Set up

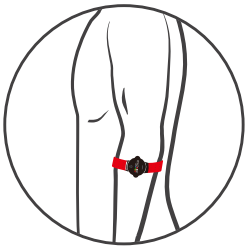
Download the Myzone app and register your MZ-Switch. Already have an account? Simply replace your MZ-Switch serial number in the app.

ANDROID APP ON Google play

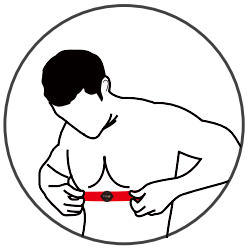
Download on the App Store

Wearable Three Ways

On your wrist/arm
Accurate for lower intensity physical activity such as swimming, walking, jogging and cycling.
Press the MZ-Switch into the wrist/arm strap, slide on and tighten against your skin.



On your chest
Suitable for every type of exercise except swimming. Press the MZ-Switch onto the chest strap and place over your sternum. You'll hear a single beep when it picks up your heart rate. Moisten the black pads on the chest strap if you don't hear a beep right away.



myzone®

MZ-SWITCH

USER GUIDE

Let's get moving
with your new MZ-Switch.
Three ways to wear, for
three times the motivation.

It's time to Switch things up.

Switch

Switch it up easily. Simply release the Myzone module from the MZ-Switch wrist/arm cradle and button it onto the chest strap (or vice versa).

Charge

Your MZ-Switch comes fully charged and should last up to 6 months. You can charge your MZ-Switch with the USB charging cable provided in any power adaptor that is 5 volts or less. Do not charge Myzone products with a 9 volt charger.

Battery life:

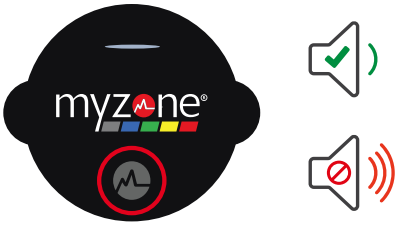
- Pulsing red = low battery
- Pulsing green = fully charged

You will receive a notification when you have less than 20% battery charge remaining. The battery level is also visible on the app Workout screen whenever the device is active.

To discover more about your MZ-Switch, go to myzone.org

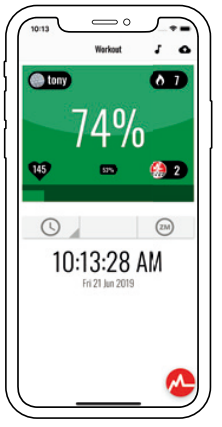
Connect

On your wrist/arm - Press and hold the button. You should hear a long beep and see the LED light flashing. The LED light changes color with your pulse to show your Effort Zone. Hold the button and listen for the three beeps to turn the MZ-Switch off.



On your chest - The MZ-Switch turns on when it senses your heart rate, but the LED won't flash. Moisten the black pads on the chest strap for better connectivity. To switch off, remove the strap from the chest and listen for the three beeps.

Once you connect, watch your stats stream to the live display at your gym. If you are outside of the gym, view the Workout screen in the Myzone app, as long as you're connected to the internet and have your Bluetooth and Location Services enabled. If you see it on the screen, it's saved to your account.



FCC compliance statement

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.

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

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of th

e 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

FCC compliance statement

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.