

Q: How do I use my MZ-1?

Your MZ-1 picks up electrical signals generated by the contractions of your heart. To be effective, your MZ-1 belt must be worn under your clothing to make proper contact with your skin. To wear it, place the module in the center of your chest on top of your sternum with the logo facing out. The MZ-1 should fit snugly but comfortably around your chest.

Q: How do I adjust the size of my MZ-1?

You adjust the strap size using the plastic adjusters. To shorten it, use both hands to pull the adjusters apart. To lengthen it, hold one end in one hand and use your other hand to pull the upper adjuster downwards.

Q: When should I use my MZ-1?

You can use your MZ-1 when you are in range of a Myzone screen in a health club or when you are streaming to the Myzone app on your smartphone (this needs to be with you as the MZ-1 does not have memory).

Q: Can I use my MZ-1 outside of my the Myzone facility?

Away from your health club, 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 not record your activity data.

Q: Can I wear my MZ-1 playing sports?

The MZ-1 only transmits data in range of a Myzone screen in the club or your smartphone and therefore data will be lost when out of range. Generally for sports, the Myzone MZ-3 is used which includes memory and enables you to store any data when out of range which can be uploaded after.

Q: How do I know my MZ-1 is working?

Your workout tile will appear on the Myzone screen if you are in a Myzone enabled club when your heartbeat is detected. On the app, your workout tile will show your current effort color and percentage when the belt is detected.

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

Once you have created your Myzone account, your MZ-1 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 % of your maximum effort.

Q: How does my workout data upload to my Myzone account?

Your personal workout data is pushed to your Myzone account in the cloud. The device that displays your live heart rate tile must be online for that data to be uploaded to your account.

Q: When will I receive my reports and be able to view my data online?

Within 30 minutes of your upload, you will receive an email report to your nominated email account of your latest session. On the email, there will be a link to www.myzonemoves.com. Data will be immediately available on your www.myzonemoves.com account or on your Myzone App.

Q: 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.

Q: Do I need my own MZ-1?

All Myzone users own their MZ-1. This allows you to create your own Myzone account online and view your personal activity data over time.

Q: Can I have more than one MZ-1?

You are only able to register 1 Myzone MZ-1 per Myzone facility and email address.

Q: I have a hairy chest. Can I still wear the MZ-1?

Yes. You may, however, need to moisten the contact pads located on the fabric strap to improve the conductivity of the pads.

Q: I have a heart condition, should I take any special precautions when wearing my MZ-1?

Yes. You should alert your instructor/teacher or person who has issued your MZ-1 of any heart condition or of any medication that you are taking. They will then be able to advise you at which intensities to exercise. The MZ-1 is not a medical device. As always, it is important to consult a physician prior to starting any exercise program.

Q: Can I use my MZ-1 with gym equipment and other heart rate watches?

The MZ-1 may pair with cardio that receives the ANT+ signal, however this should be tested on a case by case basis. The MZ-1 has the ability to pair with any Bluetooth device.

Q: Is the MZ-1 waterproof?

Although the MZ-1 is water resistant, it is not advised to use in during swimming.

Q: I sweat a lot during exercise, can I wear the belt?

Yes, the MZ-1 is sweat proof and will perform as normal.

Q: How do I know if the battery is low?

A low battery indicator will appear on your Myzone app when the battery is running low. At this point it is advisable to change the battery

Q: How long does the battery last?

The battery will last over 6 months depending on workout frequency. This may be reduced with more usage.

Q: How do I change the battery?

Simply remove the battery cap on the back of the MZ-1 module and take out the battery. The replacement required is a CR2032 3V battery.

Q: 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

Q: What is Max Heart Rate?

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

Q: How does Myzone calculate my MAX heart rate?

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

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

Q: 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.

Q: 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.

Q: 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.

Q: 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.

Q: 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)

Q: 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.

Q: 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.

Q: 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.

Q: 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.

Q: 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.

Q: Can I use the MZ-60 watch with the MZ-1?

The MZ-60 watch is a way to display your workout and although you can wear and use an MZ-60 with the MZ-1 it is important to note that the watch also has no memory. Therefore, it is advisable that the MZ-3 is used with the watch as the MZ-3 holds memory.