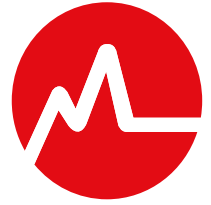


MZ-SWITCH INSTRUCTIONS



Getting started

1. Download and register

Download the Myzone App or visit www.myzonomoves.org and select Register.




If you purchased your belt at a Myzone supported facility, the club staff will provide their facility code to you. You can also search for a facility code at point of registration.

Already have an account? Simply replace your MZ-Switch serial number in the app (Settings > My Profile > Belt ID). In addition to on the Switch module itself, you can also find your serial number on the bottom of the box.




2. Wearable three ways

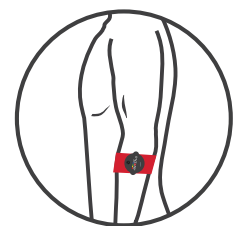
Wrist: Use for low intensity, repeatable movements, including swimming.

Slide your hand through the loop and tighten the loose strap against your skin. Turn on MZ-Switch by holding the  button. The MZ-Switch's LED display will change colours to represent your Effort Zones while it detects a pulse.



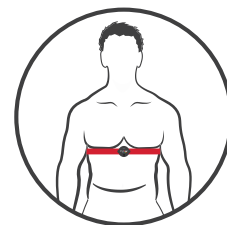
Forearm: Use for better accuracy for low intensity and repeatable movements.

Slide your hand through the loop until the MZ-Switch is positioned halfway up your forearm. The black module should be positioned on the outside of your forearm. Turn on MZ-Switch by holding the  button.



Chest: Use for all exercise, including high-intensity functional movements.

Place the red strap around your body then slide the latch into the belt loop. Make sure the black sensors have direct skin contact and the black module is positioned below your sternum and fits snug. No LED light flashes when receiving a heart rate.



3. Switching



When you switch to chest mode, simply release the module from the wrist cradle and snap onto the chest strap.

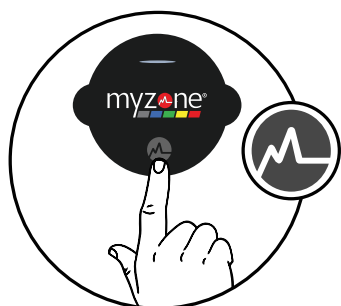
To release, push down until the module pops out of the wrist cradle. Snap the module onto the red strap around your chest. No LED light flashes when receiving a heart rate in chest mode.



4. Connect

Wrist or forearm

Ensure your Bluetooth is turned on in your Phone Settings. Press and hold the  button on your MZ-Switch to hear one long beep. This indicates the MZ-Switch is on and reading your heart rate. The LED light changes colour with your pulse to show your Effort Zone. Once you have connected with your Myzone app, hold the  button and listen for the three beeps to turn the MZ-Switch off.



-  Grey: 50-59%
-  Blue: 60-69%
-  Green: 70-79%
-  Yellow: 80-89%
-  Red: 90-100%

Chest

Moisten the black pads on the chest strap for better connectivity. The MZ-Switch automatically turns on when it detects a heart rate in chest mode. To turn the MZ-Switch off, unsnap the module from the strap to hear three beeps.




5. Uploading data

Data only uploads when the device is worn. First, ensure Bluetooth is turned on in your phone settings – do not pair directly. Open the Myzone app and see your live effort stream under ‘Workout.’ Any time your MZ-Switch is streaming to either your app or in-club display, your data will automatically upload.

To upload stored data, keep the MZ-Switch on and open the Myzone app to the ‘Home’ tile. Depending on the length of your workout, it will upload after a few moments. A successful upload will be identified when you are prompted to rename your workout in the home feed.

6. Charging

Snap the USB charging cable to the back of your MZ-Switch. A light will pulse red to indicate charging. Once fully charged, the light will turn solid green. Charging usually takes 45 minutes and lasts up to six months pending on usage levels (wrist and arm usage will be less). Always charge using a 5-volt outlet or less. Do not charge with a 9-volt charger.

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

The MZ-Switch comes fully charged, however, when you reach 20% battery remaining, you will receive a notification to charge your device. The battery level is also visible on the Workout screen whenever the device is active.

7. Washing

To prolong the life of the red strap, it is suggested to handwash the wrist and chest straps. Before washing, unsnap the black module and handwash in cold water to prolong the life of the straps. Store straps to air dry – do not put in drying machine. We recommend replacing your straps after sustained periods of regular use. Visit buy.myzone.org for more information.