

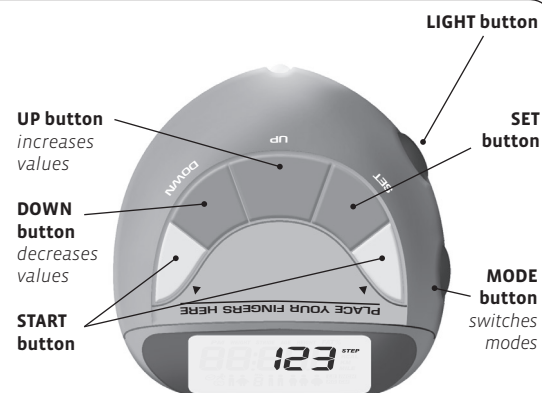
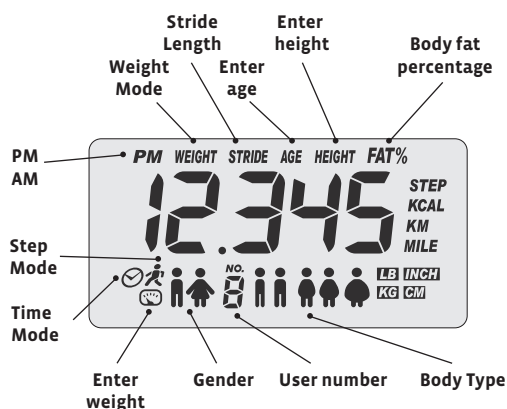
mio™ STEP 4

USER'S GUIDE



This guide is also available at www.miowatch.com

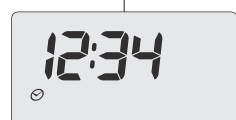
A. MIO STEP 4 AT-A-GLANCE



LB weight in pounds
INCH stride length in inches
KG weight in kilograms
CM stride length in centimeters
STEP number of steps walked
KCAL number of calories burned
KM distance walked in kilometers
MILE distance walked in miles

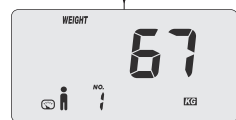
B. MODES OF OPERATION

Press MODE to move to the next mode.



TIME

- Choose either 12 or 24 hour clock



WEIGHT

- Body Fat % Screen



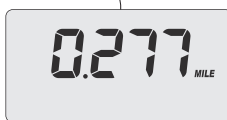
STEP

- Shows number of steps taken

Press UP to switch between

ACTIVATING YOUR PEDOMETER

If the screen is blank remove the insulation tape from the battery door to activate the unit.



DISTANCE

- Shows distance travelled in km or miles



CALORIES

- Displays calories burned

C. TIPS FOR WEARING

- The pedometer is designed with a clip on the back that can be clipped on your waist band.
- For the pedometer to accurately count your steps it must stay in an upright position and be worn on the hip.

The following situations may result in miscounted steps:

1. If the pedometer isn't perpendicular to the ground.
2. Dragging your feet or taking uneven footsteps
3. The vibrations from being inside a vehicle
4. The motion of standing up or down



D. DETERMINING YOUR STRIDE LENGTH

You will need a tape measure to ensure accuracy.

1. Pick a spot on the floor and mark it.
2. Start with your toe on that line and proceed to take ten natural strides of the type of activity you wish to measure strides for (walk, jog or run).
3. Mark the spot where the toe of your front foot lands
4. Measure the distance between the two marked spots in inches or centimetres.
5. Divide the number by 10. This is the number that you enter for stride length.

Note: If you choose to measure your steps in miles (imperial) all other measurements will be done with the imperial system (weight in lbs and stride length in inches). If you choose to measure your steps in km (metric) all your other measurements will be done with the metric system (cms and kms).

E. SETTING UP USER DATA

SETTING UP TIME

1. Press the MODE button until you reach the Time screen (will have small clock image in the left bottom corner.)
2. You can select 12 or 24 hour format by pressing the UP button.
3. To change the hours hold the SET button until the hours will start flashing, release the SET button then use the UP or DOWN buttons to adjust the time and press SET to confirm. Press and hold the UP or DOWN button to quickly move through the numbers. Repeat for the minutes.

F. SETTING UP PERSONAL DATA

1. Press the MODE button until you reach the screen that says WEIGHT in the top left corner.
2. A small number in the bottom of the screen will start flashing, this is the user number. Use the UP button to change the user number. (Will hold 5 users in memory)
3. When the user number is selected hold the SET button down until the weight is flashing.
4. Use the UP or DOWN button to select your weight in kilograms (kg) then press the SET button to confirm. (If you want to use the imperial system press and hold MODE for 5 seconds. It will also reset information already inputted.)
5. You will now enter the height screen, use the UP or DOWN button to select your height in centimetres. Press the SET button to confirm.
6. On the next screen you will enter your age. Use the UP or DOWN button to select your age. Press SET to confirm.
7. Next the person icon at the bottom will flash, press UP or DOWN to select the gender. Press SET to confirm.
8. On the next screen you will enter your stride length in centimetres, use the UP or DOWN button to select then press SET to confirm.
9. You may now follow the same steps to enter another user or use the MODE button to move on to the next step.

Note: The user that you leave it on will be the one you are counting the steps from now on. If you need to change the user return to the weight screen.

G. **TAKING BODY FAT MEASUREMENT**

- 1. After all the information is entered press the two metal START buttons to activate the body fat sensor. Release the buttons, but leave your fingers on the sensors and you will see the screen display a series of “zeros” that move across the screen and then your body fat % will be displayed. At the bottom there are a series of icons and the one that best represents your body type will be flashing. Press MODE to return to the step count screen.

Note: If you receive ERR on the screen, wait a few moments and try again. Try moistening your skin slightly to obtain a reading.

H. **PEDOMETER**

- 1. Press the MODE button until you reach the step counter.
- 2. To see how many calories you have burned press the UP button.
- 3. To view how many kilometres you have travelled press the UP button twice.
- 4. If you need to return to the previous screen press the DOWN button.
- 5. To reset the step/distance/ calorie press and hold the SET button.

I. **USING THE FLASHLIGHT**

Press and hold the LIGHT button. The light will stay on as long as you press the button. *Note: excessive use of the flashlight will drain the battery faster.*

J. **CHANGING THE BATTERIES**

MIO Step 4 takes a CR 2032 battery (available at most drugstores).

- 1. To change the battery you will need an eyeglass screwdriver to remove the back panel that will then just slide off.
- 2. Replace the CR 2032 battery with a new one.
- 3. Make sure that the polarities are lined up correctly.
- 4. Place the back into the original position and screw back on.

Note: You must re-enter your personal information once the battery has been changed.



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LIMITED (ONE YEAR) WARRANTY

THE MIO LIFESTYLE PEDOMETER, 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 PEDOMETER 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 LIFESTYLE PEDOMETER. 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 LIFESTYLE PEDOMETER WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE PEDOMETER CASE OF THE MIO FITNESS PEDOMETER HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSI-CAL 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 PEDOMETER AFTER YOUR DEFECTIVE PEDOMETER 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 PEDOMETER SERVICE CENTER, 7501N. 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 PEDOMETER IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

MIO STEP 4 SPECIFICATIONS

12/24 hour clock
Maximum Steps: **99,999**
Maximum Distance: **99.999 km or miles**
Maximum Calories: **9999.9**
Material: **plastic with rubber paint**
Operating Temperature: **0°C to 45°C**
Battery: **CR2032**
Expected Battery Life: **1 year**
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE • Made in China

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 pedometer (MIO Step 4) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.