



INSTRUCTION MANUAL



Don't like reading instruction manuals?

Use your smartphone to scan this QR code to watch the setup video,
or visit www.mioglobal.com/guides



Complete Fitness Tool with
Calorie Management System +
EKG-Accurate Heart Rate

FEATURES:

- EKG accurate heart rate without a chest strap
- Patented calorie management system
- Personalized percent of maximum heart rate (HR) display
- 3500 calorie countdown mode



CONTENTS

WAKING UP YOUR MIO AND QUICK START	2
MIO TRIUMPH SE AT-A-GLANCE	3
MODES OF OPERATION	5
TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY	7
QUICK TIPS	10
WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR	11
SET TIME & DATE	12
SET MY MIO	13
SET ALARM	14
SET RESTING HEART RATE	15
USING THE EXERCISE TIMER	15
MEASURING HEART RATE RECOVERY	20
WEIGHT MANAGEMENT MODES	21
TO CHANGE MIO'S BATTERY	25
MY MIO	26
SPECIFICATIONS	27
LIMITED ONE YEAR WARRANTY	28
DISCLAIMER	29
WARRANTY AND REPAIRS CONTACT	30

A. **WAKING UP YOUR MIO AND QUICK START**

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 = Hour clock (AM/PM) & MM/DD date format
- 24H = Hour clock & DD/MM date format

Press **SET** to move to next setting.

- Do the same for TIME, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- Press **SET** to finish START UP.

B. MIO TRIUMPH SE AT-A-GLANCE

Heart Rate (HR)

flashing indicates measurement in progress

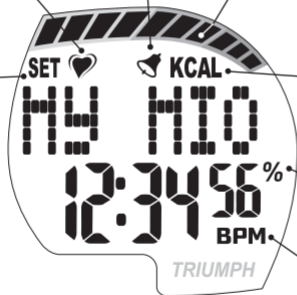
Alarm

Performance Bars

indicates your progress towards your calorie goal, indicates effort level when measuring heart rate

SET

indicates you are in set mode



KCAL

indicates number is in calories

%
percentage of max heart rate

BPM

beats per minute

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.

**LIGHT/RESET
BUTTON**

turns on
backlight,
resets value

**Smart Touch
MIO Sensor**

**MODE/-
BUTTON**
switches modes,
decreases value

**START/ STOP/+
BUTTON**

starts or stops
the exercise timer,
increases value

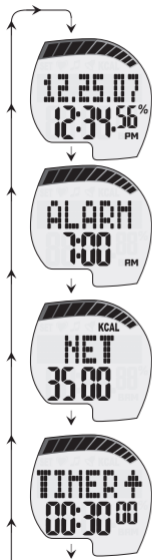
SET BUTTON

hold to enter SET
mode, toggle alarm
ON/OFF



C. MODES OF OPERATION

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



TIME & DATE

- Display time, date, weekday and your name or initials

ALARM

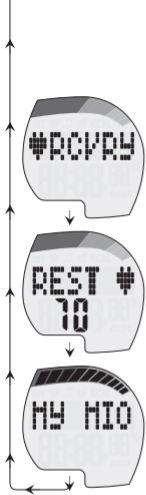
- Set Daily Alarm.

NET CALORIES IN

- Display Net Calorie intake
- Enter Calorie intake

EXERCISE TIMER

- Exercise Timer for workouts and other activities, timer modes including Walk Run timer



HEART RATE RECOVERY

- Measure your Heart Rate (HR)
Recovery- a good indicator of fitness level

RESTING HEART RATE

- Measure and display your Resting Heart Rate (HR)

MY MIO

- Set your personal data and weight management goal

D. TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR



Place a finger on the Smart Touch sensor. Place another finger on the opposite side for support (optional).

1



Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon will flash.

2



Wait for Heart Rate (HR) readout (3 to 8 seconds). MIO will beep when the reading is ready.

Your heart rate (HR) will remain displayed for 5 seconds after you release the sensor button.

3

You can take your HEART RATE (HR) from any mode (except SET modes).

- A one-time read out of your Heart Rate (HR) in beats per minute (BPM) will display. The small digits at the right display the percentage of your current heart rate (HR) to your maximum heart rate (HR) (up to 99%).
- MIO calculates this percentage using your personal data. A maximum heart rate (HR) is an estimate with a variability of up to 15 BPM.
- For continuous reading, keep pressing the sensor.
- For best accuracy, left and right hands should not be in contact during the test.

The display returns to the previous mode seconds after you remove your finger from the Smart Touch sensor.

TROUBLESHOOTING POINTERS

If you don't get your heart rate (HR) within 10 seconds, moisten 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 the sensor.

Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent proper detection of a HR signal. Try to relax your watch arm.

If your HR varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section N).

To optimize readings, occasionally clean the back of your MIO case and the Sensor Ring with a clean, soft cloth.

E. 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.

SET MODES

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

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

F. WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR

To prevent triggering the Smart Touch Heart Rate (HR) feature from accidental readings due to contact with water or some clothing materials use the Heart Rate Lock feature. Because water is a conductor, it will activate the HR function.

To protect the battery's life while swimming or showering (although wearing in the shower/bath/sauna is not recommended) always use MIO's Heart Rate Lock.

- To turn the HR Lock on: in any MODE press and hold **START/STOP** for 2 seconds. The HR lock icon will display.
- To turn HR Lock off: first dry the watch by towel, then repeat the step above.

G. SET TIME & DATE

Display shows Time, cycling through NAME, 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, DAY.
- To stop making changes at any time, hold **SET** for 2 seconds.

H. SET MY MIO

MIO uses your personal information in calculating calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations. See Section M on how to calculate your CALORIE TARGET and ACTIVITY LEVEL.

- Press **MODE** 6 times to go from TIME to MY MIO.
- To make changes to your personal settings in MY MIO, hold **SET** until beep (2 seconds).
- The first letter of NAME will blink. Use **+** or **-** to adjust. To scroll quickly, hold **+** or **-**. Press **SET** to move to next letter.
- Do the same for WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR, MAX HR, SCROLL, ACTIVITY LEVEL and WEEKLY GAIN/LOSS GOAL.
- The Triumph SE will calculate your MAX HR based on your personal details. If you wish to override this and input your MAX HR use the **+** or **-** buttons. Turn the SCROLL on or off. When the Scroll is on, the main screen will automatically toggle between NAME, DATE, WEEKDAY.
- For ACTIVITY LEVEL, ACT LO or MI or HI will display. Please refer to section M for the definition of each level.
- For WEEKLY GAIN/LOSS GOAL, LB/WK or KG/WK will display. Use **+** or **-** to adjust your weekly weight gain (**+**) or loss (**-**) goal. Then press **SET**.
- For example, if your goal is to lose one pound per week, set the value to **- 1.0**. To lose weight use a negative number; to gain weight use a positive number.

Please note that it is not recommended to have weight change for more than 2 lb or 0.9 kg per week, so the maximum gain/loss is limited to 2 lb or 0.9 kg per week.

- To stop making changes at any time hold **SET** until beep (2 seconds). Your MIO will go directly to Daily Net Calorie TARGET.

- MIO will calculate your Daily Net Calorie TARGET based on your weight change goal and personal settings. The rightmost digit of this TARGET will be flashing. To accept this calculated TARGET press **SET** 4 times to accept each digit of this target. If you would like to manually adjust this TARGET then use **+** or **-** and **SET** to adjust each digit. See Section M for more information on setting TARGET Daily Calories.

To return to TIME, press **MODE**.

I. SET ALARM

- Press **MODE** once to go from **TIME** to **ALARM**.
- To change ALARM from ON to OFF or from OFF to ON press the **SET** button.
- To change the time of an ALARM, hold the **SET** button until beep (seconds), use **+/-** to adjust the HOUR, press **SET**, use **+/-** to adjust the MINUTE, then press **SET**. To scroll more quickly hold the **+** or **-**.
- Alarm icon will show if the ALARM is on (🔔)
- Hold **MODE** for 2 seconds to return to TIME mode.

J. 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 (HR) (70 BPM).

- Press **MODE** 5 times to go from TIME to RESTING HEART RATE (RHR). Your most recent RHR will display.
- Place any finger or your palm anywhere on the Smart Touch sensor as described in Section D. Heart icon blinks. Your resting heart rate (RHR) should appear within 4 to 7 seconds.

To return to TIME, press **MODE** 2 times.

K. USING THE EXERCISE TIMER

Press **START** to go from other modes to EXERCISE TIMER or press **MODE** 3 times to go from TIME to EXERCISE TIMER. There are five timer types. You can choose the one which is suitable for your exercise.

TO COUNT UP FROM ZERO (suitable for walking with time limit)

- The timer must be stopped.
- Hold **SET** until beep (2 seconds).
- Press **+** or **-** to adjust the TIMER TYPE to TMR ↑ . Press **SET**.
- To start the timer, press **START**.
- To pause, press **STOP**. Press **START** to resume.
- To reset timer to zero and clear the workout calories, press **RESET** until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP (suitable for walking with time limit)

- The timer must be stopped.
- Hold **SET** until beep (seconds).
- Press **+** or **-** to adjust the TIMER TYPE to TMR ↓ . Press **SET**.
- Press **+** or **-** to adjust the HOURS. Press **SET**.
- Repeat for MINUTES and SECONDS.
- To start the timer, press **START**.
- To pause, press **STOP**. Press **START** to resume.
- Timer will beep when the countdown reaches zero.
- To reset timer to starting condition and clear the workout calories, press **RESET** until beep (2 seconds).

TO COUNT DOWN TO ZERO AND THEN COUNT UP

(suitable for jogging or running with warm-up timer)

- The timer must be stopped.
- Hold **SET** until beep (2 seconds).
- Press **+** or **-** to adjust the TIMER TYPE to TMR ↑↑ . Press **SET**.
- Press **+** or **-** to adjust the HOURS of the warm-up timer. Press **SET**.
- Repeat for MINUTES and SECONDS.
- To start the timer, press **START**.
- To pause, press **STOP**. Press **START** to resume.
- Timer will beep when the TIMER ↓ reaches zero and then count up automatically.
- To reset timer to starting condition and clear the workout calories, press **RESET** until beep (2 seconds).

TO USE THE WALK/RUN (DUAL INTERVAL) TIMER (suitable for training)

See your MIO SENSE Guide for a Walk/Run program, set the first interval for running segments, and the second for walking segments.

- The timer must be stopped.
- Hold **SET** until beep (2 seconds).
- Press **+** or **-** to adjust the TIMER TYPE to TIMER $\downarrow\downarrow$. Press **SET**.
- Press **+** or **-** to adjust the TIMER 1 (Run) HOURS. Press **SET**. Repeat for TIMER MINUTES and SECONDS.
- Press **+** or **-** to adjust the TIMER 2 (Walk) HOURS. Press **SET**. Repeat for TIMER 2 MINUTES and SECONDS.
- Press **+** or **-** to adjust the number of cycles (repetitions). Press **SET**.
- To start the Walk/Run timer, press **START** and begin running.
- Timer will beep when the first interval countdown reaches zero.
- Walk until your MIO beeps when the second interval countdown reaches zero.
- Repeat until you have completed all your repetitions.
- To pause at any time, press **STOP**. Press **START** to resume.
- To reset timer to starting condition and clear the workout calories, press **RESET** until beep (2 seconds).

TO COUNT DOWN TO ZERO AND REPEAT (suitable for training)

- The timer must be stopped.
- Hold **SET** until beep (2 seconds).
- Press **+** or **-** to adjust the **TIMER TYPE** to **TMR REP**. Press **SET**.
- Press **+** or **-** to adjust the **HOURS**. Press **SET**.
- Repeat for **MINUTES** and **SECONDS**.
- Press **+** or **-** to adjust the number of cycles (repetitions). Press **SET**.
- To start the timer, press **START**.
- To pause, press **STOP**. Press **START** to resume.
- Timer will beep when the countdown reaches zero, then repeat the countdown until you have completed all your repetitions.
- To stop the timer, press **STOP**.
- To reset timer to starting condition and clear the workout calories, press **RESET** until beep (2 seconds).

TO CLEAR CUMULATIVE CALORIES BURNED

- The timer must be stopped.
- Press **SET** several times in **EXERCISE TIMER** mode until you see the following screen and hold **RESET** until beep to clear. If you keep the cumulative calories your next workout calories will add to them.



TO CLEAR WORKOUT CALORIES BURNED AND RESET TIMER

- Hold **RESET** until beep at any screen other than the cumulative calories burned screen to reload your previous timer setting and clear your previous workout calories burned.
- Or hold **SET** until beep to select the timer type and the duration for your exercise. Your previous workout calories burned will be cleared at the same time.

TO COUNT CALORIES BURNED

- Press **START** to begin your workout. The timer will begin counting.
- Record your heart rate (HR) now and at anytime during exercise, but particularly when you increase or decrease the intensity of your workout for a more accurate calorie expenditure (See section M).

After your heart rate (HR) and percentage of maximum heart rate (HR) appear, the number of calories burned for your workout, then the cumulative calories burned, will appear. MIO automatically deducts calories burned from your Net Calories each time you record your heart rate (HR).

Rating	Heart Rate Difference
Poor	< 12 bpm
Fair	12-30 bpm
Good	31-50 bpm
Superb	> 50 bpm

To pause and view **SUMMARY**, press **STOP**. **SUMMARY MODE** will display **TOTAL TIME**, **WORKOUT CALORIES** and **CUMULATIVE CALORIES**. To resume, press **START**.

- To end session from **RUNNING TIMER**, press **STOP** once. Your MIO will show you the **SUMMARY**, alternately displaying your **TOTAL TIME**, **WORKOUT CALORIES** and **CUMULATIVE CALORIES**.

To return to **TIME**, hold **MODE** for 2 seconds.

L. MEASURING HEART RATE RECOVERY

HR Recovery is a test to determine your cardiovascular fitness. The test compares the heart rate (HIGH HR) measured right after exercise with the heart rate (LOW HR) measured one minute later. Normally, people with a strong cardiovascular system (like athletes) will have quicker heart rate (HR) recovery times.

TO CHECK YOUR HEART RATE (HR) RECOVERY

- Right after you have finished your exercise, press **MODE** 1 time to go from EXERCISE TIMER to HR RECOVERY. ♥ RCVRY, Rating (poor, fair good, superb) & Heart Rate (HR) Difference, HIGH HR and LOW HR will display alternately.
- Take your heart rate (HR). Your HIGH HR displays.
- MIO then counts down 50 seconds and beeping every second at the last 10 seconds followed by a reminder beep when it is time to test your LOW HR.
- You should take your LOW HR as soon as you see the screen display PRESS ♥. Your MIO will abort the test if there is no LOW HR detected within 10 seconds.
- If LOW HR is higher than HIGH HR, an ERROR message will display.

To return to TIME, press **MODE** twice.

M. WEIGHT MANAGEMENT MODES

MIO uses your personal information (weight, gender, age, resting heart rate (HR), activity level, etc.) and personal goals (e.g., Weekly Weight Change GOAL) to help you establish a TARGET Daily Calories and to calculate Calories consumed during workouts.

The NET CALORIES IN mode displays net calorie intake (Calorie Intake – Calories burned during workouts) and allows you to enter your Calorie intake. Calories burned during workouts are counted (based on your personal information and heart rate (HR) readings) using EXERCISE TIMER and are automatically subtracted from your NET CALORIES IN at the end of your workout.

Your TARGET Daily Calories is set in MY MIO (refer to section H). As your weight changes update it in MY MIO (section H). If your Resting Heart Rate (HR) changes as you get in shape, update it (see section J).

The CALORIE BARS on the display indicate how your NET CALORIES IN compare to your TARGET Daily Calories:

- Each bar represents 1/10 of your TARGET.
- All the bars will be full when you reach your TARGET.

TO ENTER CALORIES CONSUMED

- Press **MODE** twice to get from TIME to NET CALS IN.
- Hold **SET** until beep (2 seconds).
- Use **+** and **-** to adjust the units digit of your meal calories. Press **SET**.
- Repeat for the tens, hundreds and thousands of your meal calories.
- These calories will be added to your NET CALS IN. Hold **MODE** for 2 seconds to return to TIME.

TO RESET NET CALS IN

At the start of each day you should reset your NET CALS IN to zero.

- Press **MODE** twice to get from TIME to NET CALS IN.
 - Hold **RESET** until beep (2 sec). Your NET CALS IN clears to zero.
- Hold **MODE** for 2 seconds to return to TIME.

Refer to section K to learn how to use EXERCISE TIMER to time your workouts, count calories burned, and have them automatically subtracted from your NET CALS IN.

MORE INFORMATION ON SETTING YOUR TARGET DAILY CALORIES

MIO automatically calculates a default TARGET DAILY CALORIES based on your personal information (weight, activity level) and Weekly Weight Change GOAL. You may choose to accept this default or to edit this TARGET based on your own calculations. Here is a standard method to calculate your TARGET:

1. RESTING METABOLIC RATE (RMR):

Multiply your weight (in lbs) by 10 (or multiply your weight in kg by 22).

Example: 130 lbs x 10 = 1,300 RMR

2. ACTIVITY LEVEL

Determine from the table the regular activity you engage in at home & at work. Do not include exercise sessions. Multiply your RMR by % Activity Level.

Example: 1,300 RMR calories x 50% Activity Level = 650 Activity calories.

Lifestyle	Description	Add % to RMR
Sedentary (LO)	You sit most of the day at work and at home. You drive or ride in a car to get around.	20-40%
Moderately Active (MI)	You are more active at work and at home; you ride to work, use stairs, do housework.	40-60%
Very Active (HI)	You are very physically active at work and at home, performing strenuous physical labor such as construction work.	60-80%

3. DAILY CALORIE REQUIREMENT (DCR)

Determine your DCR adding your RMR calories & Activity calories.

Example: 1,300 RMR calories + 650 Activity calories = 1,950 DCR

4. DAILY CALORIE TARGET TO MAINTAIN YOUR CURRENT WEIGHT:

Your DCR is your Daily Calorie Target TO LOSE 1 LB PER WEEK: Deduct 500 calories from your DCR.

Example: 1,950 DCR - 500 calories = 1,450 Daily Calorie TO GAIN 1 LB PER WEEK. Add 500 calories to your DCR.

Example: 1,950 + 500 calories = 2,450 Daily Calorie Target Note: 1 lb = 3,500 calories.

Enter or change your Target in SET MY MIO (see Section H).

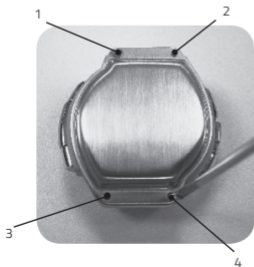
IMPORTANT: According to the World Health Organization Standard (WHO), the minimum DAILY CALORIE INTAKE is 1,200 calories (kcal) for women and men. Your MIO will set your DAILY CALORIE TARGET in less than the recommended minimum value.

N. TO CHANGE MIO'S BATTERY

Please see Warranty details regarding battery change. We recommend that your battery is changed by a Jeweller/watch repair service center.

1. Take off strap from the module.
2. Remove 4 screws from the back plate.
3. Remove back plate. Notice the rubber gasket around edge of the case. If gasket comes out, handle carefully.
4. Remove the battery. Place the new battery in with the positive (+) side facing out. Make sure the rubber gasket sits on the edge of the case properly.
5. Place the back plate and screw in the four screws.

There are two connection pins at the caseback, please handle carefully.



Free!
Motivational!
Unlimited access!



Triumph SE includes membership to MyMIO, your complete health & wellness portal. Track, query and analyze your own biofeedback data.

Set yourself challenges and use the support of our free personal trainers and other MyMIO members to reach and surpass your goals. All MIO users have free access to this site, and those with Well Connect products can automatically upload their data. Join today to take advantage of everything MyMIO can do to help you achieve your health and wellness goals.

**INCLUDES THE FAMOUS 3500 CALORIE CLUB™:
BURN 3500 CALORIES, LOSE A POUND OF WEIGHT.**

Visit www.mioglobal.com for more details.

MIO TRIUMPH SE SPECIFICATIONS

12/24 hr clock with date and weekday daily alarm.

Total Calorie Intake (Total In): **9999**

Calorie Expenditure (Burned): **9999**

Calorie Target (Target): **9999**

Exercise Timer Modes:

3 Basic (Count up, Countdown & Stop, Countdown & Repeat)

1 Countdown + Countup Dual Timer (Warm-up Timer)

1 Customizable Dual Interval (Walk / Run)

Timer: **9 hours 59 minutes**

Max Heart Rate Percentage: **99%**

Max Readable Heart Rate: **230 BPM**

Min Readable Heart Rate: **40 BPM**

Backlight: **5 second delay**

Operating Temp: **0°C to 40°C**

Lens: **Acrylic**

Watchcase: **ABS**

Caseback: **Stainless steel**

Strap: **Polyurethane**

Buckle: **Stainless steel**

Battery: **Lithium type CR2032**

Expected Battery Life: **1 year**

Made in China

SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

Water
Resistance

30
meters

**Do not push
buttons
underwater.**

The Heart
Rate Measure
function is
not intended
for use or
operation
in or under water.

LIMITED ONE YEAR WARRANTY

THE MIO LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO WATCH. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1-877-770-1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.

YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: MIO WATCH SERVICE CENTER, 7501 N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1-877-770-1116 FAX 1-309-689-6543

NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET & WEBSITE IS FOR INFORMATION PURPOSES ONLY. THE MIO WATCH DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO WATCH, INSTRUCTION GUIDE & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & FITNESS. THEY ARE NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE RELATED TO DIET, EXERCISE OR WEIGHT LOSS. PHYSICAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & MAY NOT BE APPROPRIATE TO SPECIFIC USERS. IN PARTICULAR: MAXIMUM HEART RATE. CONSULT A DOCTOR TO DETERMINE YOUR PERSONAL MAXIMUM HEART RATE. MIO USES COMPLEX FORMULAE THAT GENERALLY PREDICT THE HR BASED UPON STUDIES OF SUBJECTS WITH HEALTHY HEARTS. THE PERCENTAGE OF MAXIMUM CALCULATIONS ARE NOT TO BE RELIED UPON ESPECIALLY IF YOU HAVE A HISTORY OF HEART DISEASE, STROKE, HIGH OR LOW BLOOD PRESSURE, DIABETES, ASTHMA OR OTHER CIRCULATORY OR RESPIRATORY CONDITIONS. CALORIE TARGET & EXPENDITURE: RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN EKG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

WARRANTY AND REPAIRS CONTACT

MIO Watch Service Center,
7501 N Harker Drive,
Peoria, IL 61615

Toll-free: 1-877-770-1116

Fax: 1-309-689-6543

www.mioglobal.com

Made in China
PWC130-03003(MIO)



EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service. EU-DECLARATION OF CONFORMITY Physi-Cal Enterprises Inc. declares this Finger Sense Heart Rate Watch (MIO TRIUMPH SE) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.

mio[®] TRIUMPH SE

www.mioglobal.com/guides

www.mioglobal.com