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# **mio** STRIDE

ECG ACCURATE **STRAPLESS**  
HEART RATE WATCH WITH  
PEDOMETER FUNCTIONALITY

STRIDE easily & effectively tracks  
your heart rate, steps, speed,  
distance and calorie burn.

The best measurements to:

- > Strengthen your heart
- > Increase your endurance
- > Tone your body

See the reverse on  
how you can easily take  
your heart rate with:

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NEEDED**



heart  
rate



step  
count



distance



calories



speed



ECG  
accurate



workout  
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# Mio Stride Petite Manual

**Huangqi Zhang**



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

























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