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# 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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1. Remove your Mio ALPHA watch from the packaging. 2.

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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.

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WEARING YOUR MIO ALPHA To accurately monitor your heart rate during your workout: Fasten Mio ALPHA snugly on

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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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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.

## 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 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.

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Your Guide To The Revolutionary MIO Alpha Heart Rate Monitor

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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 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 Page 4/25

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