myzone®



MZ-REMOTE

Instructions & FAQs

Transform your living room into a virtual studio and take your at home workout to the next level with MZ-Remote. Workout with your gym buddies and take part in your favorite classes without needing to step outside of your front door!

Sign up for an MZ-Remote class: Use your mobile device, iPad or TV screen to receive live feedback with everyone's color zones and the instructor on one screen.

Enhance your at-home experience: The instructor provides encouragement for you to stay in the optimum color zone just like the real gym experience, wherever you choose to workout.

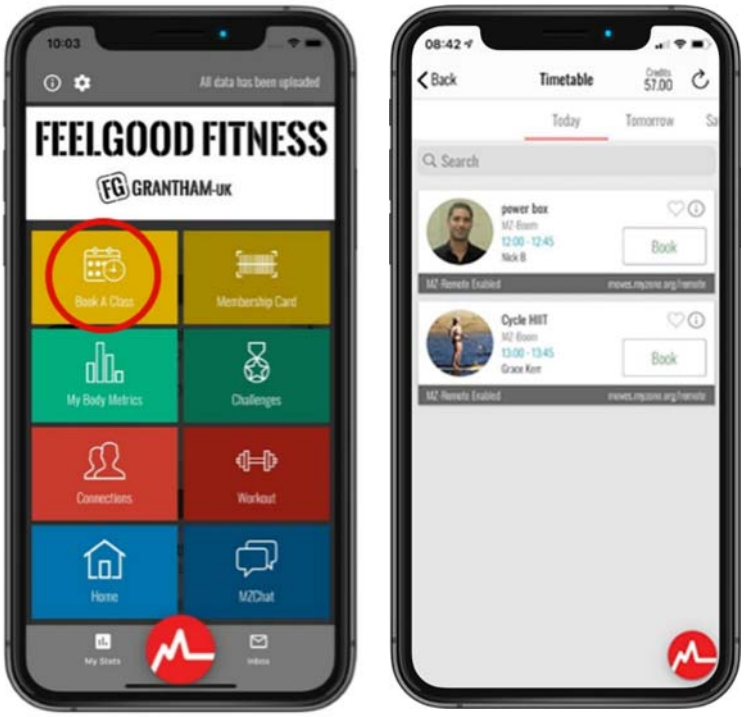
Recreate the studio buzz: Sign up and turn up! You will feel motivated to push harder and excited about exercise.

What you will need

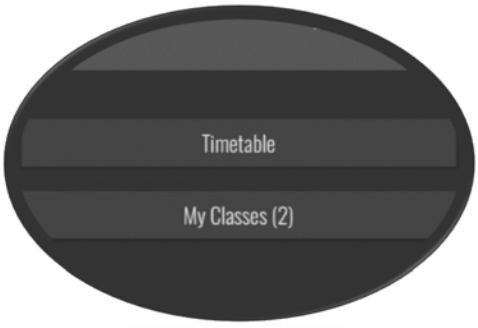
1) Myzone MZ-3 or MZ-1 belt
2) Mobile device with Myzone app
3) Water and towel

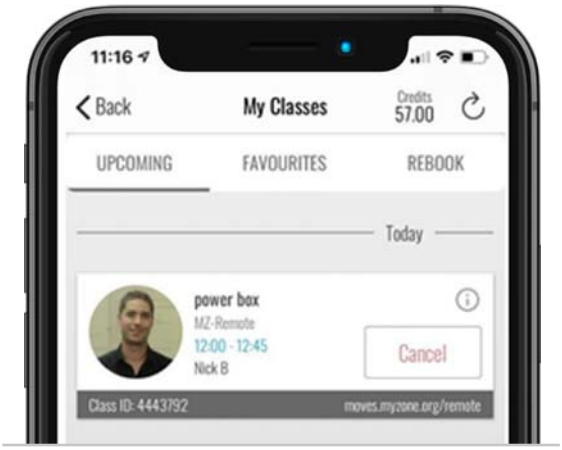
Step 1: Book a Class

- To participate in an MZ-Remote class, you must firstly book the class on the Myzone app.
- From the main menu in the Myzone app, select **Book A Class** then select **Timetable.**
- Find the class and select **Book.**
- Confirm your booking spot.

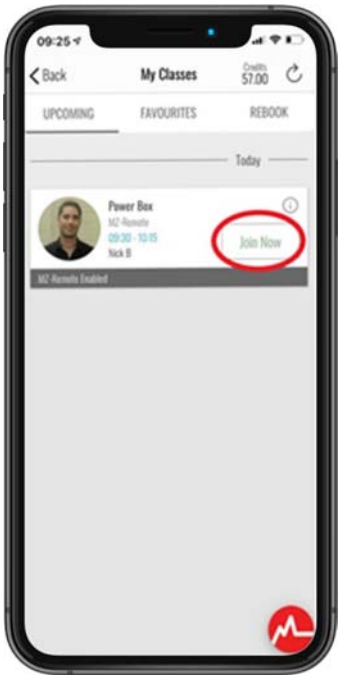


- To manage your bookings, navigate back to MZ-Book in the app and select **My Classes.** From here, you can view upcoming classes, favorites, rebook, or cancel your bookings.



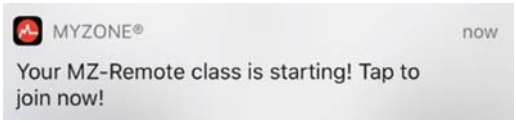


Step 2: Join a Class



- Before beginning an MZ-Remote class, put on your belt and launch the Myzone app on your mobile device.
- Go to  on the home menu, then select **My Classes.**
- You will see a list of your booked classes. Five minutes before your class start time, select **Join Now**, which automatically directs you to your Workout tile.

- You may also join the class when prompted by a push notification on your mobile device. When selected, it will take you directly to your Workout tile.





- Once the instructor starts their Zoom video stream, you will see the instructor on the bottom half of your screen with your live effort at the top.



- To toggle back and forth between the class live board and your personal effort tile, select  in the top left-hand corner of your screen.

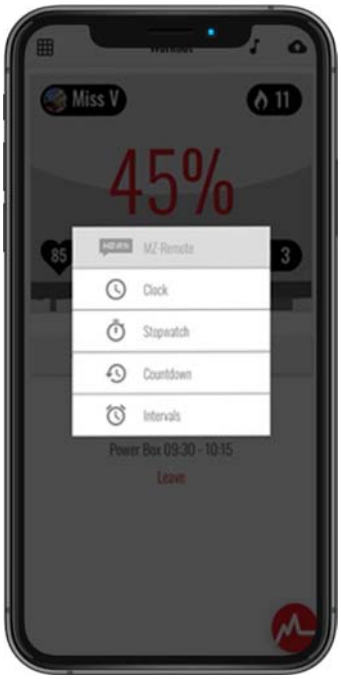
- To exit the live stream video displaying your instructor, select and confirm.





- Display the instructor's live stream video by selecting MZ-R on your Workout tile.
- If you wish to remove your live tile from the live board, select **Leave** on your Workout tile. Your tile will be removed from the live board in 30-60 seconds. You can continue participating in the class, however your effort tile will no longer be visible on the group heart rate board.
- If you want to display your tile on the live group heart rate board again, simply select Rejoin on the Workout tile.

- To display your own timers, select ... which will display various timer options for you to choose.



MZ-Remote on your TV

If you have a compatible device, you can screen mirror the Myzone app to the big screen for an improved experience.

To begin, you must enable screen mirroring on your TV. Please consult your manufacturer manual for instruction.



iPhone & iPad

Use AirPlay to stream MZ-Remote from your device to your Apple TV or AirPlay 2-compatible smart TV.

1. Connect your iOS device to the same Wi-Fi network as your Apple TV or AirPlay 2-compatible smart TV.
2. Open Control Center:
   - On iPhone X or later, or iPad with iOS 12 or later: Swipe down from the upper-right corner of the screen.
3. On iPhone 8 or earlier, or iOS 11 or earlier: Swipe up from the bottom edge of any screen.
3. Tap Screen Mirroring.
4. Select your Apple TV or AirPlay 2-compatible smart TV from the list.
5. If an AirPlay passcode appears on your TV screen, enter the passcode on your iOS device.

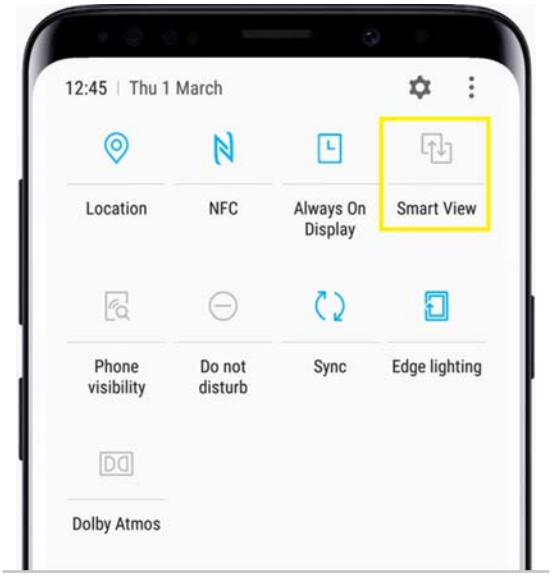


Your TV uses your iOS device's screen orientation and aspect ratio. To fill your TV screen with the mirrored iOS device screen, change your TV's aspect ratio or zoom settings.

To stop mirroring your iOS device, open Control Center, tap Screen Mirroring, then tap Stop Mirroring, or press the Menu button on your Apple TV Remote.

Android

This varies by phone model, but most have a shortcut for screen mirroring in your quick settings. The example below is from a Samsung device. Please consult your phone operation manual for instructions.

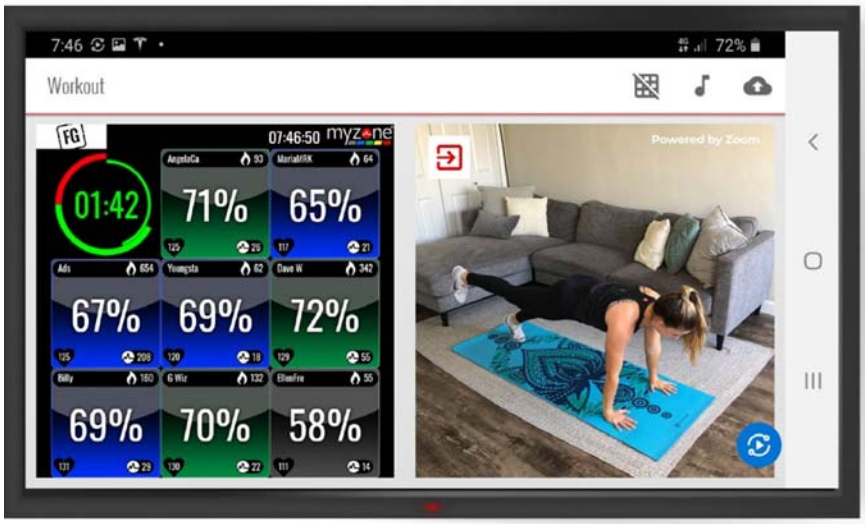


1. Drag two fingers down from the top of the screen to reveal the Quick Settings menu.
2. Swipe left to show additional apps.
3. Select Smart View (your phone will then automatically start searching for devices to connect with).
4. Select Allow to connect with your chosen device.

Alternatively, you can connect via the Google Home app.

To do so, follow the below instructions:

1. Ensure that your mobile phone or tablet is on the same Wi-Fi network as your Chromecast device or smart TV.
2. Open the Google Home app .
3. Tap the device for which you want to cast your screen.
4. Tap Cast my screen > Cast screen.
5. To stop mirroring your device, open the Google Home app , Tap your device > Stop mirroring .



FAQs

1) **How do I display my tile on the class live group heart rate board?**
   Before your class start time, launch the Myzone app and go to your class. Select **'Join Now'.**
   This automatically directs you to your Workout tile for the class. The Class ID information will display on your tile five minutes before the class is scheduled to start.

2) **Can I view the live board on another device other than my mobile?**
   Yes, open a web browser on your computer or iPad and visit **http://myzonemoves.com/remote/**
   Type in the Class ID number which can be found under My Classes in the app. However, you must also launch the Myzone app on your mobile device and stream there for your tile to display on the live board in the class.

3) **Do I always need my Workout tile open during the class?**
   Yes, in order to display on the live board you must be streaming to your Myzone app on your mobile device at all times.

4) **Can I join the class late if I booked a spot in advance?**
   Yes, if you booked a spot before the class start time, you can join the class late and your tile will display on the live board.

5) **I did not book a spot in advance, why can't I see the class in the timetable?**
   Yes, class participants will be able to book a spot and join the class after it has started.

6) **What shall I if I cannot see my Class ID on my workout tile?**
   Double-check that you have booked the correct class in your MZ-Book timetable and relaunch the Myzone app. If you have booked the correct class, relaunch the Workout tile, which should then display the Class ID.
   If you still cannot see the Class ID, try clearing your cache in the Myzone app. To do this, go to Settings on the main menu (cog) > Clear Cache under Utility > Relaunch the Myzone app

7) **Can I hide my tile on the live board?**
   Yes, class participants can remove their tile on the live board by selecting **'leave'** on their workout tile. After approximately 30-60 seconds, your tile will be removed from the live board. Please note instructors are not able to hide your live tile on your behalf.

8) **Can the instructor see or hear me during an MZ-Remote class?**
   No, the instructor will not be able to see or hear class participants.

9) **How is the live leaderboard organized?**
   The live board is organized in the order of when members joined the class.

10) What happens if my internet cuts out during the class session?

Once you have reconnected to your internet your tile should automatically display on the live board again. If not, try relaunching the Myzone app and navigate to your Workout tile which should display the Class ID.

11) Will I receive a notification that my class is starting?

Yes, you will receive a push notification five minutes before the class starts. Tap the notification to bring you directly to your Workout tile. Be sure to enable push notifications in your mobile device settings to receive class notifications from Myzone.

