

WHY WE USE MYZONE



FAQ

MYZONE is an high tech ultra-Cool monitoring system that tracks/displays in real time the EFFORT of the individual wearing it. This awesome tool allows us to coach, challenge, motivate, and inspire you get to your fitness goal. We always have challenges in running, individual, team, and even club events to maximize your fitness experience using this wearable technology. This is just another way for us to hold you accountable both in and outside of the gym in a fun way. Yes MYZONE tracks up to 16 hrs of activity outside of the gym. You can see your effort on your phone APP and in your MYZONE account portal.

How many MEP's Should I Be Aiming For?

A Strength Training routine should be between 100-150 max in approx. 55 minutes
A Team Training session should be between 85-115 in roughly 30 minutes

How Do I See My Workouts I Do Outside The Gym On My App?

If you do not have the MZ3 Belt (which uploads live), The MYZONE belts holds roughly 16 hours worth of data outside the gym. When you come back to the gym and see your name scrolling on the bottom of the monitor, it is extracted from the belt, uploaded to the cloud, and begins processing. The amount of time required for the data to upload depends on the amount of data on the belt. Be patient if there is a delay.

*Like any wireless system there may be hiccup. There is a small chance workouts might not get recorded outside of the club. Not to worry, this is rare, and heck, this suppose to be fun.

What if I don't hear my belt beep, see my name up on the monitor or it is not connecting to my Phone?

Wetting the underside (black part) of the belt will help form a better connection. there may be a problem with the battery, Your phone might not be compatible. If problems still ensue, let us know. or simply contact MYZONE <https://myzone.desk.com/>.

How Do I Take Care Of My Belt?

MZ3 units can be recharged using the USB cord provided. You can check the battery life on your phone app. To wash the strap, remove plastic monitor from red strap and machine/ hand wash. Keep out of extreme cold or extreme heat. DO NOT using while swimming or other water sports. You can wear it during obstacle races, however, if you are going to be submerged in water, pop it off, put it in a zip lock bag and then re-attach when you are out of the water.

Is The MYZONE Accurate?

Yes, however, if there is a blip in our wifi system it may throw it off a bit. It does not happen often.

DON'T FORGET YOUR MYZONE

CSF MYZONE User Penalty:)

When you agree to implement the MYZONE program into your fitness, you agree to the CSF MYZONE penalty. MYZONE is such a huge part of our culture, that we have implemented a fun exercise-related penalty for those who "forget" to bring/wear their belt for training session.

Do I have to participate in the MYZONE program at CSF?

We highly recommend it, but if you do not wish to participate, you do not have to, or at anytime you may return your belt and inform us.

I am Having Trouble with My Belt, Who Should I Contact?

MYZONE has a tech support team that is top notch and can help you way better than we ever could. Lean on our staff for fitness but not for tech support. MYZONE will help you when you need it. Follow the support link in your MYZONE Account