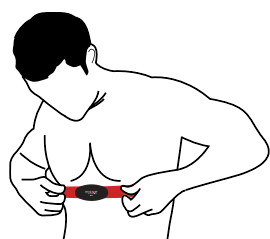


## Step 1

Download the Myzone App, available on the App Store or Google Play. Register your belt here or at [myzone.org](http://myzone.org) by selecting "Register your Belt". Follow our simple registration instructions and enter the Facility ID and Myzone Activity Belt ID, found on the back of your module (i.e. SN 1234567). The Facility ID will be provided by the club from which you purchased your belt.

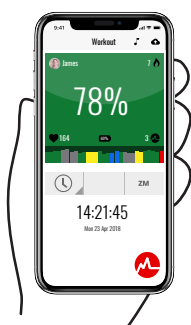
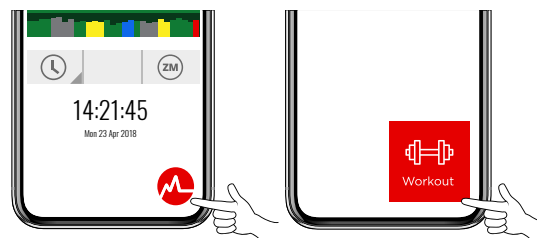


## Step 2

Attach the black module with the snaps marked right and left to the red strap. Then place the module in the center of your chest on top of your sternum with the logo facing out. You can adjust the strap size using the plastic adjuster. The belt should fit snugly around your body, however always ensure that it is comfortable. To set your resting heart rate, wear your belt for 10 minutes prior to starting your first activity. For best results in establishing your resting heart rate, wear your MZ-1 while lying down at a complete rest. You only need to do this once.

## Step 3

Before starting your activity, it is advised to moisten the two black sensors on the fabric strap then connect the plastic module to the fabric strap. Open your Myzone app, hit the Red Pulse button and go to the Workout tile on the main screen. Ensure your Bluetooth is turned on and your Myzone tile will start receiving your heart rate data. If you are at a Myzone enabled health club, your Myzone heart rate tile will automatically show on the screen.



## Step 4

All data that is displayed on your app or on the Myzone screens will upload to your Myzone account. If you drop out of range then your heart rate data will not be recorded. After your workout, you will receive a workout summary email showing how you performed and this will also be shown on the Myzone app. 10 minutes prior to starting your first activity. For best results in establishing your resting heart rate, wear your MZ-1 while lying down at a complete rest. You only need to do this once.

### MEDICAL GUIDANCE:

If you have a heart condition, are on medication which affects your heart or have an implanted electronic device (i.e. Pacemaker), consult your physician prior to using the MZ-1. If you feel faint, dizzy or uncomfortable during activity, stop and seek assistance.

For any more information on using the Myzone system, please look at the FAQs section of your online account via [myzonemoves.com](http://myzonemoves.com) or email [support@myzone.org](mailto:support@myzone.org)