

*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



# MIO TRAIN WITH HEART

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

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



	LINK	VELO	FUSE	ALPHA	ALPHA 2
EKG-accurate heart rate	✓	✓	✓	✓	✓
Heart rate displayed on product			✓	✓	✓
Bluetooth 4.0 transmission to smartphone fitness apps*	✓	✓	✓	✓	✓
ANT+ transmission to bike computers and GPS watches*	✓	✓	✓		
Clock and workout time			✓	✓	✓
Stores workout data to sync later			✓		✓
Bridges ANT+ cycling sensors to Bluetooth 4.0		✓			
Tracks steps			✓		
Displays accurate calorie burn			✓		✓
Internal accelerometer for speed, distance, & pace display			✓		✓
Waterproof to 30m (3ATM)	✓	✓	✓	✓	✓

\*Check device compatibility at [mioglobal.com/compatibility](http://mioglobal.com/compatibility)

## WHY TRAIN WITH HEART?

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

For more information: [mioglobal.com](http://mioglobal.com)

For retailer training: [3point5.com/mioglobal](http://3point5.com/mioglobal)