

HEALTHY HEART & WAISTLINE  
MANAGEMENT HEART RATE  
PEDOMETER WATCH

EASY  
TO USE

Item# 458359

UNISEX



# **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:

**NO CHEST STRAP  
NEEDED**



heart  
rate



step  
count



distance



calories



speed



ECG  
accuracy



workout  
intensity



50m  
waterproof



# Mio Stride Watch Instructions

**Ensheng Dong**



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