



Ask your club staff why
MYZONE is the best choice for
accurate exercise tracking.



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**It takes more than
step counts to see
real results.**



There are lots of wearables
to choose from, but the real
question is: Which one is the
best for the gym goer?

Wrist trackers can't reward all of your activity.

As a casual gym goer you run, cycle, punch, push, pull, swing, throw, hold, jump, lunge, duck, squat, lift, and balance. What do all these activities have in common? They all get your heart pumping. Your heart is a true reflection of the one thing you can control: effort. MYZONE measures your effort with 99.4% accuracy to an EKG machine.

Does counting steps make sense?

No. Step counting is not an accurate way to measure the work you put in at the gym. During a push up, the wrist doesn't 'move' so the 'steps' are not counted. Burpees, leg press, planks, box jumps, spinning, boxing and yoga are among the activities that wrist trackers aren't able to properly reward.

Does movement data matter?

General movement and sleep pattern data are prioritized by wrist trackers, but provide no relevant measurement or insight to your actual exercise habits.

Does wrist-based heart rate count?

No. Brands that use this technology state on their websites that the devices lose accuracy if you are moving in a non-rhythmical manner, clenching your fist or moving your wrist. This is demotivating when exercising.

Side-by-side comparison



Goal setting	✓	✓
Competitive leaderboard	✓	✓
Status ranking	✓	✓
Engaging social platform	✓	✓
Built-in data storage	✓	✓
Step counting		✓
Sleep tracking		✓
Text message alerts		✓
Measures exercise effort	✓	
In-gym live effort display	✓	
Displays data on gym equipment	✓	
Rewards all your effort	✓	
Works with many 3rd party apps	✓	

The MYZONE belt, app and unique point system measure what actually matters for gym goers: exercise effort.

