

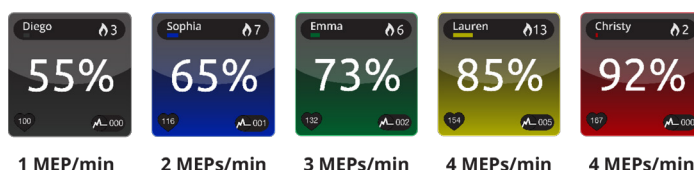


# Bellingham Training & Tennis Club

## MYZONE Facility Code: BTCUS001

## What is Myzone?

Myzone is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It is highly successful due to its accuracy at **99.4% EKG**. It is useful for anyone who wants a gamified and motivating wearable. Myzone monitors heart rate, calories and time exercising in real time and converts that into Myzone Effort Points (MEPs).

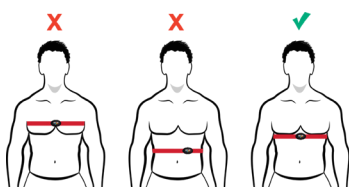


## What makes Myzone different?

Myzone aims to help people feel-good about exercise through technology. Unlike many others, Myzone is the only Physical activity tracking platform based on the **World Health Organization's** Physical Activity Guidelines. It uses a game-based platform and social experience that rewards effort not fitness, motivating users to reach their personal bests.

## How Myzone works

### STEP 1 - Wear your belt



Wearing your Myzone Belt is easy and comfortable. Position the belt so that the center piece is directly below your chest, on top of your sternum.

### STEP 2 - Exercise Anywhere



Whether you're in the gym watching your live feed, or out on the street viewing your tile through the Myzone App, you can rest assured you're earning MEPs and tracking your effort anywhere you go.

### STEP 3 - Monitor your results



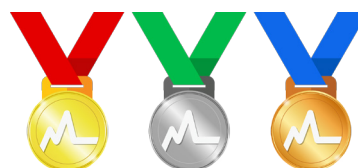
By logging in to your Myzone account on your computer or through the Myzone App, you'll be able to see minute-by-minute breakdowns of your exercise effort. Track your progress over time to gain more understanding about your workout habits.

### STEP 4 - Challenge, Share, Compare



With built-in leaderboards, status rankings, and social integration, we've made it easier than ever to show off your progress. Meet World Health Organization standards every month to rank up and pass your friends.

### STEP 5 - Achieve your goals



By using the MZ-3 or MZ-1, you'll have access to relevant effort-based data to help you push your limits and reach new heights. Follow us on Facebook to see how other people just like you are achieving their goals with Myzone!



# BELLINGHAM TRAINING & TENNIS CLUB

Ride • Tennis • Fitness

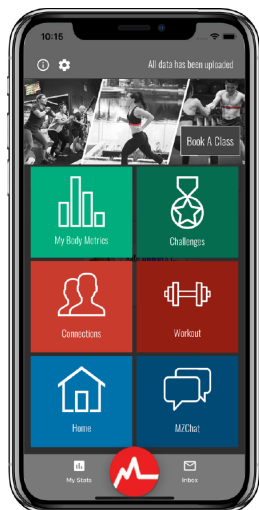


## Live In Club Display

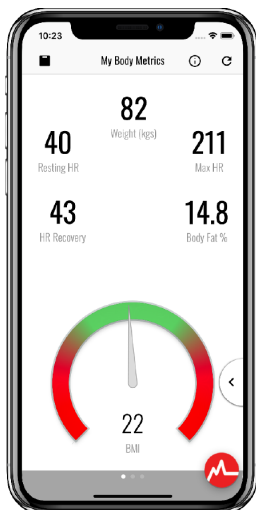
The Myzone Tile is your all-in-one exercise tracking tool, allowing you to see your nickname, calories burned, current effort level, heart rate, and MEPs. By viewing your live tile, you can easily see whether you should be working harder or giving yourself a rest.

## The Myzone App

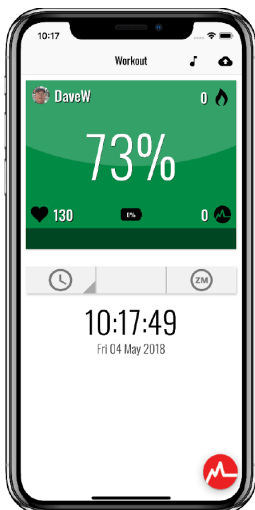
The Myzone App gives real-time feedback during each workout to encourage effort in the moment. The app is user-friendly and intuitive, allowing you to see results anywhere, anytime. You can compete and connect with friends, view workout history, enjoy social sharing, leaderboards, and build a community. The Myzone app works for both **android** and **ios** and stores the data.



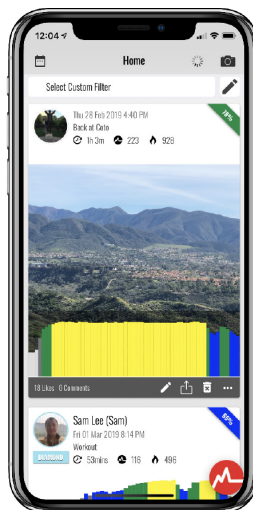
HOME SCREEN



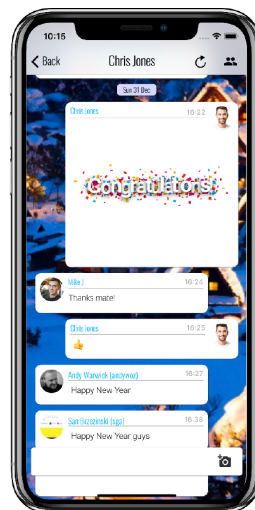
BODY METRICS



LIVE WORKOUT STATS



WORKOUT FEED



MZ-CHAT

## Getting Started

For further instructions visit [myzone.org/getting-started](http://myzone.org/getting-started)



Download the  
Myzone App



Create an account and input our clubs  
facility code BTCUS001. The serial  
number is on the back of the black



Connect to the app using wifi &  
bluetooth & enjoy live effort stream