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Page 4: Mio Motion Fit At-A-Glance A. MIO MOTION FIT AT-A-GLANCE Heart Rate GOAL flashing indicates indicates HR Lock your

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Heart Rate is the value indicates Heart being measured is the daily Rate is off step goal Alarm Hourly Chime Percentage of Max Heart STEP Rate... Page 5 To use LIGHT: Press LIGHT button to turn on the backlight.

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mioPOD against the competition. Cardio Pilot™: Glanceable technology color zones alert you to real-time Heart Rate intensity, helping to keep you in your cardio zone, according to your personal training goals. Haptic Alerts: Warn you if the signal is on,

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battery is low or you simply traversed into a new cardio training zone Designed by MIO: The pioneer in performance optical HR signal, we ...

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motion detection. Smart parking mode is activated automatically after ignition key is in off position or when the car stops moving for about 5 minutes, depending on Auto Entry settings. For this mode, you must use an additional power source such as Mio Smart Box uninterruptible power cable which is sold separately.

MiVue™ 798 Dual - Dash Camera - Mio COMPLETE USER GUIDE - Clever Training Instructional Video for the MIO Motion. The MIO Motion has a built in pedometer with innovative technology; making it easier than

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Motion 5 User Manual - Apple Support

Mio ALPHA User Guide 06 Troubleshooting • You may need to tighten Mio ALPHA's strap and/or move the watch further up your forearm. • On cold days ALPHA's technology can be impacted. We recommend activating the heart rate reading while still indoors and, if necessary, wearing a sleeve over ALPHA.

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When the 3-axis G-Sensor detects sudden changes in motion, it will instantly save a protected file that can't be overwritten.

Record at all times with Parking Mode With

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the latest motion detection technology, MiVue™ 798 Dual can automatically activate and record videos when a motion is detected near the front of the vehicle.

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