

FAQs - User Guide;

Using your MYZONE Physical Activity Belt.

Q: How do I use my MYZONE Physical Activity Belt?

A: Your MYZONE Physical Activity Belt picks up electrical signals generated by the contractions of your heart. To be effective your MYZONE Physical Activity Belt must be worn under your clothing and make good contact with your skin. Adjust it so that it fits comfortably across the centre of your chest, with the MYZONE logo on the transmitter facing away from you. The MYZONE Belt should not be firm or tight around your body, ensure it is comfortable.

Q: How do I adjust the size of my MYZONE Physical Activity Belt?

A: 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 MYZONE Physical Activity Belt?

A: You can use your MYZONE Physical Activity Belt during any concerted physical activity, whether that's at a gym or sports facility, out walking or anything that makes your heart work!

Q: Can I use my MYZONE Physical Activity Belt outside of my MYZONE facility?

A: Yes. One of the unique features of the MYZONE Physical Activity Belt is that it will record any concerted physical activity that you undertake, anywhere. Once your workout data is automatically uploaded to your account it clears the MYZONE Physical Activity Belt memory to enable you to store more activity data.

Q: How do I know my MYZONE Physical Activity Belt is working?

- A:**
- i) If you are exercising away from a MYZONE Receiver your MYZONE Physical Activity Belt will beep 3 times to tell you it is storing your activity data. If you do not hear this try and reposition it and ensure it is positioned correctly. You can also moisten the contact pads of the fabric strap slightly to increase conductivity.
 - ii) If you are exercising within your MYZONE facility, and are within range of the MYZONE receiver, your MYZONE Physical Activity Belt will beep once and your details will appear on screen – this is called “live streaming”.

If you are not in range of the receiver you will go into “store mode” (this is when data is stored inside your MYZONE Physical Activity Belt) until you move into range of the receiver. You can move in and out of range and your MYZONE Physical Activity Belt will move from “stored mode” to “live streaming”.

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

A: Once you have created your MYZONE account at www.myzonemoves.com your MYZONE Physical Activity Belt is automatically detected by the MYZONE receiver's in the facility when within range. On the screen you will have a dedicated tile that shows your Alias name, calories burnt, current heart rate in beats per minute, MYZONE Effort Points and in the centre a % of your maximum effort.

Q: What do I do if I do not hear 3 beeps or appear on screen?

A: If you do not hear the 3 beeps and are more than 75 metres away from a MYZONE Receiver you may need to reset the MYZONE Physical Activity Belt - *this is as a last resort after ensuring your belt is positioned correctly*. To do this simply take the battery out of the back using the plastic adjuster, wait for 2 seconds, and replace the battery. You will hear a single long beep to say the belt is reset.

Note – *This is the very last resort but if you do reset the belt unfortunately any stored data on the belt will be lost.*

Summary of MYZONE Physical Activity Belt “Beeps”

Storing data;

Start – you are out of range of a Console 3 beeps
End – there has been 15 seconds of inactivity 1 beep

Uploading stored data to the MYZONE Console;

Start – you are back in range of a Console 4 beeps
End – the upload of stored data is complete 2 beeps
Upload Failed – try again move nearer to the MYZONE Console and stand still 1 long beep

Battery reset;

The battery has been taken out and refitted 1 long beep

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

A: Your personal workout data is wirelessly updated to your MYZONE account provided you are within 10 metres range of the MYZONE Console.

Q: How do I know my data has been successfully uploaded?

A: You will hear 4 fast beeps to tell you your upload has started and then 2 short beeps if it is successful.

If unsuccessful you will hear 1 long beep. Ensure the MYZONE Physical Activity Belt is connected and positioned correctly on your chest or you have both thumbs connected to the conductive ovals on the fabric strap, again with the belt connected.

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Using your MYZONE Physical Activity Belt Continued.

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

A: If the upload is unsuccessful you will hear 1 long beep. Ensure the MYZONE Physical Activity Belt is connected and positioned correctly on your chest. Alternatively, you can connect the belt, then moisten your thumbs and hold 1 thumb on each of the conductive ovals on the back of the fabric strap. This will also allow the data to be uploaded.

Q: How many hours worth of data will my MYZONE Physical Activity Belt store before I have to upload it at my MYZONE facility?

A: The MYZONE Physical Activity Belt has a unique MYZONE memory that allows approximately 15 hours of activity to be stored whilst exercising away from the MYZONE centre. It is recommended that you upload your activities as often as possible.

Q: Can I upload my data at home?

A: No, you can only upload your activity data at your MYZONE facility. Your belt still stores data away from your MYZONE facility, but will only download when in range of the MYZONE console.

Q: How secure is my personal data?

A: Your data is stored on multiple MYZONE servers using data encryption. This ensures that the data is stored safely and can only be viewed by you, MYZONE and your MYZONE facility.

Q: Do I need my own MYZONE Physical Activity Belt?

A: All MYZONE users own their MYZONE Physical Activity Belt. 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 MYZONE Physical Activity Belt?

A: You are only able to register 1 MYZONE Physical Activity Belt per MYZONE facility.

Q: I have a hairy chest. Can I still wear a MYZONE Physical Activity Belt?

A: Yes. You may however need to moisten the contact pads located on the fabric strap to improve the conduciveness of the pads.

Q: I have a heart condition, should I take any special precautions when wearing my MYZONE Physical Activity Belt?

A: Yes. You should alert your instructor/teacher or person who has issued your MYZONE Physical Activity Belt of any heart condition you have or medication that you are taking. They will then be able to advise you appropriately about what intensities to exercise at.

Q: Can I use my MYZONE Physical Activity Belt with gym equipment and other heart rate watches?

A: Yes. The MYZONE Physical Activity Belt has an analogue 5.3 KHz frequency radio which is compatible with most brands of traditional cardiovascular equipment. This will also allow connectivity with analogue heart rate watches.

Q: Are the MYZONE Physical Activity Belts waterproof?

A: No. Although they are water resistant and it is ok when you sweat on them, they are not waterproof. You should not submerge the belt in water or use it when swimming.

Q: How do you replace the battery in a MYZONE Physical Activity Belt ?

A: The MYZONE Physical Activity Belt uses standard CR2032 lithium batteries. Use the belt adjuster on the fabric strap to gently “pop” the back of the MYZONE transmitter. Fit the new battery into the recess, making sure that the positive terminal (indicated by “+”) is facing upwards. Place the back cover over the battery and press down until it clicks into place. You will hear a long single beep to indicate the belt is reset and working.