

SHOW UP WITH **MYZONE**

*Get results with
Myzone.*



What is Myzone?

Myzone is a fitness tracker that provides real-time feedback on heart rate, calories, and effort. It helps users achieve their health and fitness goals, with motivational support from friends through Myzone social network, and utilizes Myzone Effort Points (MEPs) system to earn credit for the workout and reward effort.



Receive
e-mail workout
summaries



Achieve Myzone status
ranking based on effort,
not fitness



View your calories and
effort level in real time



Connect to 3rd party
equipment and
smart-phone apps for
maximum versatility



Set goals and compete
with others by
measuring effort levels



Store up to 16 hours of
activity data with
the MZ-3

