

MYZONE[®]



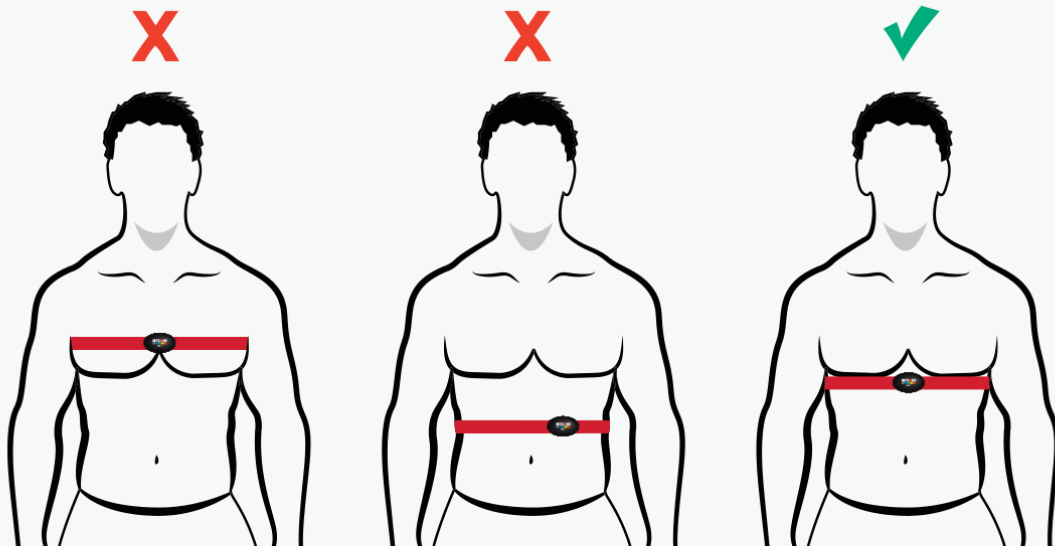
MZ-3 HEART RATE MONITOR

Model Number VBLE

Step 1

Wear your belt

Wearing your MZ-3 Belt is easy and comfortable. Position the belt so that the center piece is directly below your chest, on top of your sternum.



Step 2

Exercise Anywhere

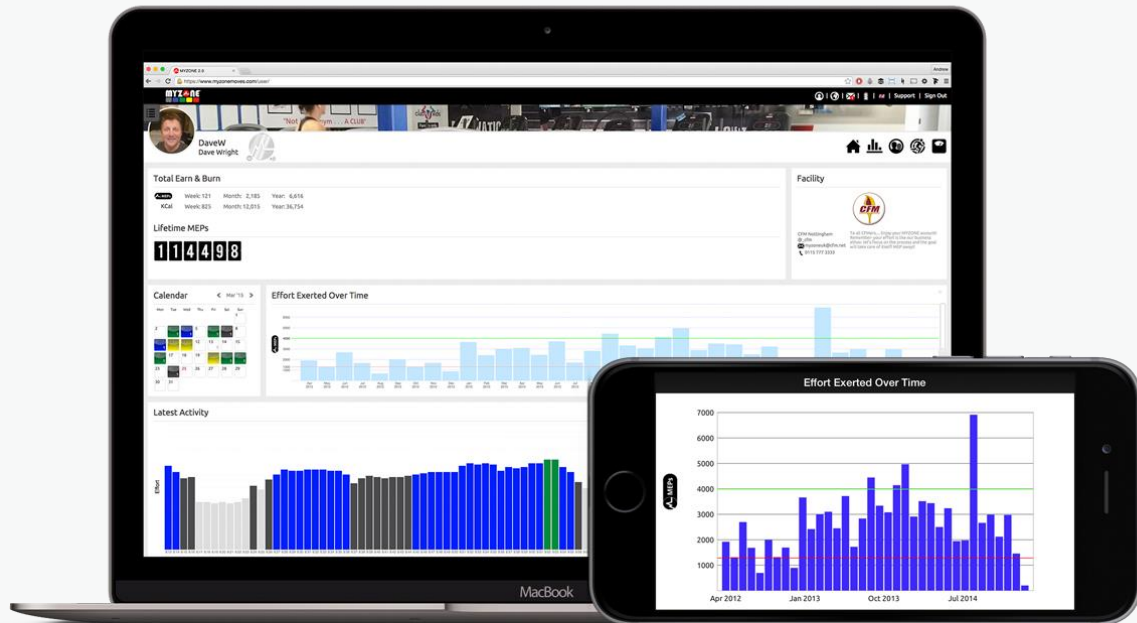
Whether you're in the gym watching your live feed, or out on the street viewing your tile through the MYZONE App, you can rest assured you're earning MEPs and tracking your effort anywhere you go.



Step 3

Monitor your results

By logging in to your MYZONE account on your computer or through the MYZONE App, you'll be able to see minute-by-minute breakdowns of your exercise effort. Track your progress over time to gain more understanding about your workout habits.



Step 4

Challenge, share, compare

With built-in leaderboards, status rankings, and social integration, we've made it easier than ever to show off your progress. Meet World Health Organization standards every month to rank up and pass your friends.



Step 5

Achieve your goals

By using the MZ-3, you'll have access to relevant effort-based data to help you push your limits and reach new heights. Follow us on [Facebook](#) to see how other people just like you are achieving their goals with MYZONE!



IMPORTANT INFORMATION ON USE OF THE MYZONE BELT

Product Use

WARNING

Strenuous exercise can be dangerous for persons suffering from many medical conditions.

If you are in any doubt (and in any event if you are pregnant, or receiving medical treatment or medication) you should refrain from taking any such exercise - with or without your product - without first taking competent medical advice.

Your MYZONE belt is designed only as an aid to personal training / exercise. IT IS NOT A MEDICAL DEVICE. It cannot tell you what level of exercise is safe for you, or whether you are exerting yourself beyond your safe limits. You should therefore take particular care if you are undertaking exercise in a group / class environment and are following the instructions provided by a physical instructor or trainer. It is your responsibility to check your own medical condition before undertaking any exercise.

If chest pains or any other symptoms or discomfort are experienced when using the MYZONE belt, you should stop exercising immediately and seek medical attention. MYZONE personnel are not medically qualified, and MYZONE cannot and does not give medical advice.

IMPORTANT: MYZONE uses a formula ($HR\ MAX = 207.3 - (0.711 \times age)$) derived by Londeree and Moeschberger (University of Missouri) to establish your age-predicted maximum heart rate (HR MAX). This is based on population norms and is not accurate for everyone. Your HR MAX setting will be adjusted and increased if samples of your heart rate data indicate the formula could be inappropriate for you. However, the MYZONE system is not a replacement for an accurate heart rate test conducted by a trained professional. If you exercise and follow your level of effort depicted in a MYZONE color-coded tile you must always consider the warning above as your tile color and percentage of your HR MAX may be incorrect. Your facility can manually readjust your HR MAX setting for you.

The MYZONE belt must at all times be used in accordance with MYZONE product use & care instructions.

Operation and Use of the Myzone Belt:

To register a MYZONE belt you will require a facility code. If you have purchased your belt directly from MYZONE we will allocate a facility code to you. If you have not purchased your belt from MYZONE a facility code will be issued by the facility that supplied your belt. It should be noted that a belt cannot be transferred from one facility for use at another facility without the agreement of both facilities. You are responsible for obtaining and supplying MYZONE with confirmation of such agreement.

Although a MYZONE belt is capable of operating as a standalone device, if you wish to store data in your MYZONE account you will require a facility code and an online user account.

Belts can only be registered in respect of one facility or (at the discretion of the facility operator) one chain of associated facilities at any given time.

Product Support

You will need to register your MYZONE belt before you can use it. Registration will allow you to receive support for your MYZONE belt. You can find details of the support and warranty services at www.myzone.org. The support services offered may change over time – we recommend you check the support available by visiting www.myzone.org from time to time. This does not affect your statutory rights.

To register your MYZONE belt, we will need to collect and store some personal information about you. All personal information we gather about you will be handled in accordance with our Privacy Policy.

Different countries or states often have their own laws controlling the collection of personal information from children or young people online (for example, the Children's Online Privacy Protection Act or COPPA in the US) so, depending on your age, you may need a parent or legal guardian to provide their consent, or even to register your MYZONE belt for you.

Model Number VBLE
FCC STATEMENT FCC ID: ZZNVBLE

This device complies with Part 15 of the FCC Rules.
Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Model Number VBLE
IC Statement IC:9896A-VBLE

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

CAN ICES-3(B)/NMB-3(B)

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) il ne doit pas produire de brouillage et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif. CAN ICES-3(B)/NMB-3(B)

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a distance of less than 5mm between the radiator and the body.

Cet émetteur ne doit pas être Co-placé ou ne fonctionnant en même temps qu'aucune autre antenne ou émetteur. Cet équipement devrait être installé et actionné avec une distance moins de 5 millimètres entre le radiateur et votre corps.