

GHFC MY ZONE INFO



Myzone is an innovative, wearable heart rate system that measures the effort put in by your heart. The group fitness digital, technology system and wearable fitness trackers that shows and rewards EFFORT when you work out. The readings are tailored to how hard your heart is working, not your fitness level. So it creates an "even playing field" amongst all. It is hard for the fitter participants to reach the higher zones/levels.

It displays real time heart rate, calories and intensity with five colour coded personalised zones and has a simple rewards-based metric called MEPs (My Zone Effort Points) that align with the WHO guidelines for physical activity. The MYZONE chest technology has been reviewed as being 99.4% accurate.

Reach different zones on-screen based on your heart rate. Each of the five zones is worth a different number of MEPs. Each zone represents a percentage of your maximum heart rate.

- Red Zone : 90-100% (HIIT, speed, anaerobic, running repeats)
- Yellow Zone : 80-89% (HIIT and speed work, lactate & tempo training/runs, 5-10km pace)
- Green Zone : 70 - 79% (recovery in HIIT, tempo & aerobic training, fartlek runs and undulating runs)
- Blue Zone : 60 - 69% (walking, long slow run/duration, recovery runs, yoga & mobility work)
- Grey Zone : 50 - 59% (warm ups and cool downs)

The grey, blue and green zones are suited up for warm ups, mobilisations, meditations, low intensity movements, strength & Conditioning, and cool downs. These zones are also vital to determining your ability to recover during more intense workouts. The yellow and red zones come into play with cardio and high intensity workouts. Think running, plyometrics, interval training. These zones will burn more calories and earn more MEPs. You shouldn't be aiming for these zones all the time. Mixing it up between the zones is much better for your well being than trying to max out with every workout, so it will be a great tool to monitor your training loads as well.

The harder you work, the more you earn. Instant feedback tells you when to ease off or step up as you enter each zone. MEPs transform average workouts into a game with motivation and engagement guaranteed. You can opt to receive an email every night telling you about your results.

GHFC Prices:

- MZ1 MYZONE Chest Strap - \$89 (original/basic strap that requires internet to work. Suitable for people that will only be wearing it in the Studio)
- MZ3 MYZONE 3 Chest Strap - \$149 (latest strap that works w/o being connected to the internet. Data downloads automatically when you get back in range)
- MZ Switch - MYZONE Chest & Wrist Strap - \$169 (MZ3 chest strap, plus an arm and wrist strap that can be used in water and are suitable for walking/jogging)