What is MYZONE?
MYZONE® is a chest strap and monitoring system that displays heart rate, calories, time and effort to a TV or monitor, while simultaneously creating an online logbook of all physical activity that can be viewed anywhere in the world.

MYZONE® users can:
• Exercise inside and outside of a facility and have their activity recorded.
• Login online anywhere and track their activity and progress.
• Earn MYZONE Effort Points (MEPs) for every minute of physical activity.
• Participate in challenges based on physical activity and measure results.
• Achieve goals via utilizing heart rate intensity feedback.

FAMILY WELLNESS CODE: FAMUS001

HOW TO FIT YOUR PHYSICAL ACTIVITY BELT

Step 1. Register your belt at myzonemoves.com and click on the “Register your Belt” button. Further instructions are provided on how to register at this site. Enter the Facility ID and MYZONE Activity Belt ID, found on the reverse of the belt module (i.e. SN 0000133074). The Facility ID will be provided by the business from which you purchased the belt.

Step 2. Adjust your belt so that it fits comfortably across the lower centre of your chest, with the MYZONE logo facing away from your chest. You can adjust the strap size using the plastic adjuster. The belt should be firm or tight around your body, however always ensure that it is comfortable.

Step 3. Just prior to concerted activity, it is advised to moisten the 2 black sensor tabs on the fabric strap then connect the plastic module to the fabric strap. You will hear 1 beep to confirm the belt is on.

Step 4. While you are wearing your belt, your data will upload into your account when you are in range of a MYZONE Hub. This range will differ from location to location. If you have exercised away from the facility where you received your belt, your data will store on the memory chip. The memory chip will store a total of 16 hours of activity.

Step 5. Each time you return to the facility where you received your belt, your stored data will upload to your online account as long as you are wearing your belt or holding the belt between your thumbs and are within 10 meters of the MYZONE Hub. You will see either a green check mark next to your nickname or your scrolling nickname and the upload time if the display is in the heart rate screen.

Step 6. You will hear 3 beeps to signal that you have taken off the belt and it is now in sleep mode.

Step 7. Once you have uploaded any activity data, you can view this data by logging into your online account at myzonemoves.com or at your MYZONE app, available on the Apple App Store.
or from Google Play for Android devices. For any more information on using the MYZONE system, please look at the FAQs section of your online account via myzonemoves.com.

**Medical Guidance.** If you have a heart condition, are on medication which affects your heart or have an implemented electronic device (i.e. Pacemaker) consult your physician prior to using the MYZONE Physical Activity Belt. If you feel faint, dizzy or uncomfortable during activity stop and seek assistance.

**USING YOUR MYZONE PHYSICAL ACTIVITY BELT.**

**Q: How do I use my MYZONE Physical Activity Belt?**

**A:** Your MYZONE Physical Activity Belt picks up electrical signals generated by the contractions of your heart. To be effective, your MYZONE Physical Activity Belt must be worn under your clothing and make good contact with your skin. Adjust it so that it fits comfortably across the lower centre section of your chest, with the MYZONE logo on the transmitter facing away from you. The MYZONE Belt should be tight but comfortable.

**Q: How do I adjust the size of my MYZONE Physical Activity Belt?**

**A:** You adjust the strap size using the plastic adjusters. To shorten it, use both hands to pull the adjusters apart. To lengthen it, hold one end in one hand and use your other hand to pull the upper adjuster downwards.

**Q: When should I use my MYZONE Physical Activity Belt?**

**A:** You can use your MYZONE Physical Activity Belt during any concerted physical activity, whether that’s at a gym or sports facility, out walking or anything that makes your heart work!

**Q: Can I use my MYZONE Physical Activity Belt outside of my MYZONE facility?**

**A:** Yes. One of the unique features of the MYZONE Physical Activity Belt is that it will record any concerted physical activity that you undertake, anywhere. For real time feedback, you can pair your MYZONE Physical Activity Belt with a MYZONE MZ 50 watch to see a live display of MEPS, % of heart rate, actual heart rate and calories expended. Once your workout data is uploaded to your account, it clears the MYZONE Physical Activity Belt memory to enable you to store more activity data.

**Q: How do I know my belt is working?**

**A:** The belt will beep one time when the belt is activated and 3 times when you take it off.

**Q: How is my heart rate displayed on the screen in my MYZONE facility?**

**A:** Once you have created your MYZONE account at www.myzonemoves.com, your MYZONE Physical Activity Belt is automatically detected by the MYZONE receiver in the facility when you are within range. On the screen you will have a dedicated tile that shows your nickname, calories burnt, current heart rate in beats per minute, MYZONE Effort Points and in the center, a % of your maximum effort.
MY ZONE FAQS

Q: What do the beeps mean?
A: The belt will beep one time when the belt is activated and 3 times when there has been 15 seconds of inactivity. Note: Remember to be within 10 meters of a MYZONE receiver to successfully upload your workout.

BATTERY/BELT RESET
The battery has been taken out and refitted: 1 long beep (this will erase any stored workouts remaining on the belt)

Q: How does my workout data upload to my MYZONE account?
A: Your personal workout data is wirelessly updated to your MYZONE account provided you are within 10 meters range of the MYZONE Console. A successful upload is identified by either a green check next to your name in the home page or by your nickname and current time appearing on the bottom of the screen in the heart rate display.

Q: How do I know my data has been successfully uploaded?
A: The belt will beep one time when the belt is activated and 3 times when the belt has been removed. There will be no audible indication that the belt has uploaded. Refer to the tickertape on the live stream monitor or the upload register on the home screen for a green check mark next to your nickname.

Q: When will I receive my reports and be able to view my data online?
A: Within 30 minutes of your upload you will receive an email report to your nominated email account of your latest session. On the email, there will be a link to myzonemoves.com. Data will be immediately available on your myzonemoves.com account.

Q: How many hours worth of data will my MYZONE Physical Activity Belt store before I have to upload it at my MYZONE facility?
A: The MYZONE Physical Activity Belt has a unique MYZONE memory that allows approximately 16 hours of activity to be stored whilst exercising away from the MYZONE facility. It is recommended that you upload your activities as often as possible.

Q: Can I upload my data at home?
A: No, you can only upload your activity data at your MYZONE facility. Your belt still stores data away from your MYZONE facility, but will only upload when in range of the MYZONE console.

Q: How secure is my personal data?
A: Your MYZONE data is stored on multiple servers using data encryption. This ensures that the data is stored safely and can only be viewed by you and based on your permissions, MYZONE and your MYZONE facility. See privacy policy for further information.

Q: Do I need my own MYZONE Physical Activity Belt?
A: All MYZONE users own their MYZONE Physical Activity Belt. This allows you to create your own
MY ZONE FAQs

MYZONE account online and view your personal activity data over time.

Q: Can I have more than one MYZONE Physical Activity Belt?
A: You are only able to register 1 MYZONE Physical Activity Belt per MYZONE facility and email address.

Q: I have a hairy chest. Can I still wear a MYZONE Physical Activity Belt?
A: Yes. You may, however, need to moisten the contact pads located on the fabric strap to improve the conductivity of the pads.

Q: I have a heart condition, should I take any special precautions when wearing my MYZONE Physical Activity Belt?
A: Yes. You should alert your instructor/teacher or person who has issued your MYZONE Physical Activity Belt of any heart condition or of any medication that you are taking. They will then be able to advise you at which intensities to exercise. The MYZONE Physical Activity Belt is not a medical device. As always, it is important to consult a physician prior to starting any exercise program.

Q: Can I use my MYZONE Physical Activity Belt with gym equipment and other heart rate watches?
A: Yes. The MYZONE Physical Activity Belt has an analogue 5.3 KHz frequency radio which is compatible with most brands of traditional cardiovascular equipment. This will also allow connectivity with most analogue heart rate watches. The MYZONE Physical Activity Belt may pair with ANT+ devices however this should be tested on a case by case basis.

Q: Are the MYZONE Physical Activity Belts waterproof?
A: No. Although they are water resistant and it is ok when you sweat on them, they are not waterproof. You should not submerge the belt in water or use it when swimming.

Q: How do you replace the battery in a MYZONE Physical Activity Belt?
A: The MYZONE Physical Activity Belt uses standard CR2032 lithium batteries. You can change your battery by gently unscrewing the battery cap, using a coin, anticlockwise on the reverse of your belt module. Then, fit the new battery into the recess, making sure that the positive terminal (indicated by “+”) is facing upwards. Replace the battery cover then screw back clockwise tightly into position. You will hear a long single beep to indicate the belt is reset and working.

HOW TO SUCCESSFULLY UPLOAD YOUR ACTIVITY DATA FROM YOUR BELT.
1. Stand within 10 meters of the MYZONE receiver.
2. Connect the MYZONE belt and position either around your chest or with your thumbs firmly on each of the rubber contacts. For increased conductivity, moisten the rubber contacts.
3. To confirm your upload is successful, look at the home screen on the MYZONE console and your name and time/date of the activity will scroll along the screen.
4. Log onto www.myzonemoves.com and enter in your email address and password to view your workout data.
UNDERSTANDING HEART RATE TRAINING

Q: What is Max Heart Rate?
A: Maximum heart rate is the highest heart rate an individual can safely achieve through exercise stress.

Q: How does MYZONE calculate my MAX heart rate?
A: MYZONE uses a formula derived by Londeree and Moeschberger (University of Missouri) to automatically establish your age-predicted MAX HR: Max HR = 206.3 - (0.711 x age) This is based on population norms. If you are able to push your maximum HR past this limit your MYZONE profile will automatically adjust to this new limit. You can also ask your coach/trainer/teacher to adjust your maximum heart rate if it does not appear to be accurate or if you have completed a maximum heart rate test.

Q: Will my MAX heart rate change over time?
A: Your maximum heart rate will reduce as you get older. It will not change aside from this although your ability to maintain a higher heart rate will increase with training.

Q: What is resting heart rate and will my resting heart rate change over time?
A: Resting heart rate is the number of times your heart beats per minute at rest. It is best to measure this first thing in the morning. As you become fitter your resting heart rate will reduce as your heart becomes more efficient.

Q: How does MYZONE calculate the 5 intensity Zones?
A: MYZONE uses five color-coded Heart Rate Zones to establish the effort that users exert based on their maximum heart rate (Max HR). The effort is expressed as a percentage of the user’s Max HR.

The five Heart Rate Zones are:
• Grey = 50% to 60% of Max HR
• Blue = 60% to 70% of Max HR
• Green = 70% to 80% of Max HR
• Yellow = 80% to 90% of Max HR
• Red = 90% to 100% of Max HR

MYZONE also allows facilities to establish target heart rate zones taking into account the users resting heart rate. This is known as the Karvonen Formula.

Q: What are MYZONE Effort Points (MEPs)?
A: MYZONE Effort Points (MEPs) are earned based on the effort exerted by the user. Time spent in each Heart Rate Zone earns different numbers of MEPs:
• Grey = 1 MEPs per minute (50 - 60% of effort)
• Blue = 2 MEPs per minute
• Green = 3 MEPs per minute
• Yellow = 4 MEPs per minute
• Red = 4 MEPs per minute
Q: How does MYZONE calculate caloric expenditure?
A: MYZONE calculates the number of calories burnt by taking into account a number of personal details including your gender, age, weight and every heart beat.

Q: Is it important for me to update my body metrics regularly?
A: Yes. As calories burnt are calculated based on your weight, it is important that you regularly update your weight. You can do this either manually in your Outcomes Page or by using approved compatible MYZONE scales. For more information on using compatible MYZONE scales, see the “more info tab” within your account under health report.

Q: What’s the best way to determine if my fitness has improved using heart rate?
A: By measuring your resting heart rate over a period of time or by repeating an identical exercise session and comparing your average heart rate in your MYZONE Activity report. When your resting or average heart rate goes down, your heart is becoming more efficient and therefore you are increasing your level of fitness.

Q: What affects my heart rate response day to day?
A: Many factors affect your resting and heart rate during exercise including the amount of sleep you have had, stress, nutrition, hydration, heavy training, fatigue, adrenaline, competition, and mental focus.

Q: Why is it so important to monitor heart rate and how much effort I am putting in?
A: Knowing what intensity you are working at is essential to ensure you get the most from your exercise sessions and get the results you want. It also assists you to train safely and effectively when not under the guidance of a trainer or coach.