

Zone Match FAQ's

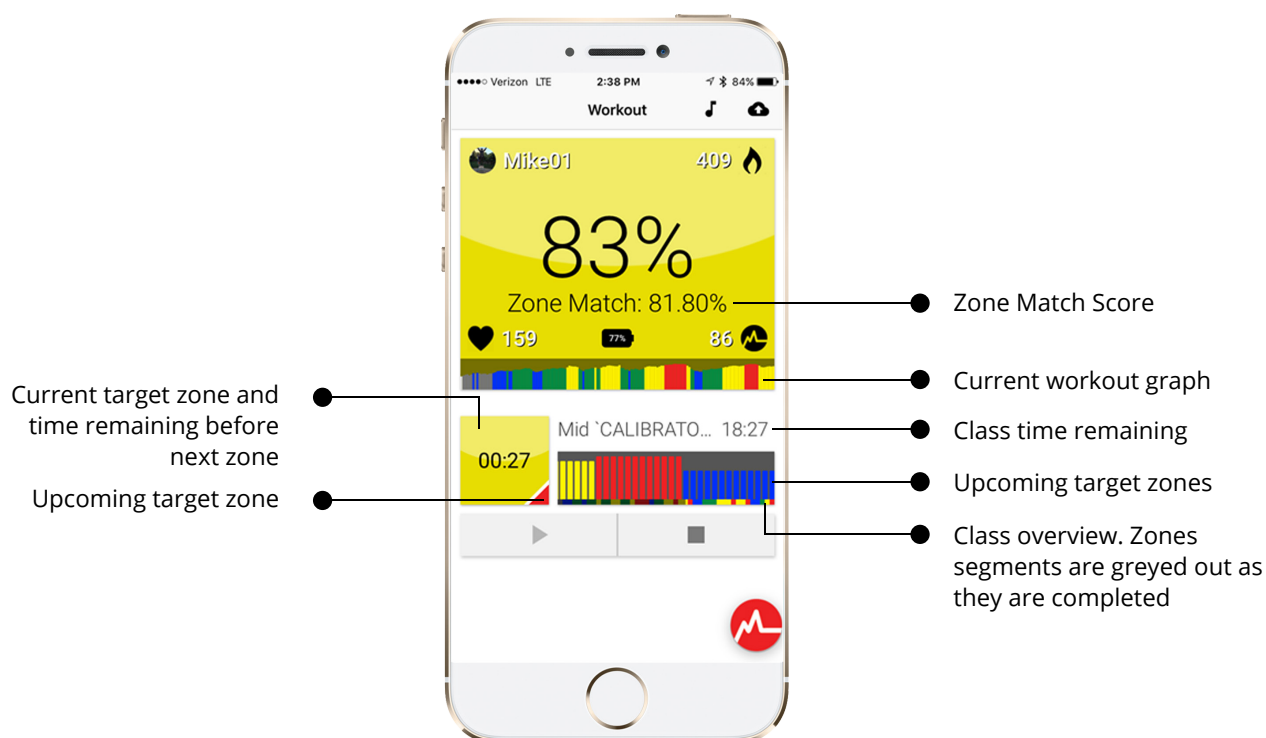


What is Zone Match?

Zone Match guides you through a **personal cardio experience** with the aim being to match your heart rate with the target zones. Throughout the class, your Zone Match score will display as a percentage of how closely you match your tile with the target color, 100% being the highest score you can achieve.

How do I find Zone Match?

Click on **workout**, to the right of the main tile is a button with **ZM** on. Click this and select your preferred Zone Match. You can filter by duration by using the options at the bottom of the screen.



Will I get a Zone Match score if I don't finish the class?

Your Zone Match score will be displayed on your workout tile and updates in real time. If you do not finish the class however, your overall score will not be recorded.

Can I compete with other people?

This feature is not currently available in the Myzone app but any Myzone club can run Zone Match classes with multiple people competing.

Why can I not get into the Red Zone?

It is important that your **Max Heart Rate** is as accurate as possible to ensure your zones are calibrated to your effort. If you feel your zones are not reflecting your effort, please see a trainer at your club.

Can I create my own Zone Match Classes?

Preset classes are only available at this time.

Can I turn off Voice Alerts?

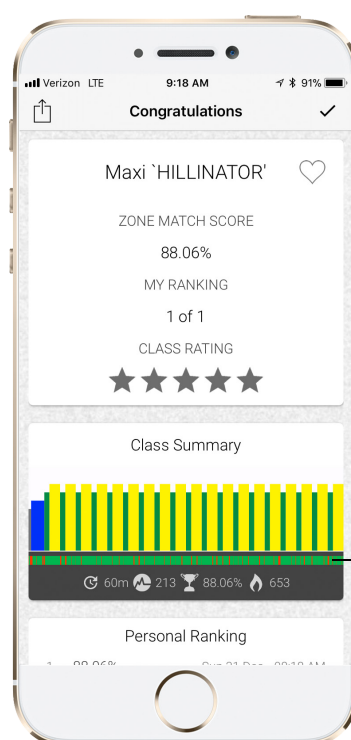
Yes, you can make changes to Zone Match Settings in the App Settings under Preferences.

Can I run a zone match class on my Apple Watch?

Zone Match class are only available to run on the Myzone Smartphone app and in-club display. Zone Match is not currently available on the Apple or Android watches.

What is the Green and Red graph that shows on the Zone Match summary at the end?

Green shows the time you matched the target zone and red is where you were outside the required zone.



Green and Red graph