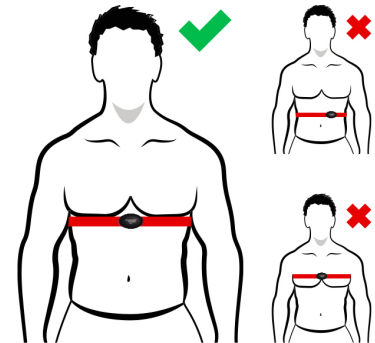


# Myzone FAQ

## Q: How do I use my Myzone MZ-3?

Your MZ-3 picks up electrical signals generated by the contractions of your heart. To be effective, your MZ-3 belt must be worn under your clothing to make proper contact with your skin. To wear it, place the module in the center of your chest on top of your sternum with the logo facing out. The MZ-3 should fit snugly but comfortably around your chest.



Within your Myzone facility, your data will upload into your Myzone account when you are wearing your belt and in range of a Myzone receiver or are live streaming to the Myzone App.

If you have exercised away from your Myzone facility, your belt will store the data until you open your Effort Stream in the app while wearing your belt, or until you stand within range of the Myzone receiver at your facility. You will see an updated date and time at the bottom of the Effort Stream page upon successful upload. Keep in mind that your belt has 14 to 16 hours of stored data capacity.

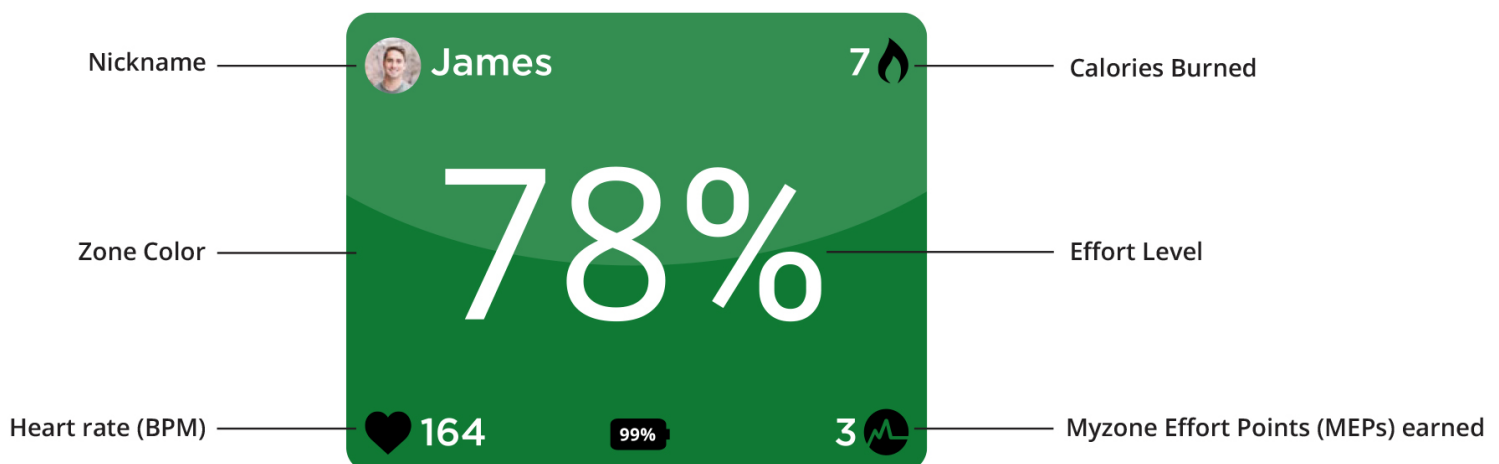
## Q: How do I know my belt is working?

The belt will beep one time when the belt is activated and three times when you take it off or there has been 15 seconds of inactivity.



## Q: How is my heart rate displayed on the screen in my Myzone facility?

Once you have created your Myzone account at myzonemoves.com, your Myzone MZ-3 is automatically detected by the Myzone receiver in your facility when you are within range. On the screen you will have a dedicated tile that shows your nickname, calories burned, current heart rate in beats per minute, Myzone Effort Points and, in the center, a percentage of your maximum effort.



# Myzone FAQ

## Q: How does my workout data upload to my Myzone account?

Your personal workout data is wirelessly updated to your Myzone account using the Myzone App. Simply live stream or upload a stored workout to the Effort Stream. Or when you are wearing your belt within range of the Myzone receiver at your facility, your data will automatically update in your account.



## Q: How many hours worth of data will my MZ-3 store?

The Myzone MZ-3 has a unique Myzone memory that allows approximately 14 to 16 hours of activity to be stored while exercising without livestreaming to the app or while 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?

Yes, your belt stores data away from your Myzone facility and will upload it to your account both when the belt is connected to the Myzone App and upon being in range of the Myzone receiver at your facility.



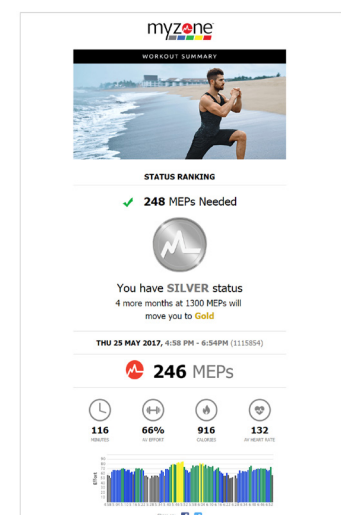
## Q: How do I know my data has been successfully uploaded?

If you are live streaming your session, your data is regularly updating to your account. If you work out without live streaming to the App, your belt will store the data until you open your Effort Stream while wearing your belt. You will see an update date and time at the bottom of the Effort Stream page when you upload stored data. Keep in mind your belt has 14 to 16 hours of stored data capacity.



## Q: When will I receive my reports and be able to view my data online?

Within 30 minutes of your upload, you will receive an email report of your latest exercise session. In the email, there will be a link to myzonemoves.com. Data will be immediately available in your online Myzone account or on your Myzone App.



# Myzone FAQ

## Q: How secure is my personal data?

Your Myzone data is stored on multiple servers using data encryption. This ensures 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: Can I have more than one Myzone MZ-3?

You are only able to register one Myzone MZ-3 per Myzone facility and email address.

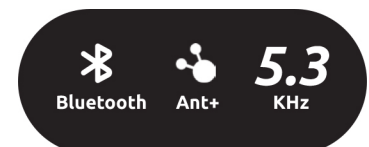
## Q: I have a heart condition, should I take any special precautions when wearing my Myzone MZ-3?

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 MZ-3. If you feel faint, dizzy or uncomfortable during activity, stop and seek assistance.



## Q: Can I use my Myzone MZ-3 with gym equipment and other heart rate watches?

Yes. The Myzone MZ-3 has an analog 5.3 KHz frequency radio which is compatible with most brands of traditional cardiovascular equipment. This will also allow connectivity with most analog heart rate watches. The Myzone MZ-3 may pair with ANT+ devices. however. this should be tested on a case by case basis. Lastly, the MZ-3 has the ability to pair with any Bluetooth device.



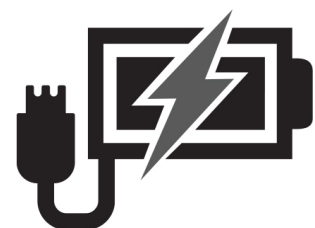
## Q: Is the Myzone MZ-3 waterproof?

Although the Myzone MZ-3 is waterproof, it is not appropriate to gather data while swimming due to water causing the strap to regularly detach from the chest.



## Q: How can I replace the battery in my MZ-3?

The MZ-3 is rechargeable so there is no need to replace the battery. The battery will need to be recharged every 3-4 months based on usage by connecting the recharge dongle to a USB port or USB charger.





# Understanding Heart Rate Training

## **Q: Why is it important to monitor heart rate?**

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.

## **Q: What is Max Heart Rate?**

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?**

Myzone uses a formula derived by 'Londeree and Moeschberger (University of Missouri)' to automatically establish your age predictive MAX HR: **Max HR = 211 - [0.64 x your age]**

## **Q: Will my Max Heart Rate change over time?**

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?**


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. Resting heart rate is not used in the calculation of Myzone Effort Points (MEPs) for any information on your tile. It is only for informational purposes.


## **Q: How does Myzone calculate the 5 heart rate zones?**


Myzone uses five color-coded Heart Rate Zones to establish the effort 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 59% of Max HR

 **BLUE:** 60% to 69% of Max HR

 **GREEN:** 70% to 79% of Max HR

 **YELLOW:** 80% to 89% of Max HR


 **RED:** 90% to 100% of Max HR


# Understanding Heart Rate Training


## Q: What are Myzone Effort Points (MEPs)?


Myzone Effort Points (MEPs) are earned based on the effort exerted by the user. Time spent in each Heart Rate Zone earns a different amount of MEPs:

The five Heart Rate Zones are:

 **GREY:** 50% to 59% of Max HR

 **BLUE:** 60% to 69% of Max HR

 **GREEN:** 70% to 79% of Max HR

 **YELLOW:** 80% to 89% of Max HR

 **RED:** 90% to 100% of Max HR

50 to  
59%

1 MEP/min

60 to  
69%

2 MEP/min

70 to  
79%

3 MEP/min

80 to  
89%

4 MEP/min

90 to  
100%

## Q: How does Myzone calculate caloric expenditure?

Myzone calculates the number of calories burned 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?

Yes. As calories burned are calculated based on your weight, it is important that you regularly update your weight. You can do this manually in your Outcomes Page on the app or online Myzone account.

## Q: What's the best way to determine if my fitness has improved using heart rate?

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?

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.