

## What is MyZone?

Myzone is an accurate fitness tracker and online social platform that rewards effort for all physical activity, helping more people worldwide to feel good about exercise.

## How does it work?

Myzone works in five zones. Each zone represents a percentage of your maximum heart rate (MHR). Myzone calculates your MHR from the moment you start training. It's your workout. Track your effort. If your MHR changes over time, Myzone updates this automatically to guarantee your data stays personal to you. Reach different zones based on your MHR. The harder you work, the more you earn Myzone Effort Points (MEPs).

Each of the five zones represents a percentage of your maximum heart rate (MHR), calculated specifically for you when you start training with Myzone. The grey, blue, and green zones best suit warm-ups, low-intensity movements, meditation, flow exercises, strength and conditioning work, and cool-downs.

These zones are also vital to determining your ability to recover during more intense workouts. The yellow and red zones come into play with high-intensity physical activity and cardio workouts. Whether running, taking a spin class, or interval training, pushing yourself into these zones will burn more calories and earn more Myzone Effort Points.



Want to learn more about  
**myzone**<sup>®</sup>

