



# Reward Your Effort and Achieve the Results You Want

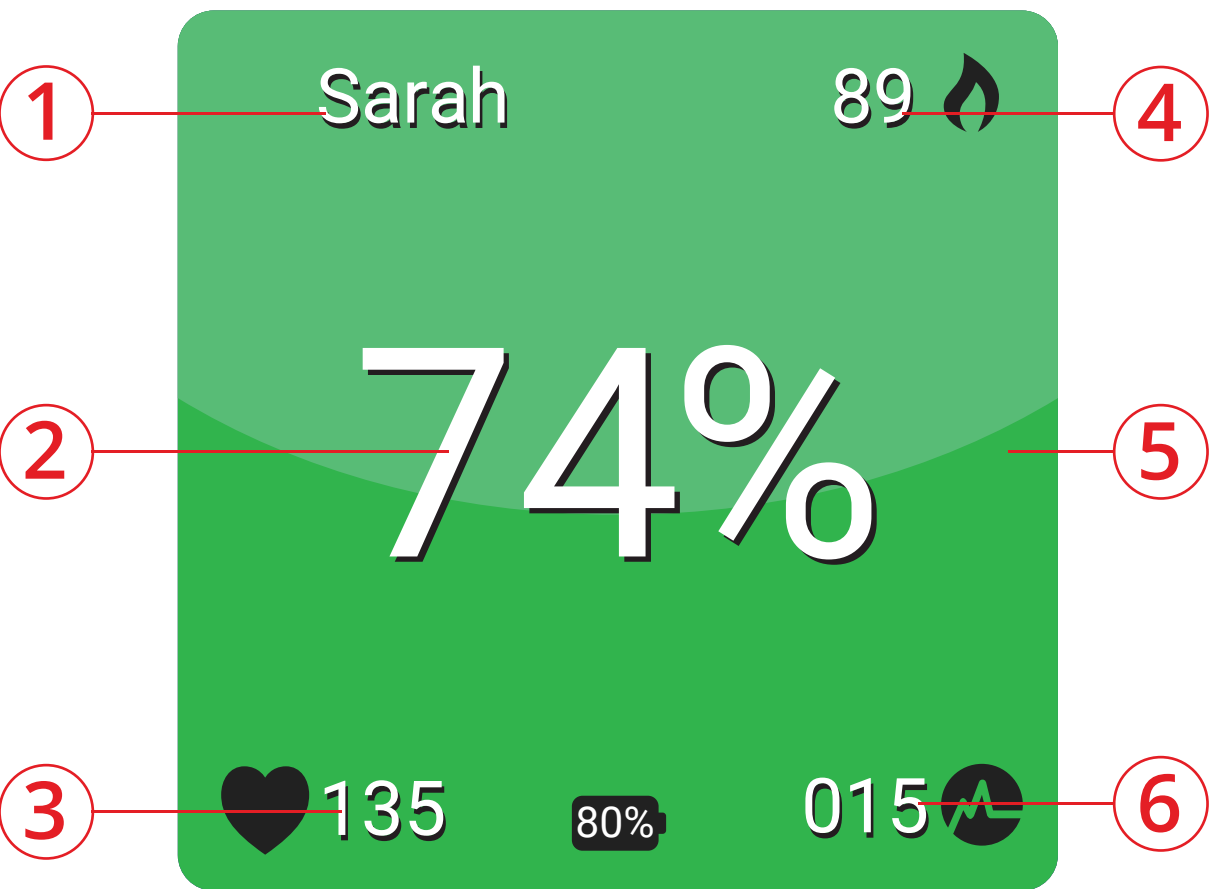
## What is Myzone?

The Myzone MZ-3 is the most relevant and versatile fitness tracker on the market. Using Bluetooth, ANT+ and Analog technology to provide real-time feedback on heart rate, calories, and effort, the MZ-3 ensures that you get accurate feedback on all of your exercise, wherever and however you choose to train.

The MZ-3's in built memory means you can make every session count, even when you're training away from your gym and smartphone.

Achieve your health and fitness goals, with motivational support from friends through our Myzone social network, and utilize our unique Myzone Effort Points (MEPs) system to earn the credit you deserve and **Reward** your **Effort**.

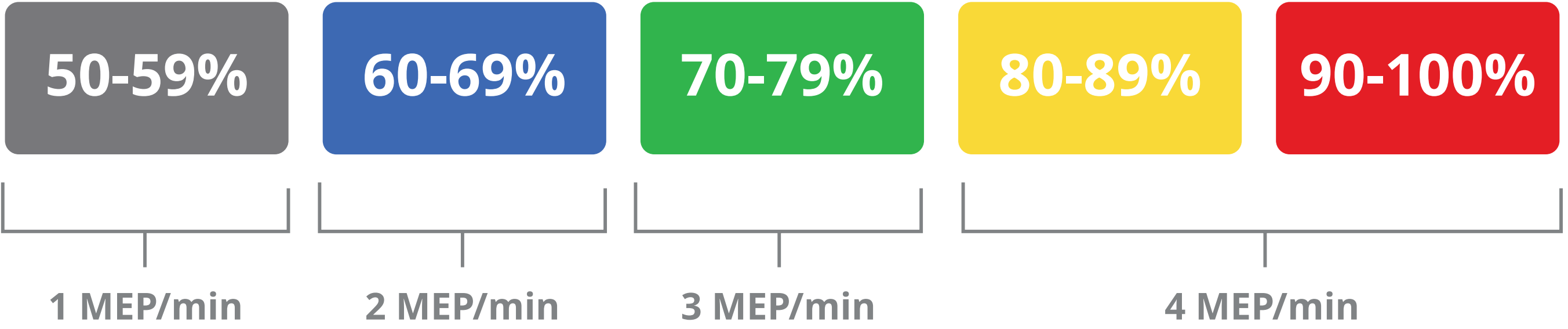
- See your Calories, Heart Rate, and Effort in real-time with easy-to-follow colors
- Automatic Email Feedback on all of your Exercise Motivates you to Stay on Track
- View your Training Efforts via a personalized Free App and Online Account
- Measuring Effort Levels the Playing field and enables Competition against yourself or friends
- Stay Accountable to your Health Targets with our simple goal setting
- Connect with friends and motivate progress through a personalized social feed
- Participate in challenges with friends and other users all over the world
- Earn rewards through status rankings linked to attaining World Health Guidelines
- Benefit from Accurate calorie burn feedback during all of your Exercise Routines
- Gain exclusive access to Zone Match classes



- 1 Nickname
- 2 Effort (% of max HR)
- 3 Heart Rate (BPM)
- 4 Calories Burned
- 5 Zone Color
- 6 MEPs Earned

## MEPs (Myzone Effort Points)

MEPs are awarded for every minute spent exercising in your personal intensity zones. The more effort, the more MEPs.



Myzone connects with Bluetooth & ANT+ enabled fitness apps and devices, including:



Learn more at [myzone.org](https://myzone.org)