



Your Physical Activity Belt Eight Step Guide.

myzone.org



Step 1.

Register your belt at myzone.org and click on the "Login to your MYZONE user account" button once there click on the "Register my Belt" button. Further instructions are provided on how to register at this site. Enter the unique MYZONE Activity Belt ID - the 10 numbers following "SN" on the reverse of the belt module eg SN 0000003074. You will also need your unique facility code which you can get from the person(s) you received your belt from.

Step 2.

Adjust your belt so that the module fits comfortably across your sternum, with the MYZONE logo facing away from your chest. You can adjust the strap size using the plastic adjuster. The belt should be firm or tight around your body, ensure it is comfortable. (image below)

To set your resting heart rate please wear your belt for 10 minutes prior starting your first activity, You only need to do this once.



Step 3.

Just prior to concerted activity it is advised to moisten the 2 black sensor tabs on the fabric strap then connect the plastic module onto the fabric strap, you will hear 1 beep to confirm the belt is on.



Step 4.

While you're wearing your belt, your data will upload into your account when you are in range of a MYZONE Console. This range will differ from location to location. If you have exercised away from the facility where you received your belt, your data will store on the memory chip. The memory chip will store a total of 16 hours of activity.



Step 5.

Each time you return to the facility where you received your belt, your stored data will upload to your online account as long as you are wearing your belt or holding the belt between your thumbs (image below) and are within 10 metres of the MYZONE Console.



Care Instructions.

Your MYZONE Physical Activity Belt is designed for personal use.

When not in use, please unclip at least one button between the strap and module.

The fabric strap can be hand washed and air dried. Please refer to the care instructions on the MYZONE strap.

Medical Guidance.

If you have a heart condition, are on medication which affects your heart or have an implanted electronic device (i.e. Pacemaker), consult your physician prior to using the MYZONE Physical Activity Belt.

If you feel faint, dizzy or uncomfortable during activity, stop and seek assistance.

Step 6.

When uploading, the MYZONE Console will display the status of your upload.

A green tick indicates that your upload was successful and is now available to view in your account.

The red rotating MYZONE pulse indicates that your exercise data is currently uploading to the cloud. Please don't walk away.

The blue cross prompts you that communication between the Console and your belt has disconnected prior to a complete upload. Please try again.



Step 7.

You will then hear 3 beeps to signal that you have taken off the belt and it has now switched off.



CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED
BY AN INCORRECT TYPE
DISPOSE OF USED BATTERIES ACCORDING
TO THE INSTRUCTIONS

Step 8.

Once you have uploaded any activity data, you can view this data at any point by logging into your online account at myzone.org

For any more information on using the MYZONE system please look at the FAQs section of your online account via myzone.org.



FCC warnings:

changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.