

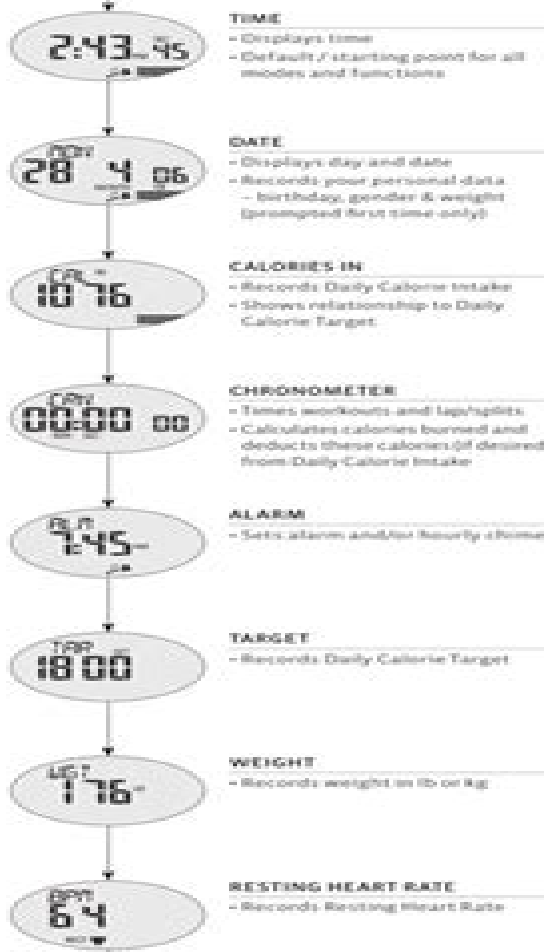
# mio Classic SELECT

## User's Guide for all MIO Classic SELECT and Classic SELECT Petite models

- set your daily calorie target
- enter calories consumed for running daily total
- get your heart rate without a chest strap
- track calories burned during a workout

## C. MODES OF OPERATION

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



## A. MIO Classic AT-A-GLANCE



**How to operate SET button**  
Whatever mode you are in, use the SET button to program your personalized settings:  
1. Hold SET until watch beeps (2 seconds).  
2. The value you are setting will flash.  
3. Use + to increase value and - to decrease value.  
4. When value is correct, press SET again.  
5. Repeat as needed.  
6. When finished, hold SET until watch beeps (2 seconds).

To use **Light**: Press **LIGHT**. Light will stay on for 7 seconds.

## D. SET TIME

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

## E. SET DATE

- Press **MODE** once to go from **TIME** to **DATE**.
- Hold SET until watch beeps (2 seconds). Year digits blink.
- Press + or - to reach correct year. Press SET.
- Do the same for month, date and weekday. Repeat process for birth year, birth month and birth day. Repeat process for male / female icon.
- To stop making changes at any time, hold SET until watch beeps.
- To return to **TIME**, press **MODE** 7 times or wait 60 seconds.
- If checking the date from the **TIME** mode, press **MODE** once. **MIO** will return to **TIME** automatically after 30 seconds.

## F. SET HOURLY CHIME & ALARM

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

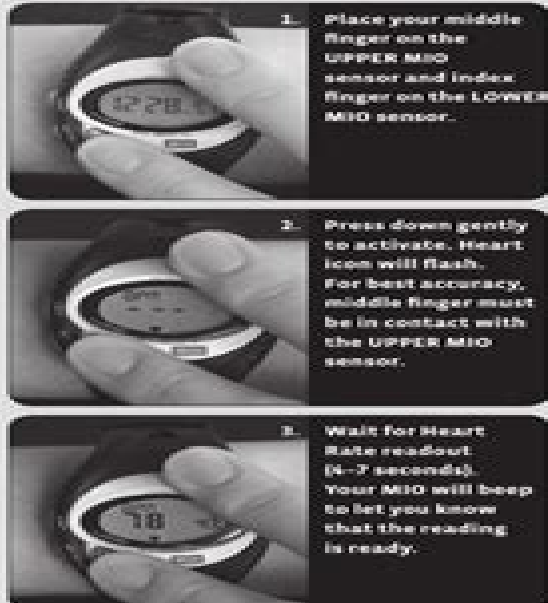
### TO SET ALARM

- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Repeat for minutes and AM/PM values.
- To return to **TIME**, press **MODE** 4 times or wait 60 seconds.

## G. SET WEIGHT

- Press **MODE** 6 times to go from **TIME** to **WEIGHT**.
- Hold SET until watch beeps (2 seconds). LB or KG blinks.

## B. TAKE YOUR HEART RATE



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 will return to the previous mode 5 seconds after removing your finger pads from the **MIO** Sensors.

### TROUBLESHOOTING POINTERS

1. If you don't get your heart rate within 30 seconds, moisten your finger pads & try again. In help to wear your **MIO** for a little while to allow a layer of moisture to build up between the back of the watch & your arm. Do not press too hard on sensors.
2. To optimize readings, occasionally clean the back of your **MIO** case and the **UPPER** and **LOWER MIO** sensors with a clean soft cloth.
3. 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 K on the other side).

- Press + or - to select **LB** or **KG**. Press SET.
- Weight digits blink. Press + or - to reach correct weight.
- Hold SET until watch beeps (2 seconds).
- To return to **TIME**, press **MODE** 2 times or wait 60 seconds. **MIO** calculates calories burned during exercise based on your age, gender, weight and resting heart rate. Update your weight regularly for the most accurate **MIO** calculation.

## H. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).  
• Press **MODE** 7 times to go from **TIME** to **RESTING HEART RATE**.  
• Place fingers on the **MIO** sensors as described in section B. The **REST** and heart icon will blink. Your resting heart rate should appear within 5-7 seconds, setting automatically. To return to **TIME**, press **MODE** once or wait 60 seconds.

# Mio Classic Watch Manual

**Julia L. Wilkinson**



## Mio Classic Watch Manual:

Machines and Signs Edoardo Rovida,2012-12-16 This volume addresses the cultural technical and ethical motivations of the history of drawing of machines and its developments step by step First it treats drawings without any technical character then the Renaissance with its new forms of drawing the 18th century with orthographic projections immediately used by industry the 19th century including the applications of drawing in industry and the 20th century with the standardization institutions and the use of the computer The role of historical drawings and archives in modern design is also examined This book is of value to all those who are interested in technical drawing either from an artistic from a design or from an engineering point of view *Esquire* ,2004 The EBay Price Guide Julia L. Wilkinson,2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games *America* ,1889 *AB Bookman's Weekly* ,1990 **El-Hi Textbooks and Serials in Print** ,2003 **Nintendo Power** ,2008 **Books in Print Supplement** ,2002 Recording for the Blind & Dyslexic, ... Catalog of Books ,1996 **Forthcoming Books** Rose Arny,1999 *Arts & Humanities Citation Index* ,1995 **Apple Watch Ultra 3 User Guide** Clara T Harper,2025-09-18 The Apple Watch Ultra 3 isn t just another smartwatch it s the most powerful Apple Watch yet built for adventure performance and everyday life But here s the catch without the right guidance many users never unlock even half of what this incredible device can do That s where this book comes in Whether you re completely new to Apple Watch upgrading from an older model or buying it as a gift for a parent or loved one this guide breaks everything down into clear step by step instructions From unboxing and setup to customizing watch faces mastering health and fitness tracking and using advanced safety tools you ll find everything explained in plain easy to follow language No confusing tech jargon No overwhelming manuals Just practical advice designed for real people Inside this guide you ll learn how to Set up your Apple Watch Ultra 3 quickly and correctly Customize settings watch faces and notifications to fit your lifestyle Unlock powerful health and fitness features including ECG blood oxygen and sleep tracking Use safety tools like Fall Detection Emergency SOS and Crash Detection Explore hidden tips tricks and shortcuts to make daily use smoother and faster Troubleshoot common issues and keep your watch in perfect condition This isn t just about learning features it s about transforming your Apple Watch Ultra 3 into a daily partner that keeps you healthier safer and more productive Beginners will feel at ease and seniors will find step by step guidance that s clear and supportive Don t let your Apple Watch Ultra 3 go underused With this complete manual you ll master your device with confidence and enjoy everything it was designed to offer Get your copy today and start making the most of your Apple Watch Ultra 3 whether you re at the gym on a hike at work or simply managing your day to day life Disclaimer This book is an independent publication and is not affiliated with authorized sponsored or endorsed by Apple Inc Apple Apple Watch Apple Watch Ultra and all related trademarks are the property of Apple Inc This guide has been created strictly for educational and reference purposes to help users better

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illustrated 14 books many pamphlets and hundreds of articles on horology the science of timepieces The first American to receive the Silver Medal of the British Horological Institute he served as president of the New York City Horological Society and the New York State Watchmakers Association and vice president of the old Horological Institute of America He taught and lectured on horology and served as an industry consultant He also was a consultant for the Random House Dictionary and the Merriam Webster Dictionary

**Complete User's Manual for the Rollei TLR** Ian Parker,1994 For every possible detail on the operation and function of the Rollei twin lens reflex camera regardless of model this is the book that should be owned by users collectors and dealers

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