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Mio ALPHA, the performance sports watch that provides accurate, continuous heart rate monitoring—without a chest strap. Mio ALPHA displays heart rate and workout data while connecting with your smartphone to

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Etilize

MIO Alpha User Guide 04 Icons

Battery Indicator Time Exercise Mode

Timer Heart Rate Activating Your

Alpha 1. Remove your MIO Alpha

watch from the packaging. 2. Peel off

the protective film. 3. Press and hold

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the SET or + button to activate the watch. The display will turn on and prompt you to set the time. 4.

Mio Alpha 2 Review: Sports Watch With Heart ... - Tom's Guide

For a function-by-function view look at the manual: [Mio_ALPHA_User_Guide](#).

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Accuracy. Optical HRMs vary in their accuracy. In my opinion MIO/Phillips has one of the best implementations of that technology and, indeed, they now partner with Garmin to provide that technology to the world's largest sport watch manufacturer (Garmin).

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the5krunner*

*Mio ALPHA 2 User Guide... Page 8:
Heart Rate Training Modes Workout
Mode and to stop recording. Mio
ALPHA will beep in the last 4 seconds
of the countdown. When the timer hits
0:00:00, Mio ALPHA will restart the*

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countdown cycle and show you the new cycle number.

Mio Alpha 2 RunnerClick

The Alpha 2 doesn't have built-in GPS, but it's a very comfortable and capable device overall. Design. The Mio Alpha 2 is a friendly looking sports watch

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with a domed design and a wide, stretchy band.

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Heart Rate Monitor, Watch. Database contains 6 Mio ALPHA Manuals (available for free online viewing or downloading in PDF): Complete user manual, Quick start manual, Operation & user's manual .

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Mio ALPHA User Guide 07 Using Heart Rate Zone Alerts Your Mio ALPHA can notify you by beeping once when you are not exercising in your target heart rate zone. A double-beep indicates your heart rate is 10 BPM or more outside the target zone.

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To use zone alerts, specify your target zone and turn on the timer while you are exercising.

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battery care information, and register your Mio alpha, visit:

mioglobal.com/AlphaInfo. Getting Started Your MiO alpha 1. remove your Mio alpha from the packaging and 1. Set/Toggle peel off the protective film.

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*mioPOD, your cardio training guide –
MIO Labs*

*The main app for the Alpha 2 is the
Mio GO mobile app, which you install
on your smartphone. This app collects*

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and tracks your data to produce metrics about your overall pace, calories burned, distance, and speed. For the heart rate monitor, average and maximum heart rate and overall heart rate performance is recorded.

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Mio Alpha 2: Mio GO app. While the Mio Alpha 2 has enough on-board storage for up to 24 hours of workout stats, your data can also be automatically synced with the partnering Mio GO smartphone app ...

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