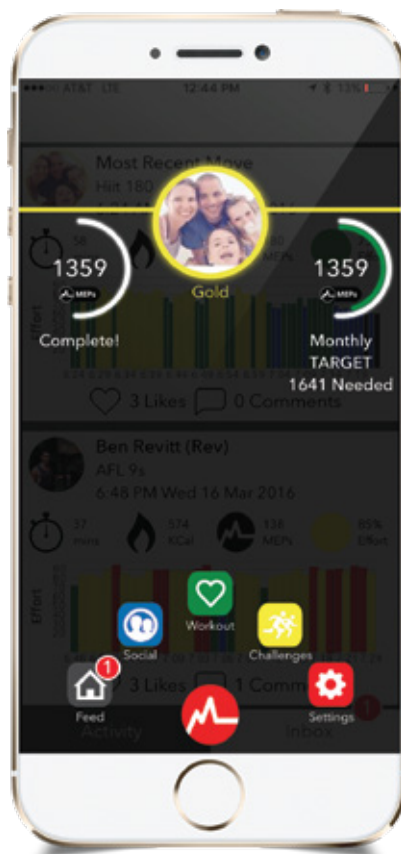# MYZONE®
EFFORT REWARDED.

HOW TO CONNECT
MYZONE® APP WITH
APPLE WATCH

1.   With your **MYZONE®** belt connected, open the **MYZONE®** app on your iPhone.

2.   Click the center **'home'** button and tap **'workout'**

3.   On your Apple Watch, click the **MYZONE®** app.

4.   Click **'Begin Workout'**

5.   The Apple Watch will then show it is connecting to iPhone App.

6.   Once connected, your **tile** will be displayed on the watch.