



ALPHA 2 provides all the features of a performance heart rate sports watch — without the chest strap! ALPHA 2 provides heart rate, calorie burn, and accelerometer-based speed, distance, and pace data, and syncs automatically to the Mio GO app.

# ALPHA 2 is perfect for

Athletes looking for a great all-around heart rate sport watch

## **Features**

- EKG-accurate heart rate data, no chest strap required!
- 6-color LED to indicate your current heart rate zone (configured with the Mio GO app or the watch itself)
- Bluetooth Smart (4.0) heart rate transmission to third party smartphone apps such as MapMyRun, Strava, Endomondo, Runkeeper, Wahoo Fitness, and more
- Accelerometer-based pace, speed, distance and calories
- Customizable display with easy-to-activate backlight
- Memory holds up to 25 hours of workout data
- Automatic wireless syncing to Mio GO app
- Countdown, chronograph, and repeat timers
- Water resistant to 30m
- Battery life of 20-24 hours





## EKG-ACCURATE HEART RATE, NO CHEST STRAP REQUIRED!

- Patented and award-winning optical heart rate technology
- 0.99 correlation to EKG in labratory testing
- Performance-accurate for running, cycling and other intense workouts
- Customizable heart rate zones with alerts



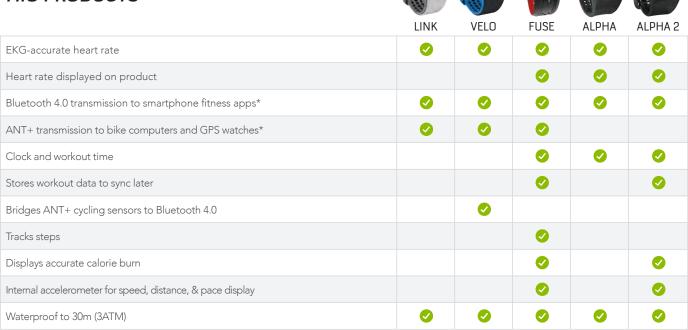
#### CONNECT TO APPS AND DEVICES

Mio heart rate watches and wristbands connect seamlessly to smartphone fitness apps, bike computers, & GPS watches, via Bluetooth Smart (4.0) and/or ANT+ transmission.





### MIO PRODUCTS



\*Check device compatibility at mioglobal.com/compatibility

#### WHY TRAIN WITH HEART?

- Monitor of your body's response to exercise
- Track your progress and structure your workouts
- See if you're training at the appropriate intensity
- Make your workouts more efficient and save time
- Prevent overtraining which can lead to injuries
- Develop your body's ability to use fat as fuel

For more information: mioglobal.com For retailer training: 3point5.com/mioglobal