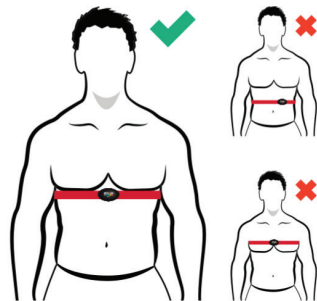


Why is the Myzone belt better than a wrist tracker?

Wodify Pulse uses the award-winning, 99.4% accurate Myzone activity belt. Because the belt tracks heart rate and not general movement, you are rewarded for all of your effort.



What is the proper placement of the Myzone activity belt?



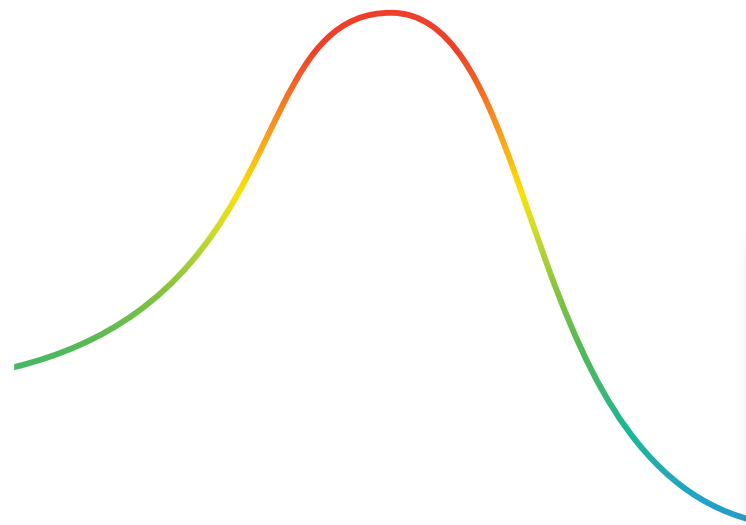
Can I use my belt outside of the gym?

Yes! You can track all your favorite activities outside of the gym using the Myzone app.

How do I get started?

Ask your coach about purchasing a Myzone belt or trying out a loaner belt. They will get you registered and you can start tracking your progress right away. You can also register your new belt right from your Wodify profile. Just visit: register.wodifypulse.com for details.

wodify
Pulse
Powered by myzone



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For more information go to
help.wodifypulse.com



Heart rate training
and the Myzone activity belt

What is Wodify Pulse?

Wodify Pulse is group heart rate training technology that leverages Myzone activity belts and the Wodify Core Kiosk to track and display your effort in real time while you work out.

What is heart rate training?

Heart rate training takes measure of your Max Heart Rate (the highest heart rate you can safely achieve through exercise stress) and uses it to determine how hard you are working.

What is resting heart rate?

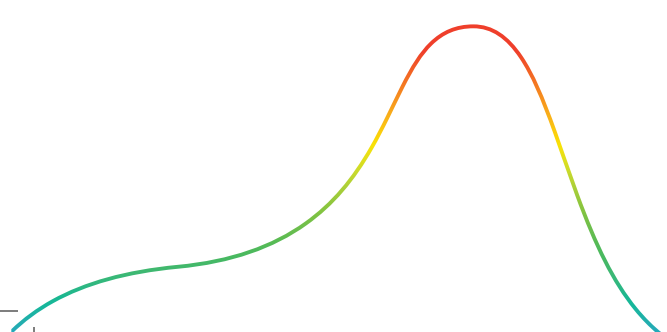
Resting heart rate is the number of times your heart beats per minute at rest.

Why should I track my workouts?

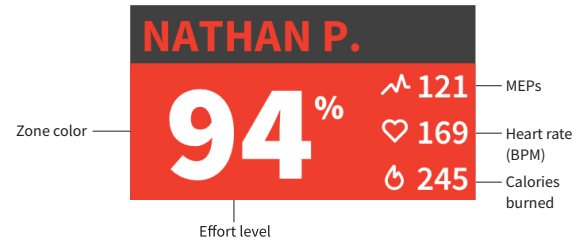
Tracking your heart rate while in the gym gives you an immediate picture of just how hard you're working, so you can monitor your intensity and always get the most out of each workout.

How can I tell if I'm getting fitter?

When your resting heart rate goes down, your heart is becoming more efficient and therefore you are increasing your level of fitness.

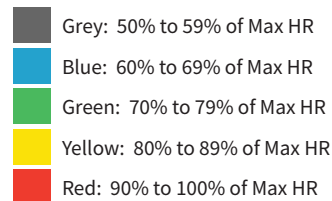


How is the information displayed on the Wodify Pulse tile?



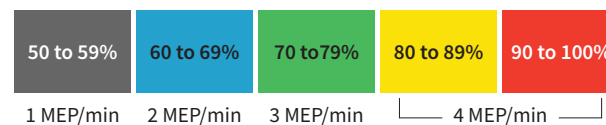
What do the different color zones mean?

Wodify Pulse uses five color-coded heart rate zones to establish the effort that users exert based on their max heart rate. The effort is expressed as a percentage of the user's Max HR.



What are Myzone Effort Points (MEPs)?

MEPS are Myzone Effort Points. They are earned based on the effort exerted by the user. Time spent in each Heart Rate Zone earns different numbers of MEPS.



What does it mean when my belt beeps?

One beep means the belt is on and ready to track your heart rate. Three beeps means the belt has turned off and is no longer tracking heart rate.

Your belt can store data even if you are out of range and will update as soon as you return.

How should I store my belt?

Keep out of extreme temperatures and detach the module from the belt when not in use to save battery life.

How do I clean my belt?

Wash the elastic portion of the belt with mild soap and warm water and let dry. Do not submerge the module or receiver portion of the belt in water.

When should I charge the battery?

The Myzone activity belt lasts approximately 6 months between chargings.

Only charge the module when you receive an email asking you to do so. There is no need to replace the battery.

