **STOP**. Press **START** to resume.
- » Timer will beep during last 15 seconds of the countdown and alert you when countdown reaches zero.
- » To reset timer to starting condition, hold **CLEAR** until beep (2 seconds).

### TO COUNT DOWN TO ZERO AND REPEAT

(suitable for training)

- » The timer must be stopped.
- » Hold **SET** until beep (2 seconds).
- » Press **+** or **-** to adjust the TIMER TYPE to REPEAT. Press **SET**.
- » Press **+** or **-** to adjust the HOURS. Press **SET**.
- » Repeat for MINUTES and SECONDS.
- » Press **+** or **-** to adjust the EXERCISE TYPE. Press **SET**.
- » If you want to adjust the HR LOWER and UPPER LIMIT, press **+** or **-** to adjust; otherwise press **SET**.
- » Press **START** to start the timer.
- » To pause, press **STOP**. Press **START** to resume.
- » Timer will beep during last 15 seconds of the countdown and alert you when countdown reaches zero. Timer will then repeat the countdown until you have completed all your repetitions.
- » To stop the timer, press **STOP**.
- » To reset timer to starting condition, hold **CLEAR** until beep (2 seconds).

## 13. MEMORY MODE

MIO helps you to track your progress by remembering your activity record for TODAY, THIS WEEK (from Sunday to Saturday), and LAST WEEK (from previous Sunday to previous Saturday). You can use this data to analyze your performance. Each of the records contains the following data: Total Steps, Calories, Distance, and Active Time.

### TO VIEW YOUR RECORDS

- » Press **MODE** 3 times to get from TIME to MEMORY.
- » Total values for TODAY will scroll on the display: Steps, Calories, Distance, and Active Time.
- » Press **START** to move to THIS WEEK's record.
- » Press **START** again to move to LAST WEEK's record.
- » Repeat pressing **START** to see daily totals for each of the last 7 days.
- » Press **-** to move through the values within any record.
- » To exit, press **MODE** (to return to TIME Mode, press **MODE** twice from MEMORY Mode)

### TO CLEAR YOUR RECORD

- » In MEMORY mode, press **START** to select the record that you want to clear.
- » Hold **CLEAR** for 2 seconds.


## 14. CHANGING SETTINGS

There are five sub-modes in SETTING: Alarm, Time, Watch, User, and MHR.

To go to Setting Mode:

- » Press **SET** 4 times from TIME mode to enter SETTING mode.
- » Scroll through the sub-modes by using the **+** or **-** button.
- » To start editing the values of the selected sub-mode, press and hold **SET**.


### ALARM

- » Alarm is the 1<sup>st</sup> sub-mode in SETTING mode.
- » Press and hold **SET** to edit Alarm values: Alarm Time ON/OFF.
- » Press **+** or **-** to increase and decrease the values. Press **SET** to confirm.
- » Press **+** or **-** to toggle the Alarm (ALM) ON/OFF. When the alarm is ON,  will display.

### TIME

- » Time is the 2<sup>nd</sup> sub-mode in SETTING mode.
- » Press and hold **SET** to edit Time values: Hr/Min/Sec, 12H or 24H, Date format (DDMM or MMDD), Year, Month, and Day.
- » Press **+** or **-** to increase and decrease the values. Press **SET** to confirm and move to next value.

### WATCH SOUNDS AND DISPLAY (WATCH)

- » Watch is the 3<sup>rd</sup> sub-mode in SETTING mode.
- » Press and hold **SET** to edit Watch values: Hourly Chime ON/OFF, Button Tone ON/OFF, Display Scroll ON/OFF (for pedometer and memory modes).
- » Press **+** or **-** to toggle the sound ON/OFF. Press **SET** to confirm and move to next value.
- » When the hourly chime is ON,  will display.

### USER INFORMATION (USER)

- » User is the 4<sup>th</sup> sub-mode in SETTING mode.
- » Press and hold **SET** to edit User values: Unit of Measure (lb/in or kg/cm), Weight, Height, Gender, and Birth Date.
- » Press **+** or **-** to increase and decrease the values. Press **SET** to confirm and move to next value.

### MAXIMUM HEART RATE (MHR)

- » MHR is the 5<sup>th</sup> sub-mode in SETTING mode.
- » Press and hold **SET** to edit MHR value.
- » Press **+** or **-** to increase and decrease the value. Press **SET** to confirm.

**Note:** MIO will suggest your Maximum Heart Rate (MHR) automatically based on your birth year and gender, but you can override it and set your own value.

Press **SET** to return to TIME mode after changing settings.

## 15. BACKLIGHT

To switch on the backlight, press the **LIGHT** button. It will last for 5 seconds. If you press any button when the backlight is still ON, the backlight will be extended for another 5 seconds.

*Please note that the backlight consumes battery power, excess backlight use may lead to a shortened battery life.*

## 16. REPLACING THE BATTERY

We recommend that battery replacement be done by a watch repair service center to ensure the water seals are not compromised.

**IMPORTANT:** *Improper battery replacement may cause water damage and void the Limited Warranty. Please see Warranty details.*

## 17. SPECIFICATIONS

- » 12/24 hr clock (date & weekday)
- » Daily alarm
- » Exercise Timer: 99 hr 59min 59sec
- » Max Heart Rate Percentage: 99%
- » Max Readable HR: 230 BPM
- » Min Readable HR: 30 BPM
- » Water Resistance: 50 meters
- » Lens: Acrylic
- » Watchcase: ABS
- » Caseback: Stainless steel
- » Strap: Polyurethane
- » Buckle: Stainless steel
- » Battery: Lithium type CR.2032
- » Expected Battery Life: 1 year

## 18. CARE AND MAINTENANCE

- » Never attempt to disassemble or service your watch.
- » Protect your watch from extreme heat, shocks and long time exposure to direct sunlight.
- » Watch can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose your watch to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
- » Store your watch in a dry place when you are not using it.
- » Avoid allowing the watch to come into direct contact with hair liquids, colognes, sun block creams, and other toiletries, which can cause deterioration of the plastic parts of the watch. Whenever the watch comes into contact with these or other toiletries, wipe it off immediately with a dry, soft cloth.
- » Do not wear your MIO in shower/sauna or other similar environments.
- » Do not push buttons under water.

## 19. LIMITED ONE YEAR WARRANTY

THE MIO 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 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 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 WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1-877-770-1116. 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: TOLL FREE 1-877-770-1116 FAX 1-309-689-6543. 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.

## 20. DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & WEBSITE 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 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. PHYSICAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO WATCH & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE 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. THE MIO WATCH, WHILE DESIGNED TO PROVIDE AN EKG-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.

## WARRANTY AND REPAIRS CONTACT

**Toll-free:** 1-877-770-1116

**Fax:** 1-309-689-6543

**[www.mioglobal.com](http://www.mioglobal.com)**

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EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service.

EU-DECLARATION OF CONFORMITY Physi-Cal Enterprises Inc. declares this Finger Sense Heart Rate Watch (SPORT) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.



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