

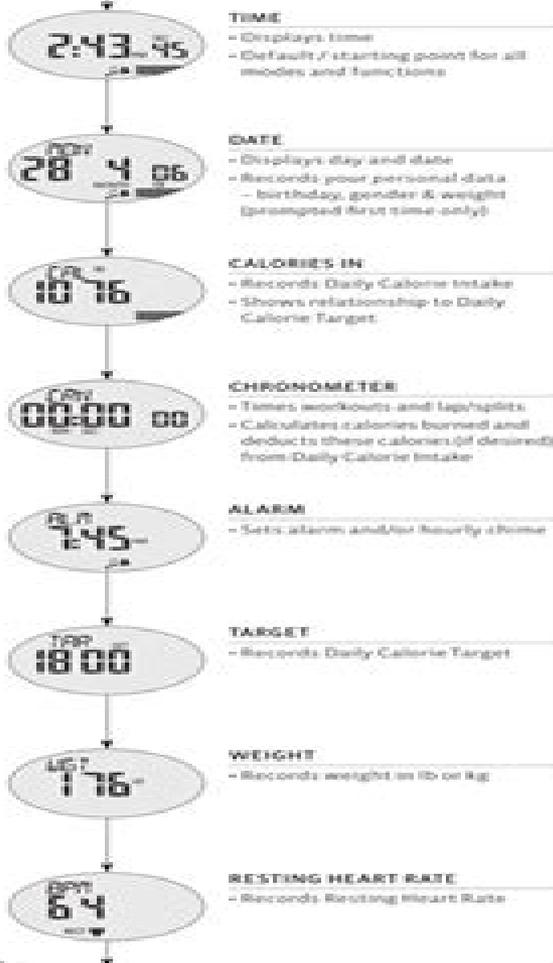
mio Classic SELECT

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 + or - 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

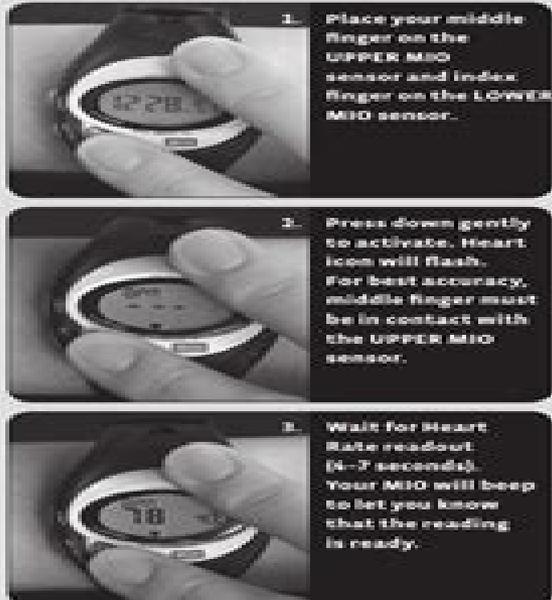
- Hold SET until watch beeps (2 seconds). Hour digits blink.
- Press + or - to reach correct hour. Press SET.
- Repeat for minutes and AM/PM values.

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. 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 & 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 Select User Guide

Mike Meneghetti



Mio Classic Select User Guide:

The International Library of Music for Vocalists: Song classics Louis Charles Elson, 1925 *Flyfisher's Guide to Michigan* Osborn, Jon , 2018-10-30 Michigan is one of the best states in the nation for flyfishing and Jon Osborn's all new Flyfisher's Guide to Michigan details the outstanding fishing opportunities like no other guidebook on the market The author covers the hot spots and lesser known fisheries with personal experiences historical overviews effective techniques for both warmwater and coldwater species and resident and anadromous species stocking data appropriate gear and flies access points nearby fly shops approximate float times and much more Photographer Hunter Brumels provides the visuals that paint the full picture of the fishing in this incredible state With bonus coverage of nearby watering holes anglers will have everything they need for many memorable days From mainstays like the Au Sable Pere Marquette Muskegon and Manistee rivers to hidden gems like the Rabbit and Red Cedar rivers Osborn has put in the river time so that you can get down to business Many more forks and tributaries are covered including trout steelhead salmon bass and pike fisheries This book comes standard with Wilderness Adventures Press precise and detailed full color maps with GPS coordinates for all access points boat ramps and parking areas along with access roads public land and more As Lefty once said If someone can't find locations from these maps they need to stay home Whether you're a veteran fly angler or new to the sport get an edge with this all new guidebook **Subject Guide to Books in Print** , 1993 **Focus On: 100 Most Popular Television Series by Universal Television** Wikipedia contributors, **Books in Series, 1876-1949** R.R. Bowker Company, 1982

Gramophone Classical Good Guide 2003 Emma Roach, 2002 This reference includes thousands of reviews by the world's leading critics making it the ideal guide for lovers of opera symphonic music and other classical genre **All Music Guide to Classical Music** Chris Woodstra, Gerald Brennan, Allen Schrott, 2005-09 Offering comprehensive coverage of classical music this guide surveys more than eleven thousand albums and presents biographies of five hundred composers and eight hundred performers as well as twenty three essays on forms eras and genres of classical music Original **The Etude** , 1912 A monthly journal for the musician the music student and all music lovers *Annual Report of the Dante Society* Dante Society (U.S.), 1892 *Annual Report of the Dante Society, with Accompanying Papers* Dante Society of America, 1895 Notes and Queries William John Thoms, 1871 **Music News** , 1927 **Children's Catalog of Thirty-five Hundred Books** H.W. Wilson Company, Corinne Bacon, 1917 **Imperial Reference Library** , 1898 **The Etude. E** , 1910 Includes music *Jacobs' Orchestra Monthly* , 1924 Martin Scorsese's Documentary Histories Mike Meneghetti, 2021-03-25 Martin Scorsese's Documentary Histories Migrations Movies Music is the first comprehensive study of Martin Scorsese's prolific work as a documentary filmmaker Highlighting the historiographic aims of the director's various non-fiction film video and television productions Mike Meneghetti re-examines Scorsese's documentaries as resourceful audiovisual histories of migrations movies and popular music Italianamerican's critical immersion in the post-Sixties ethnic

revival inaugurates Scorsese's decades long documentary project in 1974 and the era's developing vernacular of reclamation would shape each of his subsequent non-fiction efforts. Martin Scorsese's *Documentary Histories* surveys the succeeding films: decisive adherence to this language of retrieval. With extended analyses of Italian-American American Boy, A Profile of Steven Prince, The Last Waltz, Shine a Light, Feel Like Going Home, No Direction Home: Bob Dylan, Il mio viaggio in Italia, and A Letter to Elia among others, Meneghetti resituates Scorsese's filmmaking within the wider contexts of documentary history and American culture.

The Publishers' and Stationers' Weekly Trade Circular, 1872 The Nation, 1890 *The Pall Mall Budget*, 1877

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