"MYZONE® helps keep you motivated by offering truly accurate tracking of your effort levels through heart-rate monitoring. Through goal setting, social accountability, fun challenges and the opportunity to earn badges and climb status rankings, we make working out fun and engaging to help keep you on track. It's no secret that if you put in the effort required you'll get the results you want, and if you don't, you won't – MYZONE® is here to help make sure you do!"

MYZ**O**NE®

MOVE IT
EARN IT
PROVE IT
GET MOTIVATED JOIN MYZONE®

WHAT IS MYZONE®?

The MYZONE® Physical Activity Belt

Unlike other activity trackers that only count steps or estimate your calories burnt during specific exercises, MYZONE® uses a heart-rate monitor to track your effort, guaranteeing accurate and personalized results that will help you make the most out of your workouts! The MYZONE® Physical Activity Belt can store up to 16 hours of exercise activity for those times when you want to exercise outside of your club.

Live Feedback Inside The Gym

When you wear your MYZONE® Physical Activity Belt at the gym, your information will be instantly and conveniently streamed to screens around the facility in the form of color-coded, easy-to-read tiles, motivating you in real-time to put in the effort required to get the results you want.

Live Feedback Outside The Gym

With a MYZONE® MZ-50 Watch, you can take your workout on the go with a portable tile, allowing you to get the most out of MYZONE® even when you're exercising outside of your gym.

The MYZONE® Lite App

The MYZONE® Lite App is a really easy way for you to review all your MYZONE® account activity in the palm of your hand. Using your smartphone, you can monitor your activity calendar, workout graphs and challenges. You can even upload personal before and after shots and keep a picture food diary.

UPLOADING STORED DATA

When you wear your belt out of range of a MYZONE® receiver, your belt will automatically record these workouts **(16 hours of exercise data can be stored)**. To view this data on your MYZONE® account page you must complete an upload.
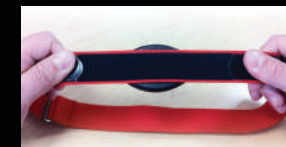
Step 1: Stand within 10 feet of a MYZONE® receiver. Ensure the Home Screen is displayed.

Step 2: To initiate an upload you must activate the belt. To do this either: Wear the belt as normal **OR** Place your thumbs on the rubber sensors

Step 3: When your name and the current time appear on the feed at the foot of the display screen, your upload is complete and your belt is empty.
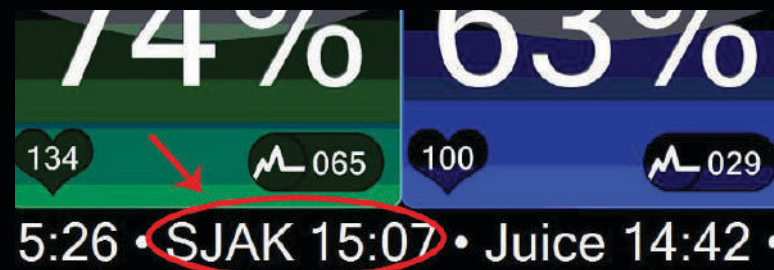
Helpful Hint

Latest Move

Last successful burst for belt:
10 Apr 2013 09:06:30

To see if you still have workout data stored on your belt, check your online account to see when you last completed an upload. This is displayed below your latest move on your home page.
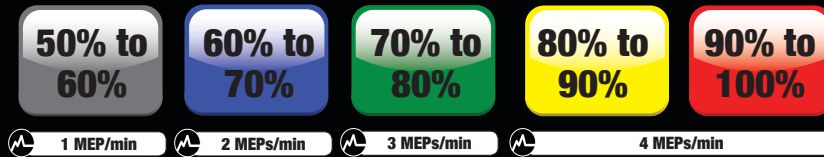
Upload Tips

• Stay within 10ft of the MYZONE® console until the upload is complete

• If more than one person is attempting to upload, each belt will upload in turn

• Upload times vary depending on the amount of stored data on the belt

YOUR TILE

YOUR ONLINE ACCOUNT

Nickname

Calories

Isla   037 KCal

Color
EFFORT
Zone

% of Max
EFFORT

72%

129   009

Heart beats
per/min

MYZONE
effort points

The color of your tiles represents the zone you're working in according to your effort

| 50% to 60%	60% to 70%	70% to 80%	80% to 90%	90% to 100%
1 MEP/min	2 MEPs/min	3 MEPs/min	4 MEPs/min	

MYZONE® Effort Points (MEPs) are awarded for every minute spent exercising in your personal intensity zones. The more effort, the more MEPs.

Personalized Goal Setting

Set yourself some personal goals! As you make progress you'll see running men projected along the progress bar, showing you how well you're doing in real time, compared to the goal that you've set for yourself.
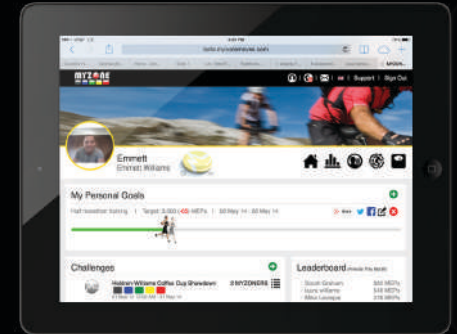
Challenges With Friends

Challenge others to tap into the power of competition and camaraderie – our real time leaderboard helps make exercise a game.
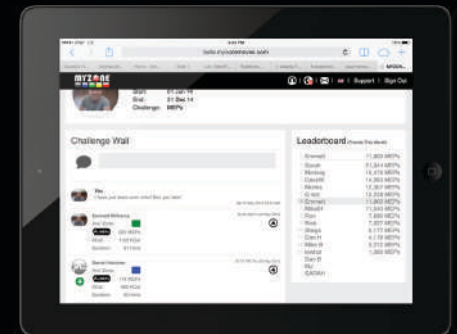
Share Your Progress

We all do more when others are watching, so why not share your efforts with other MYZONE® users and your friends, colleagues, and family through Facebook and Twitter? Through social accountability, we can let others help keep us motivated whenever we're having trouble staying motivated on our own.
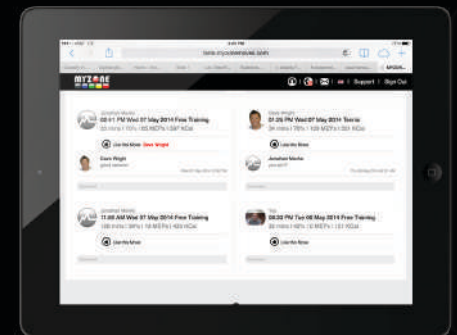
REGISTERING YOUR BELT

1. Go to www.myzonemoves.com, and click on 'Register Your Belt'.

2. Use your gym's Unique Facility Code

BTCUS001

3. Find the Unique Belt ID number on the back of your MYZONE® belt's module.

4. Filling out the remaining fields is easy! In order to make sure your MYZONE® readings are as accurate as possible, you'll just need to enter your gender, height, weight and date of birth.

5. Once you're finished, click 'Submit' and then log-in to your personal profile with your email address and password!
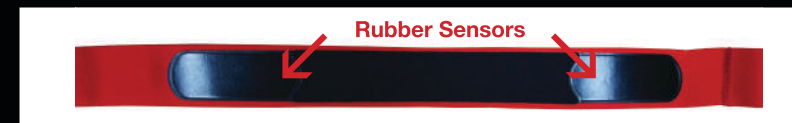
HOW TO WEAR YOUR BELT

• Adjust your MYZONE® Belt so that it fits comfortably across the bottom of your chest with the MYZONE® logo in the center. To ensure a consistent and stable connection your MYZONE® belt should be secured firmly around your body.

You will hear one beep when your heartbeat has been detected. You are now ready to start your move.
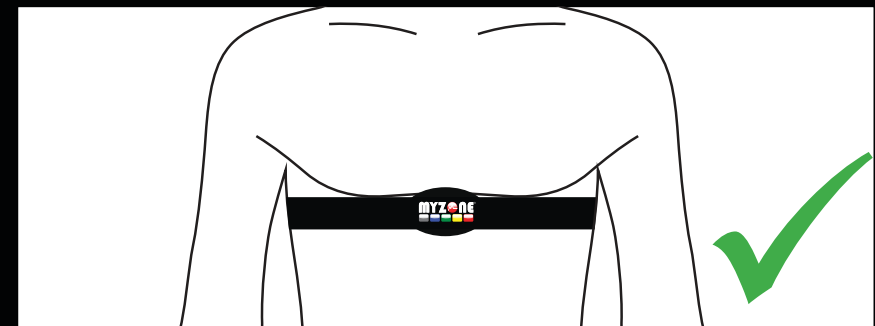
BELT TIP

Rubber Sensors

• Wet the rubber sensors when you fit your belt to improve connection.

• Ensure the rubber sensors remain in contact with your skin/body throughout your workout to avoid interruption in data.

• If your connection is inconsistent try moving your belt (sideways) to different positions around your chest until a solid signal is found.