



# Welcome to MYZONE at the DAC

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This This FAQ will help you navigate the functionality and uses of the MYZONE MZ3

**1 What is it?**

Myzone is a wearable heart rate based system that accurately monitors effort level, calories and time exercising.

**2 Is it Waterproof?**

Yes it IS! Straps must be tighter than usual on the torso for accurate readings while submerged.

**3 Can I use it outside of the club?**

Yes! You can use it anywhere.

**4 How accurate is it?**

99.4% accurate - #1 in the industry.

**5 Why do I need it?**

Myzone is proven to boost workouts and drive goal achievement. It allows you to meet your personal fitness goals while competing and connecting with other users. Immediately after your workout, the Myzone app gives a detailed postworkout report - highlighting your effort levels, calories burned, points gained and status achieved.



## General MYZONE questions



### When are the MyZone belts being released?

All belts may be picked up at the club 24 hours after purchase. Belts can be purchased online at [www.downtownac.com/myzone](http://www.downtownac.com/myzone) or at the front or back desk. Club challenges begin the first week of November.

### How do I get a belt?

Belts can be purchased at [www.downtownac.com/myzone](http://www.downtownac.com/myzone) or at the front or back welcome desk. Once purchased, your belt will be available for pickup 24 hours after purchase. Please check with the front or back desk and they will give you your MYZONE belt! Along with your belt are detailed instructions.

### 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.

### 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.

### 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.

### Can I use my Myzone MZ-3 outside of the DAC Facilities?

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 receiver 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.



How long does the battery last?

The battery will last over 6 months depending on workout frequency.

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.

### *QUALIFYING QUESTIONS – THE “WHAT IF’S”*

I sweat a lot during exercise. Can I wear a Myzone MZ-3?

Yes, the MZ-3 is

sweat proof and will perform as normal.

I have a hairy chest. Can I 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.

I have a heart condition, should I take any special precautions when wearing the Myzone MZ-3?

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.

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.



## Data Questions:

### 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.

### 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.

### How many hours of data will my MZ-3 store before I have to upload it at my Myzone facility or in the Myzone app?

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 or your phone. It is recommended that you upload your activities as often as possible.

### Where will the live feed TV's be located?

For this first stage of the MyZone release, we will have one live feed TV in the spin studio. All MyZone users reap optimal benefits of the fitness belt by downloading the MyZone app to see their custom live feed, connect with other users, track their own fitness, and compete in club events.

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

Once you have created your Myzone account at [www.myzonemoves.com](http://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 percentage of your maximum effort.

## Technical Information

### How does Myzone calculate my 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

### What is Max Heart Rate?

Maximum heart rate is the highest heart rate an individual can safely achieve through exercise stress.

### How does Myzone calculate my MAX heart rate?

Myzone uses a formula derived by the HUNT Study (2013):

$$\text{Max HR} = 211 - (.64 \times \text{age})$$

### How accurate is my Max HR?

Each person's Max Heart Rate is unique to them and is not affected by fitness level. The equation we use to determine Max HR is based on population norms and therefore initially is only an estimate. However, if you exercise and your peak heart rate elevates above your estimated Max heart rate, Myzone will adjust your Max heart rate higher to better reflect your actual maximum. You can also ask your coach/trainer/teacher to adjust your maximum heart rate if it does not appear to be accurate based on your effort levels or you have completed a maximum heart rate test.

## 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.

## 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 or calories. It is only for informational purposes.

## How does Myzone establish my resting heart rate?

Myzone sets your resting heart rate to 100bpm (beats per minute) as standard. When you first register your belt it is recommended that you perform a resting heart rate test. This involves sitting or lying comfortably while wearing your belt for 10 minutes, connected to your Myzone app. Your resting heart rate will recalculate to your actual resting value. You can also ask your coach/trainer/teacher to adjust your resting heart rate if it does not appear to be accurate or if you have completed a resting heart rate test.

## 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:

### The five Heart Rate Zones are:

- GREY = 1 MEPs per minute (50% to 59% of Effort)
- BLUE = 2 MEPs per minute (60% to 69% of Effort)
- GREEN = 3 MEPs per minute (70% to 79% of Effort)
- YELLOW = 4 MEPs per minute (80% to 89% of Effort)
- RED = 4 MEPs per minute (90% to 100% of Effort)

## 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 heartbeat.

### 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.

### 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.

### 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.

### Why is it so important to monitor heart rate and how much effort I am putting in?

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.