

1. What is the MZ-Switch?

MZ-Switch is the world's first heart rate monitor that you can wear on your chest, arm or wrist. Track your real time heart rate and effort to see your data on screen and move through the zones to earn MEPs (Myzone Effort Points). Wearable three ways, simply switch between the chest belt, wrist strap and arm band, depending on your choice of physical activity. It's time to switch things up.

2. How does the MZ-Switch measure my heart rate?

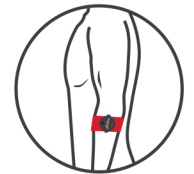
When on the wrist or forearm, the MZ-Switch uses an optical blood flow sensor that shines a light into your skin using LEDs that measures the blood flow to determine your heart rate. When in chest mode, the black pads on the strap make direct skin contact to deliver electrocardiogram (ECG) quality signals directly from your heart.

3. How do I wear the MZ-Switch?

Wrist: Slide your hand through the loop and pull the strap to tighten against your skin. The module should be positioned two fingers above your wrist bone.



Forearm: Slide your hand through the loop and position just beneath the elbow with module facing out.



Chest: Place the strap around your body. Snap the module onto the strap and position the module on your sternum with direct skin contact. Wet the black pads for better heart rate conductivity.



4. When should I use the MZ-Switch on my wrist, forearm, and chest?

Wrist: Use for non-gripping activity and repeatable movements, including swimming.

Forearm: Use for improved accuracy during non-gripping activity and repeatable movements, except swimming.

Chest: Use for the most accurate readings during all types of exercises except swimming.

5. How accurate is the MZ-Switch?

The wrist and forearm-based monitors provide **95% PPG** accuracy for activities that don't involve gripping. The chest-based tracking continues to provide **99.4% ECG** accuracy.

6. Can I store workout data on my MZ-Switch?

Yes, when you are not streaming live to your workout tile or in-club display, you can store up to 36 hours of exercise data. You can upload stored exercise data by wearing the MZ-Switch and uploading through the Myzone app or in-club display.

7. How can my members register an MZ-Switch if they already have an existing account?

You can edit your device ID on the Myzone app under **Settings > My profile > Device ID**.

Doing so will guarantee you keep your status ranking and previous workout data.

8. Is the MZ-Switch waterproof?

Yes, the MZ-Switch is waterproof up to 10 meters and is the first Myzone product compatible for tracking your MEPs while swimming. To guarantee accurate results, it is recommended to wear the MZ-Switch on the wrist during swimming, surfing, paddle boarding or water aerobics.

9. Can the MZ-Switch connect with other apps and equipment?

Yes, the MZ-Switch uses ANT+ and Bluetooth connectivity to sync with in-club display screens, watches bike computers and ant+ and BLE enabled gym equipment in addition to the Myzone app. Myzone integrations also include third-party apps such as MapMyRun, Strava, MyFitnessPal. The MZ-Switch does not have analog signal so it may not connect to some cardio equipment.

10. Can I stream the MZ-Switch to my smart watch?

Yes, you can pair your MZ-Switch to accessories and wearables such as Apple Watch, Samsung or Garmin devices. Follow your smart watch's instructions for "pairing" or "connecting".

11. Does the MZ-Switch have sleep tracking or GPS capabilities?

No, MZ-Switch is designed to reward effort through the measurement of your heart rate during physical activity.

12. Where do I order MZ-Switch and when is it available to order?

Log in to your Myzone account and click on 'order' from your admin menu. MZ-Switch and colored wrist and forearm straps will be available to order from 24th March 2021.

13. Can you switch from arm to chest and continue a workout?

Yes, you can switch from arm to chest and receive 1 cohesive graph as long as there is not a 10 minute break between activities.

14. Can I pause a workout?

No, there is an on/off button which only applies for the wrist and forearm. This is activated when you press and hold the module. The chest option turns on when the module detects your HR via the EKG sensors on the strap and does not require you to press the module to turn on or off.

15. Can I purchase additional color wrist and arm bands?

Yes, you can purchase additional colors listed below. The MZ-Switch comes with red wrist, arm, and chest bands. You can purchase wrist and armband bundles in additional colors from the Owner's dashboard. The chest strap is only available in red.

- Aqua (Swimming Pool)
- Grey (Twilight)
- Purple (Violet)
- Black (Midnight)
- Orange (Sunset)
- Khaki Green (Forest Run)

16. I just purchased a MZ-3 order, can I replace it with MZ-Switch?

If the order has not already dispatched from our warehouse, we will be able to exchange. Please contact your Business Development Representative.

17. Which exercises are best for MZ-Switch?

Activity	Chest	Arm	Wrist
Aerobic Classes	•	•	•
Basketball	•	•	
Crossfit/HIIT	•	•	
Cycling (Road/Indoor)	•	•	
Golf	•	•	
Pilates	•	•	•
Running	•	•	•
Surfing			•
Soccer/Football	•	•	
Swimming			•
Tennis	•	•	
Yoga	•	•	•
Zumba/Dance	•	•	•