



What is MyZone?

MyZone is a chest strap and monitoring system that displays heart rate, calories, time and effort (MEP points). This is displayed on a TV monitor or on the MyZone app, whilst simultaneously creating an online logbook of all physical activity that can be viewed anywhere.

How can I create my MyZone account?

Once you have purchased your MyZone MZ-3 belt, instructions on how to create a MyZone account are provided in the box. To register and create your account, go to: www.myzonemoves.com, click 'Register your belt' and follow to instructions to set up. Members who purchase a MyZone belt will need to input the Basingstoke Sports Centre facility code which is: **BDSTUK001** or the bstFitness Newbury code – **BDSTUK002**

How does MyZone work?

Your MyZone (MZ-3) belt picks up electrical signals generated by your heart beat. The belt must be worn under clothing and have contact with your skin. The belt should be worn around your chest with the black module in the centre.

Can I have more than one MyZone MZ-3 belt?

You only need one as you are only able to register one MyZone MZ-3 belt per MyZone facility and email address on the app. However, members may wish to purchase a belt for family and friends at our usual cost of £79.99.

Who is MyZone suitable for?

MyZone will be suitable for all users and exercisers from beginners to advanced. MyZone can be used for ANY training type from HIIT, endurance cardio, resistance training & classes.

How do I know that my MyZone MZ-3 belt is working?

The belt will beep once when it's activated and three times when it's removed.

Can I use MyZone if I have a medical condition?

Anyone with a Pacemaker is not permitted to use a MyZone belt.

Can I use my MyZone belt outside of BST?

Yes, you are able to use your MyZone belt outside of the centre. If you are live streaming your session to the MyZone app your data is regularly uploaded to your account. If you are exercising without live streaming to the app, your belt will store the data until you open your effort stream

whilst wearing your belt or until you stand within range of the MyZone receiver in the centre. Belts have 14-16 hours of stored data capacity.

How is my heart rate displayed on the screen?

Once you have created your MyZone account your MyZone belt is automatically detected by the MyZone receiver in the centre when you are in range. On the screen you will have a dedicated tile that shows your name, calories burnt, current heart rate, MyZone effort points (MEP points) and % of your maximum heart rate. When you set up your account on the app, the user name you decide to use will be displayed on the tile onscreen.

Does the MyZone belt need to be charged?

The battery will need to be recharged every 3-4 months based on usage. To charge the belt connect the recharge dongle to a USB port or USB charger.

What do I do if my MyZone MZ-3 belts is not working?

The MyZone module is under warranty for 12 months and belts for 3 months. If the belt/module is faulty contact Basingstoke Sports Centre and we will look into this and organise a replacement.

Do I need to own my MyZone MZ-3 belt?

Yes, all MyZone users own there MyZone belts. This allows you to create your own MyZone account online and view your personal activity data.

Is the MyZone MZ-3 belt waterproof?

The MyZone belt is water/ sweat proof, however it is not recommended that the belt is worn in water whilst swimming as the module can become detached from the belt. IP rating has been requested.

Can non-members purchase a belt for £79.00?

Yes non-members can purchase a MyZone belt at a cost of £79.00. There are no restrictions on how many may be purchased.

What can I use my MyZone MZ-3 belt for in the Basingstoke Sports Centre / bstFitness

There will be many activities that you can use your MyZone MZ-3 belt for:

- Book in for a MyZone 'How to' session. These sessions are 30 mins in length and one of our gym instructors will show you how your MyZone belt works and how to get the best out of it, discussing what your tile means and the Zones you are working in. If a member does not own a belt they will be able to borrow a demo belt so that members can see how a belt could work for them.
- Take part in one of our new Gym Floor Fast classes. The new fast class timetable will be taking place of 'Abs on the hour'. Sessions will be advertised on the gym floor entrance at select times throughout the day. Sessions will be 15 mins in length and 2-3 per day will be using MyZone. Demo belts will be available for use in these sessions.
- Take part in one of our studio classes. A MyZone screen will be in studio 2 so anyone taking part can see their tile whilst taking part in their favourite group exercise class. This will also be coming soon in the virtual studio. Anyone exercising in studio 1 or 3 can still use MyZone and their tile will be displayed on their apple watch or phone and all information from their workout will be saved to their MyZone account.
- MyZone challenges will be happening in Evolve and Shape gym throughout the year.

- MyZone can be used outside of Basingstoke Sports Centre too so you can use them when taking part in other physical activity, from walking to jogging and gardening to cycling, anyone that uses the belt can get real time data and MEPs for their activity.