

mio™ BREEZE

User's Guide

- EOS accurate heart rate without a chest strap
- Personalized percent of maximum heart rate display
- Flexible timers
- Easy to use



A. MIO BREEZE AT-A-GLANCE



To use Light: Press the **LIGHT** button to turn on the backlight. Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.



B. MODES OF OPERATION

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



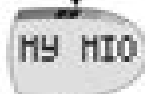
TIME & DATE
• Display time, date and weekday



ALARM
• Set daily alarm



EXERCISE TIMER
• Exercise Timer for workouts



MY MIO
• Set your personal data

C. QUICK TIPS

SHORTCUTS

- To return to **TIME** from any mode, hold **MODE** for 2 seconds.
- To go directly to **EXERCISE TIMER** from any mode press the **START** button.
- To exit from any **SET** mode without going through all settings, hold **SET** key for 2 seconds.

D. WAKING UP MY MIO

Your MIO may be in sleep mode (with a blank display) when you first receive it.

- Hold **START** until you see blinking 12H or 24H to activate your MIO and start setting it up.
- Setting time & date format:
 - Press + or - to toggle the format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press **SET** to move to next setting.
- Do the same for **TIME**, **DATE**, **GENOER**, **BIRTH YEAR**.
- Press **SET** to finish **START** UP.

E. SET TIME & DATE

Display shows Time, cycling through **DATE**, and **WEEKDAY** automatically. To change **TIME** and **DATE**:

- Hold **SET** until beep (2 seconds): 12H or 24H blinks.
- Press + or - to toggle the **TIME & DATE** format.
 - 12H = 12 Hour clock (AM/PM) & MM/DD date format
 - 24H = 24 Hour clock & DD/MM date format
- Press **SET** to set **HOUR**.
- Press + or - to select **HOUR**. To scroll quickly, hold + or -. Press **SET**.
- Do the same to select **MIN**.
- To reset seconds to zero press + or -. Otherwise press **SET** to move to next setting.
- Use + or - then **SET** to adjust **YEAR**, **MONTH**, **DATE**.
- To stop making changes at any time, hold **SET** for 2 seconds.

SET MODES

Whatever mode you are in, hold the **SET** button to enter its SET mode:

1. Hold **SET** until beep (2 seconds)
2. Value you are setting will flash
3. Press + or - to adjust the value
To scroll automatically, hold + or -
4. When value is adjusted, press **SET** again
5. Repeat steps 2 to 4 as needed or hold **SET** for 2 seconds to exit the set mode

F. TAKING YOUR HEART RATE



The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 90%). MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.

You 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, motion finger pads 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. Do not press too hard on sensors.
2. 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).
3. To optimize readings, occasionally clean the back of your MIO case and the metal **UPPER** and **LOWER MIO** sensors with a clean soft cloth.

Polar Wr30m Manual

**Alfred-Wegener-Institut für Polar- und
Meeresforschung, Reinhard Krause**

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