

# MYZONE® Checkpoint.

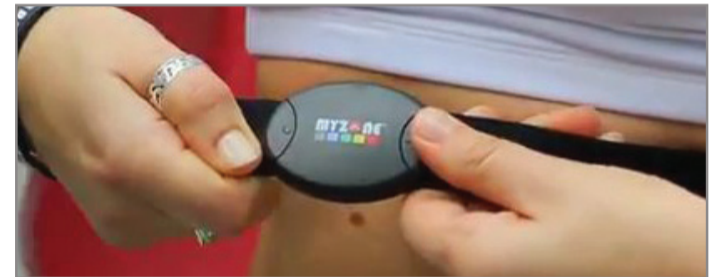
How to successfully upload stored data from your MYZONE Physical Activity Belt.

1. Stand within 10 metres of the MYZONE receiver.

**Stand within  
10 metres**



2. Connect the MYZONE belt and position either around your chest or with your thumbs firmly on each of the rubber contacts. For increased conductivity moisten the rubber contacts.



3. Wait until you hear 4 consecutive beeps, followed by 2 beeps. This confirms a successful upload and can take up to 30 seconds dependent upon the amount of data on your belt.



4. To confirm your upload is successful look at the home screen on the MYZONE console and your name and time/date of the activity will scroll along the bottom of the screen.



5. If you do not hear the 2 confirmation beeps but hear a long single beep your upload was unsuccessful. Try standing a little closer and ensure the belt is connected/positioned correctly. Continue until you hear the successful 4 and 2 beep combination, followed by your details on screen.



6. Log onto [www.myzonemoves.com](http://www.myzonemoves.com) and enter in your email address and password to view your workout data.

