



# sport sd

- ▶ EKG-ACCURATE HEART RATE
- ▶ CALORIE BURN & MAXIMUM HEART RATE
- ▶ CHRONOGRAPH TIMER
- ▶ STEPS & DISTANCE



## PERFECT INTRODUCTORY HEART RATE MONITOR WITH BUILT-IN PEDOMETER

The **MIO SPORT SD** is the perfect watch for the individual interested in maintaining a healthy lifestyle or starting a workout routine. The MIO Sport SD lets you understand your body's feedback and allows you to optimize your workout accordingly.

**mio**<sup>®</sup> *move.  
measure.  
motivate.*

[www.mioglobal.com](http://www.mioglobal.com)

## MAKE EVERY WORKOUT COUNT

The MIO Sport SD is the perfect introductory product for any individual looking for a sport watch to help them monitor and understand their heart rate during exercise.

The MIO Sport SD has an innovative design which makes this watch the thinnest 'touch' heart rate monitor currently on the market.

The SD model includes an accelerometer pedometer to accurately count steps and distance; motivating you to reach the recommended 10,000 daily step target.



## HEART RATE MONITOR WITH CALORIE BURN

The MIO Sport SD is programmable with your own personal data, making it individually yours. This watch uses Smart Touch Technology to provide your EKG-accurate heart rate and calorie burn at the touch of a sensor—no need to wear an uncomfortable chest strap.

## COMPLETE SUPPORT

### MyMIO – Your health and wellness portal

MIO Sport SD includes membership to MyMIO, your complete health & wellness portal. Track, query and analyze your own biofeedback data. Set yourself challenges and achieve them with the support of our free personal trainers and dietitian. Take advantage of everything MyMIO can do to help you achieve your health and wellness goals at: <http://mioglobal.com/mymio>

**Note:** The MIO Sport SD is not a continuous heart rate monitor. You must press the sensor on the watch to get your heart rate. Always consult a doctor before beginning a new exercise regime or diet of any kind. Product specifications may change without notice.

## MIO Sport SD Features

- » EKG-accurate heart rate, without a chest strap
- » Customizable with personal data to ensure accuracy
- » Calculates the number of steps taken and the distance traveled
- » Percentage of maximum heart rate
- » Chronograph timer
- » Time, date and alarm
- » 12/24 hour clock with date and weekday

## Specifications

- » Maximum Readable Heart Rate: 230 BPM
- » Minimum Readable Heart Rate: 40 BPM
- » Maximum Heart Rate Percentage: 99%
- » Chronograph timer
- » Timer: 99 hours 59 minutes
- » EL Backlight: 5 second display
- » Water Resistant to 50m
- » Battery: lithium type CR2032 or equivalent, est. life of 1 year
- » Low battery detection
- » Operating Temperature: 0°C to 40°C

## Packaging

