



Understanding your new Myzone



myzone®



TheFitnessLife.net is a distributor of Myzone.

Join me on social media!



Facebook: [@AllieSmithFigure](#)

Instagram: [@AllieSmithFigure](#)



Email:
info@thefitnesslife.net

Facebook: [@thefitnesslife.net](#)

Instagram: [@TheFitnessLife_meridian](#)



[**TFL Trainer Monthly Program**](#) 

7 day trial for \$1 - App access, TFL trainer workouts, in app groups, and monthly habits!



See Your Effort with
myzone®

Share Myzone with Friends

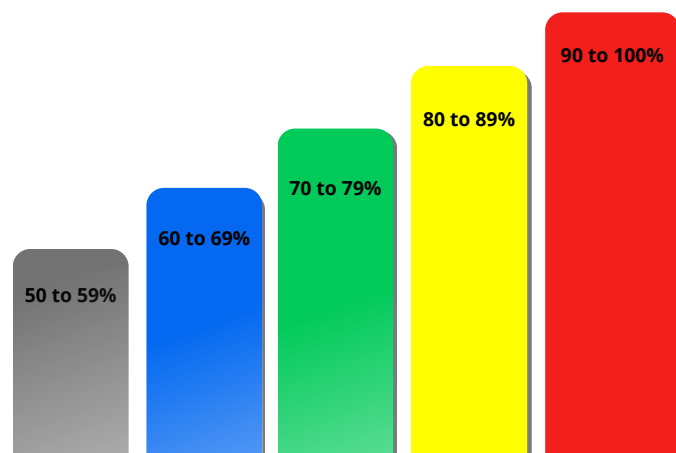
Discounts on Myzone are hard to come by. Share the link below with friends to join you at a discount!

Myzone is a heart rate monitor that tracks your activity effort, heart rate beats per minute, heart rate percentage, calories burned, and awards you with a monthly status for staying consistent! Many clients will wear this during lifts, cardio, yard work, hiking, snow activities. It's not just for working out. Use it anywhere you're active!

For more Info visit: <https://www.tfltrainer.com/myzone>

Retail Price: \$159. Your Price: \$109

Save \$50!



Set up your myzone®

Before you start you will need two things.

1. Facility ID number: **FLCUS001**
2. Your belt ID. This is located on the back of the black device

Facility Code: FLCUS001



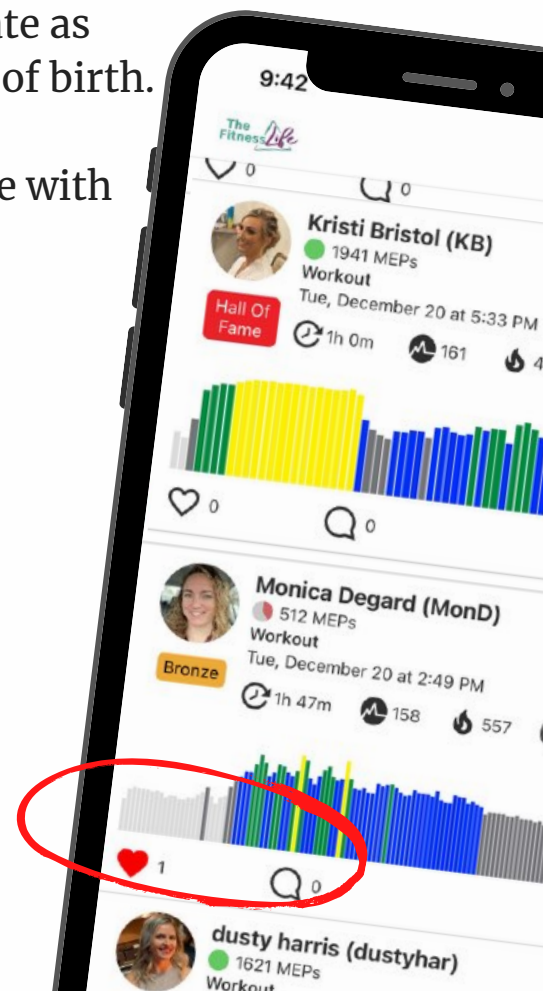
Once you have both of these, follow these three steps:

Step 1: Open the app, tap 'Register Your Belt' and follow the prompts.

Note: You do not need to enter the "SN" on your belt ID, just the following numbers.

Step 2: To ensure your Myzone readings are as accurate as possible, enter your gender, height, weight, and date of birth.

Step 3: Tap Submit then log in to your personal profile with the email address and password you used to register.



Start using myzone®

1. Put it on!



Wrist: This is the most popular position with my clients because it's easy. As a trainer I like to see what zone they're in during our workouts. (flashing light on wrist) Technically the wrist position should only be used for non-gripping activity and repeatable movements, including swimming. However, I've noticed it works fine with clients during workouts, but may be slightly delayed due to grip.

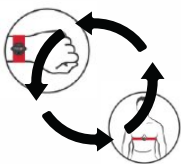
Note: You MUST turn it on/off when wearing Myzone on the wrist! I encourage clients to wear the device on the inside of your wrist for a better connection. **ONLY USE THE WRIST FOR SWIMMING!



Chest: This is my preferred place to wear myzone during lifting because I have my apple watch and Versa Gripps on my wrist. No room for Myzone. Place the strap around your body. Position the module over your sternum and ensure the sensors on the back of the strap have direct skin contact. Wet the sensors with water for better conductivity. The belt activates once it detects your heart; when wearing Myzone on your chest you do NOT need to turn it on/off! Just put it on, workout, upload data, take it off!



Turn it on/off: This is only needed when wearing Myzone on your wrist or forearm. Press and hold the pulse logo on the black device. It's on when you see a green light flash and you hear 1 beep. It's off when you hear 3 beeps.



Switching location: When you switch to chest mode, simply release the module from the arm or wrist cradle by pressing down. Snap the module onto the red strap around your chest.



Connect and upload data: First, ensure Bluetooth is turned. Open the Myzone app and see "My Tile". Any time your Myzone is on and the app is open, your data will upload as you go. If want to upload stored data (you used myzone without the app open because you forgot or have no service), put your Myzone on and navigate to the Home screen on your app. Depending on the internet strength and length of your workout, it will upload after a few moments and prompt you to name the session.

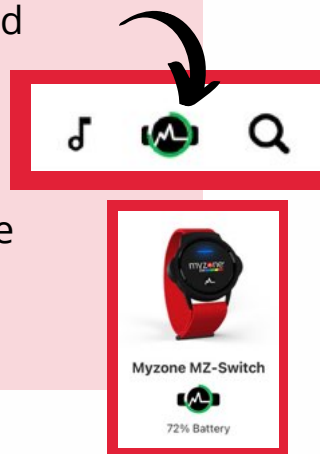
2. Get moving!

Maintain myzone®






CHARGING: Plug USB cable into a computer or use a standard 5V USB adaptor, but please be aware anything stronger may damage the device.

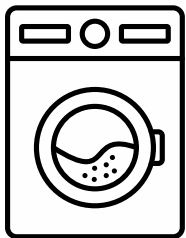
To view your battery life, click on the small myzone icon in the top right of the app screen. If battery gets below 30% I find it acts up, charging it will fix connection issues at this point”.



The battery lights are as follows:

-  Pulsing red = low battery - under 20%
-  Pulsing orange = low battery warning - under 30%
-  Pulsing green = fully charged

Note: Charging myzone with a 9-volt adapter may damage the device. Use a computer or 5-volt adapter to charge. Leaving Myzone on charger for long periods of time (8+ hours) may cause the battery to fry.



Washing: The straps are safe in the washing machine in cold water on a gentle cycle. Always air dry--**do not place in the dryer.** Myzone recommends replacing your straps after sustained periods of regular use.



SHOP ACCESSORIES & REPLACEMENTS

Extras with myzone®

Change Myzone Facilities

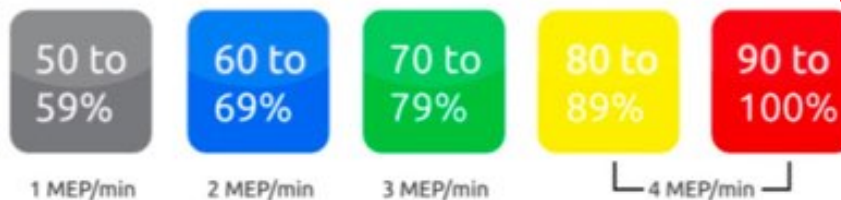
If you set up your Myzone profile under a different facility, we can fix it! Click on the 3 lines for menu and tap "help", then tap "support". Tap "proceed." You will be greeted with the Myzone Bot. Type "change facility" into the message box right away to bypass all the other options. You want your facility ID to be FLCUS001 or The Fitness Life

Like & Comment

Connecting with others in the Myzone app is a great way to build a community of support & motivation!

Users that give 4 or more likes on other users' workouts exercise
101% more than the average user.

Color Zones & MEP Points

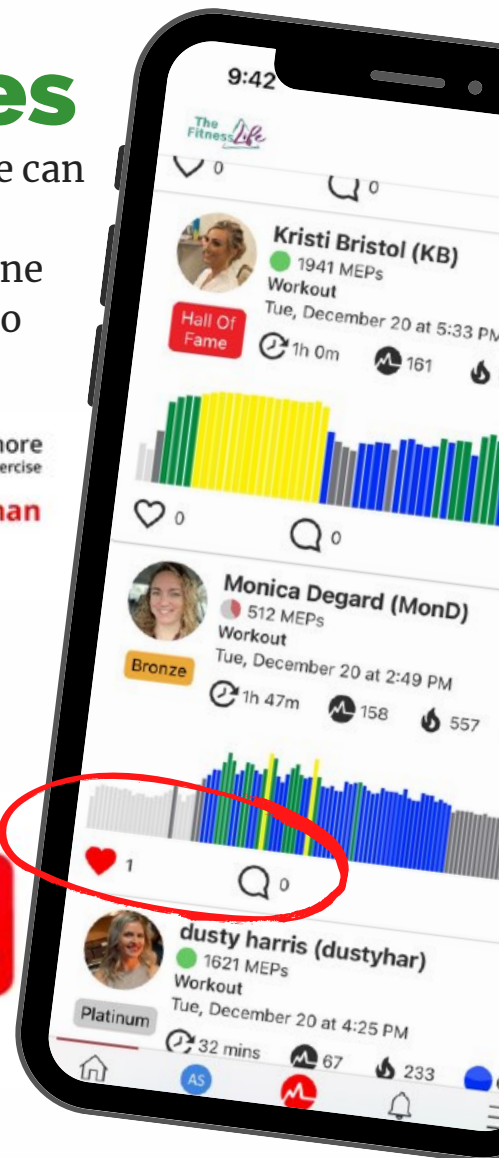


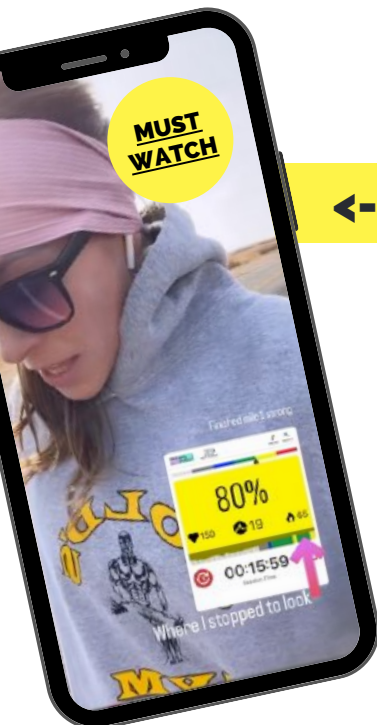
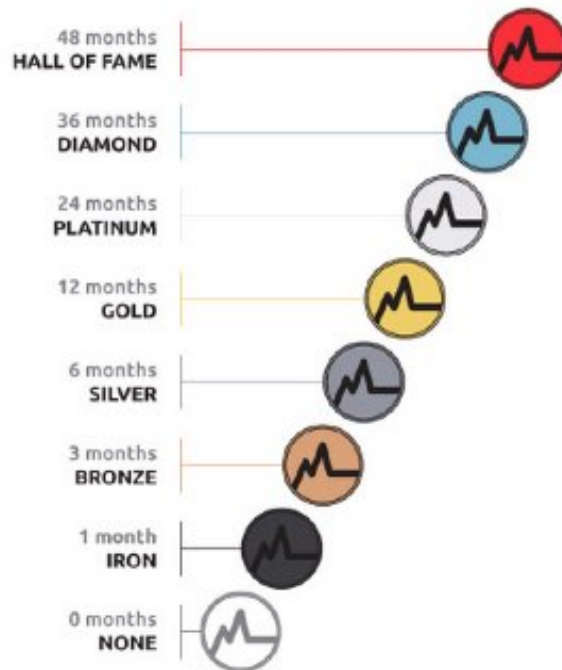
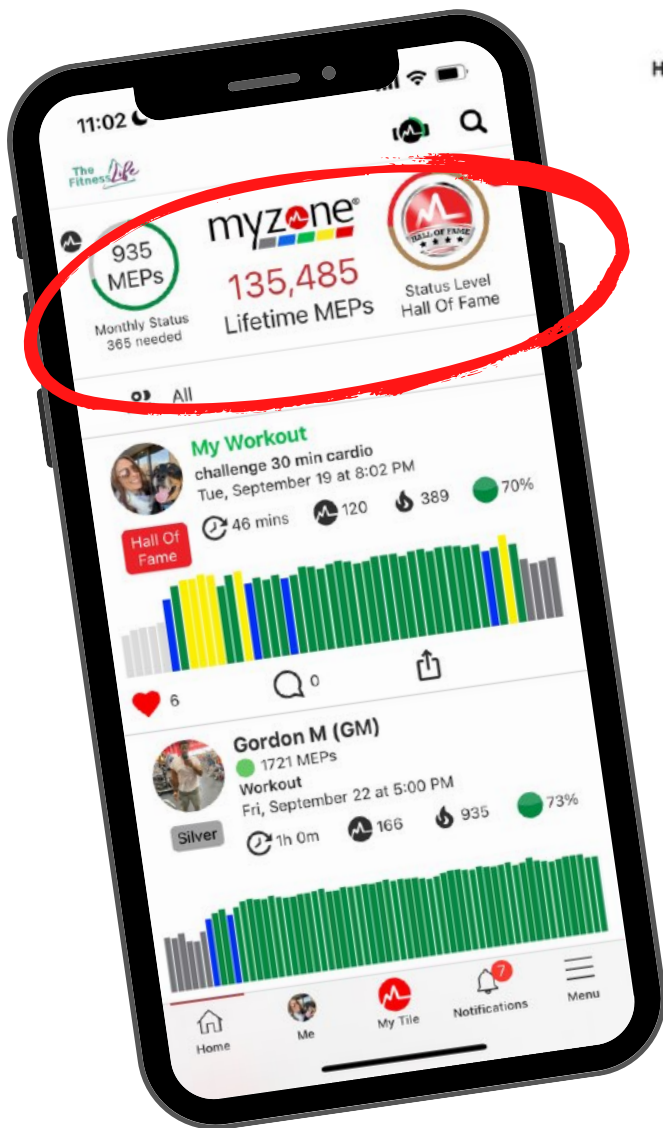
Earn MEPS & Monthly Status

Myzone Status is a ranking system that rewards your consistent effort. The goal is to earn 1,300 Myzone Effort Points (MEPs) every month, which aligns with the World Health Organization's exercise recommendations.

What if You Don't Earn 1,300 MEPs? Missing the monthly target means a status drop. In the first month you miss, your rank will drop to the beginning of your current level. If you miss consecutive months, you will be demoted to a lower level. However, if you're promoted to a new rank and don't achieve 1,300 MEPs in the first month, you'll immediately drop to the previous level.

Moving Up and Down Between Statuses: Let's say you start at Iron, move up to Bronze, and then drop back to Iron due to missed MEPs. To regain a dropped status, you'll need to earn 1,300 MEPs in the following month.

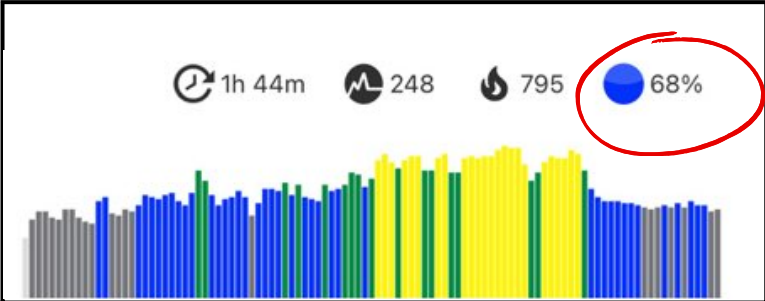




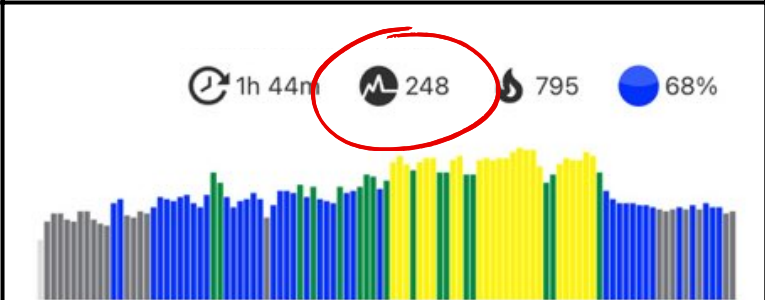
←--Myzone VS Mindset - Are you dying or quitting?

Allie's Tips: I prefer to wear it on my chest because that's what I'm used to. But if I'm running, it's nice to look down at my wrist and see what color zone I am in without pulling out my phone. (There's a blinking light when worn on arm & wrist). I don't take it off immediately after a workout unless I'm in the grey - You're earning Myzone Effort Points (MEPs) when you're in color, so keep it on as long as possible!

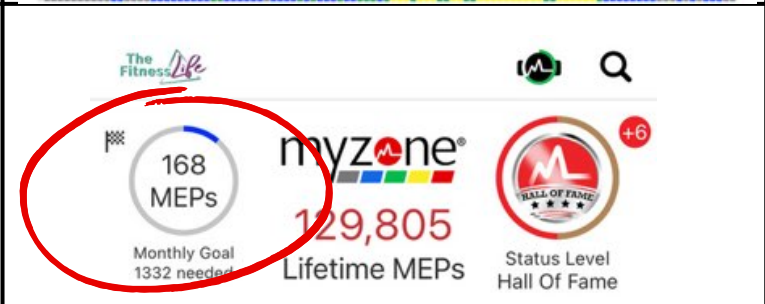
UNDERSTAND YOURmyzone®



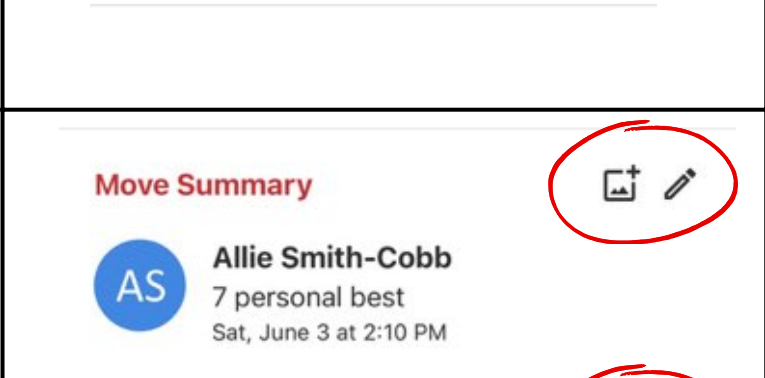
Average
workout effort



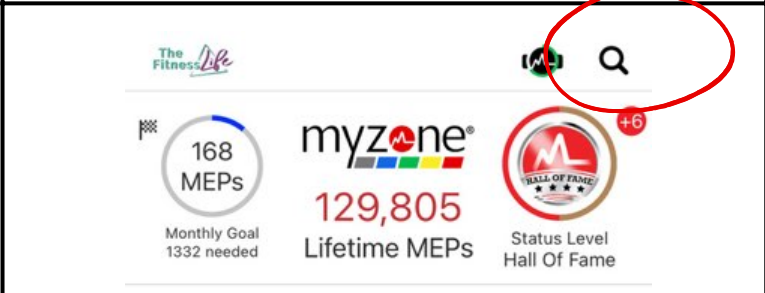
MEPS earned in a
workout



Monthly MEPS
earned & needed for
monthly goal (1300)



Name a workout &
Add a photo



Search for friends
& connect



Example of HIIT cardio
where you alternate
between green & yellow

Find new hiking trails

Download 'All Trails' to find new places to hike where you live or while you travel! You can filter for levels of difficulty, look at pictures from the hike, & read reviews! Find the perfect trail no matter where you are.



Chasing Skinny



Chasing Strong & badass



It took a long time for me to learn this, but it has changed EVERYTHING! Liking your body is more than a number on the scale - It's how you feel, how strong you are, how well your ass fills out leggings! The scale is not the only way to track progress. Change your perspective of "success" and find happiness. It won't be easy, but it is worth it.