

# 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.



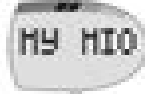
**TIME & DATE**  
• Display time, date and weekday



**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**, **GENDER**, **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

**Jicheng Xie**



## **Polar Wr30m Manual:**

## **Polar Wr30m Manual** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Polar Wr30m Manual**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Table of Contents Polar Wr30m Manual**

1. Understanding the eBook Polar Wr30m Manual
  - The Rise of Digital Reading Polar Wr30m Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Polar Wr30m Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Polar Wr30m Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Polar Wr30m Manual
  - Personalized Recommendations
  - Polar Wr30m Manual User Reviews and Ratings
  - Polar Wr30m Manual and Bestseller Lists

5. Accessing Polar Wr30m Manual Free and Paid eBooks
  - Polar Wr30m Manual Public Domain eBooks
  - Polar Wr30m Manual eBook Subscription Services
  - Polar Wr30m Manual Budget-Friendly Options
6. Navigating Polar Wr30m Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Polar Wr30m Manual Compatibility with Devices
  - Polar Wr30m Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Polar Wr30m Manual
  - Highlighting and Note-Taking Polar Wr30m Manual
  - Interactive Elements Polar Wr30m Manual
8. Staying Engaged with Polar Wr30m Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Polar Wr30m Manual
9. Balancing eBooks and Physical Books Polar Wr30m Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Polar Wr30m Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Polar Wr30m Manual
  - Setting Reading Goals Polar Wr30m Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Polar Wr30m Manual
  - Fact-Checking eBook Content of Polar Wr30m Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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