# New User FAQs

Myzone, Heart Rate Zones &
The MZ-3

**myzone**™

## What is Myzone?

Myzone is a chest strap and monitoring system that displays heart rate, calories, time and effort to a TV or monitor or to the Myzone App, 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 while their effort activity is 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.

# How to fit your **MZ-3**

**Step 1**

Register your belt at myzone.org by clicking on the **"Register your Belt"** button. Follow our simple registration instructions and enter the Facility ID and Myzone Activity Belt ID, found on the back of your module (i.e. SN 1234567). The Facility ID will be provided by the business from which you purchased your belt.



**Step 2**

Attach the black module with the snaps marked right and left to the red strap. Then place the module in the center of your chest on top of your sternum with the logo facing out. You can adjust the strap size using the plastic adjuster. The belt should fit snugly around your body, however always ensure that it is comfortable. To set your resting heart rate, wear your belt for 10 minutes prior to starting your first activity. For best results in establishing your resting heart rate, wear your MZ-3 while lying down at a complete rest. You only need to do this once.
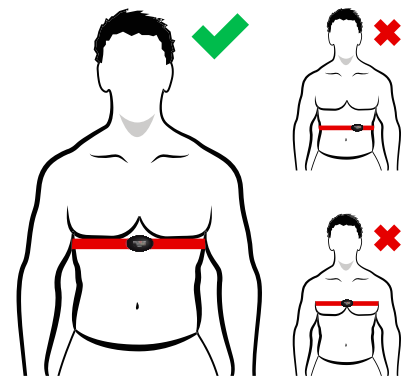


**Step 3**

Before starting your activity, it is advised to moisten the two black sensors on the fabric strap then connect the plastic module to the fabric strap. You will hear 1 beep to confirm the belt is on. You should hear no more beeps until you disconnect the belt.



**Step 4**

While wearing your belt, your data will upload into your account when you are in range of a Myzone Hub or are live streaming to the Myzone App. 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 between 14 and 16 hours of activity.
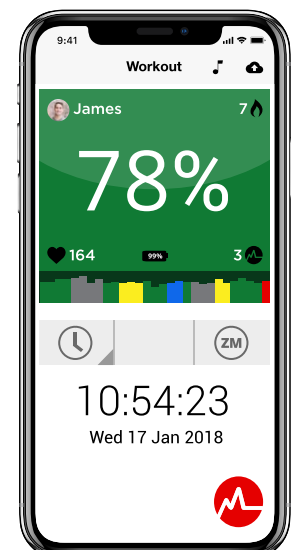
**Step 5**

Each time you return to the facility where you received your belt or open your Myzone Effort Stream in the App, your stored data will upload to your online account as long as you are wearing your belt or are holding the belt between your thumbs and are within 15 feet of the Myzone Hub or the Myzone App. On the screen at the facility, you will see either a green check mark next to your nickname, or your scrolling nickname and the upload time if the tile display is up. When uploading via the App, you will see the date and time of your last successful upload on the bottom of the Effort Stream page.



**Step 6**

You will hear 3 beeps to signal that you have taken off the belt and it is now in sleep mode. Remember your module is rechargeable via USB cord. Keeping your module attached to the red strap when you're not exercising will drain the battery, so be sure to remove it after each workout!
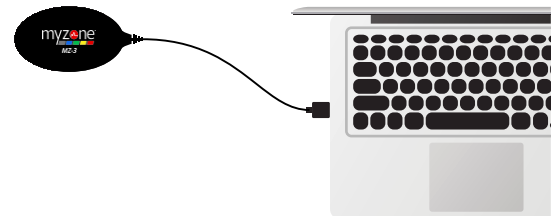


**Step 7**

Once you have uploaded any activity data, you can view this progress by logging into your online account at myzonemoves.com or through your Myzone App, available on the App Store or Google Play. For any more information on using the Myzone system, please look at the FAQs section of your online account via myzonemoves.com or email **support@myzone.org**
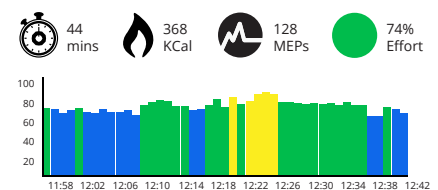


## Medical Guidance:

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

# Using Your **MZ-3**

## 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.
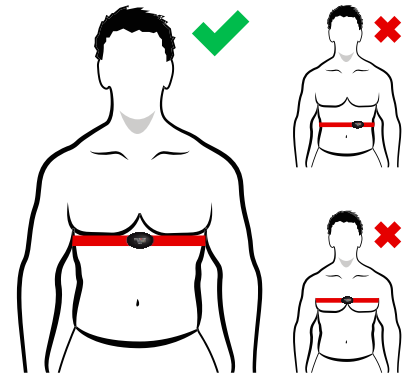
## Q: How do I adjust the size of my Myzone MZ-3?

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: Can I use my Myzone MZ-3 outside of my Myzone Facility?

If you are live streaming your session to the Myzone App, your data is regularly uploading to your account. If you workout without live streaming to the App, your belt will store the data until you open your Effort Stream while wearing your belt, or until you stand within range of the Myzone reciever 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.
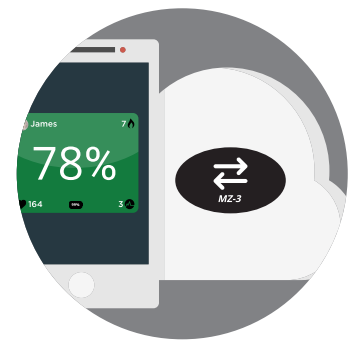
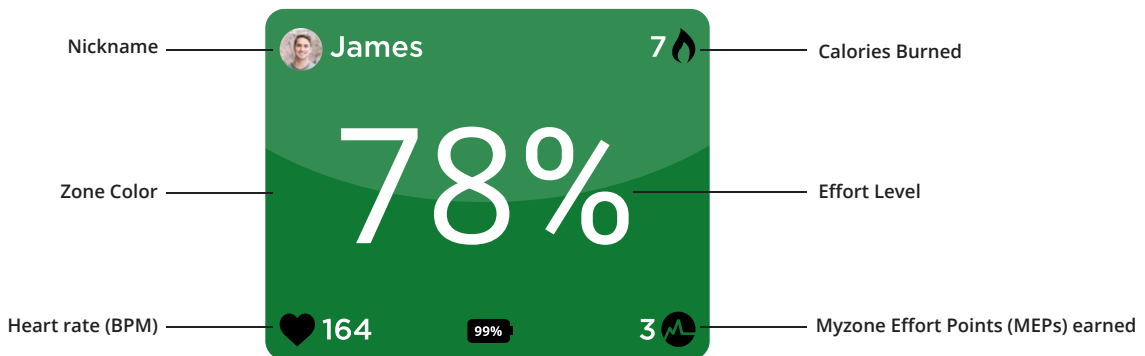## Q: How do i know my belt is working?

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

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

Once you have created your Myzone account at www.myzonemoves.com, your Myzone MZ-3 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.

Nickname — James  7 — Calories Burned

Zone Color — 78% — Effort Level

Heart rate (BPM) — 164  99%  3 — Myzone Effort Points (MEPs) earned

## Q: What do the beeps mean?

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 15 feet of a Myzone receiver or your Myzone App to successfully upload your workout.

myzone
MZ-3

## Battery/Belt reset

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.
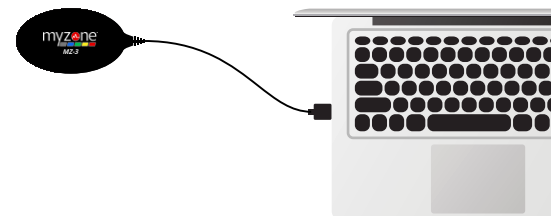
myzone
MZ-3

## 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.connecting the recharge dongle to a USB port or USB charger.

James  7
78%
164  3
MZ-3
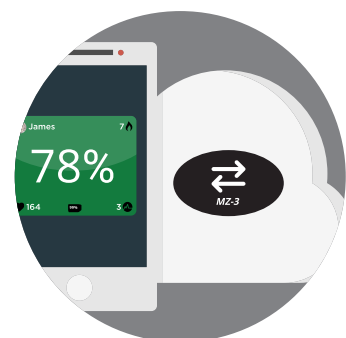
## Q: How do i know my data has been successfully uploaded?

If you are live streaming your session, your data is regularly updating to your account. If you workout without live streaming to the App, your belt will store the data until you open your efforts 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 that 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 to your nominated email account of your latest session. On the email, there will be a link to **www.myzonemoves.com**. Data will be immediately available on your **www.myzonemoves.com** account or on your Myzone App.
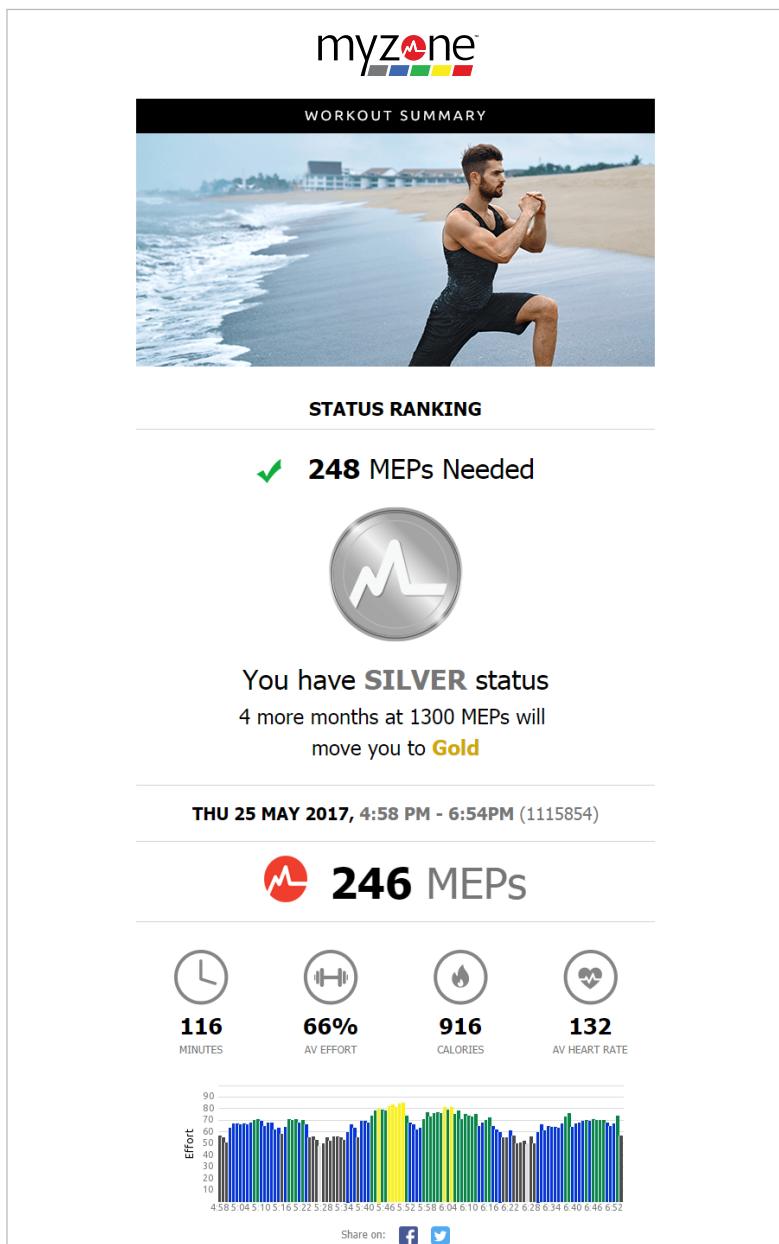
# Using your **MZ-3** (Continued)

## Q: How many hours worth of data will my MZ-3 store before I have to upload it at my Myzone facility?

The Myzone MZ-3 has a unique Myzone memory that allows Approximately 14 to 16 hours of activity to be stored while exercising away from the Myzone facility. It is recommended that you upload your activities as often as possible.
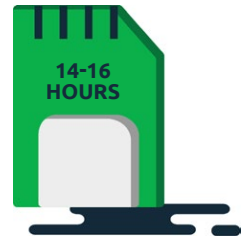
## Q: Can i upload my data at Home?

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 returning to range of the Myzone Hub at your facility.

## Q: How secure is my personal data?

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 MZ-3?

All Myzone users own their MZ-3. This allows you to create your own Myzone account online and view your personal activity data over time.

## Q: Can i have more than one Myzone MZ-3?

You are only able to register 1 Myzone MZ-3 per Myzone facility and email address.

## Q: I have a hairy chest. Can I still wear a Myzone MZ-3?

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 MZ-3?

The Myzone MZ-3 has a unique Myzone memory that allows Approximately 14 to 16 hours of activity to be stored while exercising away from the Myzone facility. It is recommended that you upload your activities as often as possible.

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

Yes. The Myzone MZ-3 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 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.
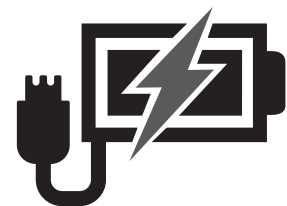
**Bluetooth    Ant+    5.3 KHz**
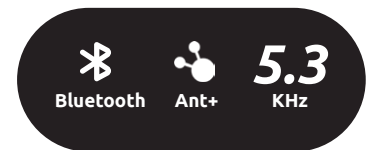
## Q: Is the Myzone MZ-3 waterproof?

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.

# Understanding **Heart Rate Training**

## 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 MEPs for any information on your tile. It is only for informational purposes.

## Q: How does Myzone establish my resting heart rate?

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 MEPs for any information on your tile. It is only for informational purposes.

# Understanding Heart Rate Training (Continued)

## Q: How does Myzone calculate the **5** intensity Zones?

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 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

## 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 different numbers of MEPs:
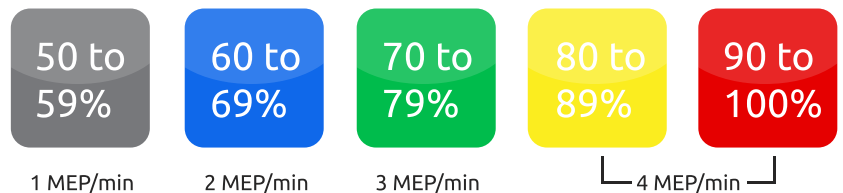
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| 50 to 59% | 60 to 69% | 70 to 79% | 80 to 89% | 90 to 100% |
|---|---|---|---|---|
| 1 MEP/min | 2 MEP/min | 3 MEP/min | 4 MEP/min | |

## Q: How does Myzone calculate caloric expenditure?

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?

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 Myzone compatible 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?

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.

## Q: Why is it so important to monitor heart rate and how much effort i am putting?

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.

Learn More at **myzone.org** or **info@myzone.org**

myzone™