

## MYZONE Myzone MZ-3

# MYZONE MZ-3 Physical Activity Chest Strap Heart Rate Monitor User Manual

Model: Myzone MZ-3 | Brand: MYZONE

## INTRODUCTION

The MYZONE MZ-3 is an advanced physical activity chest strap heart rate monitor designed to accurately track your fitness and activity levels. It provides real-time feedback on your effort, helping you to optimize your workouts and achieve your fitness goals. The MZ-3 integrates seamlessly with various devices and platforms, offering a versatile and comprehensive tracking experience.



Image: The MYZONE MZ-3 heart rate monitor, consisting of a red chest strap and a black oval sensor, shown alongside its white product packaging.

## SETUP

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Before using your MYZONE MZ-3, ensure it is properly charged and correctly positioned on your body. The device is designed for comfortable and accurate heart rate monitoring during physical activity.

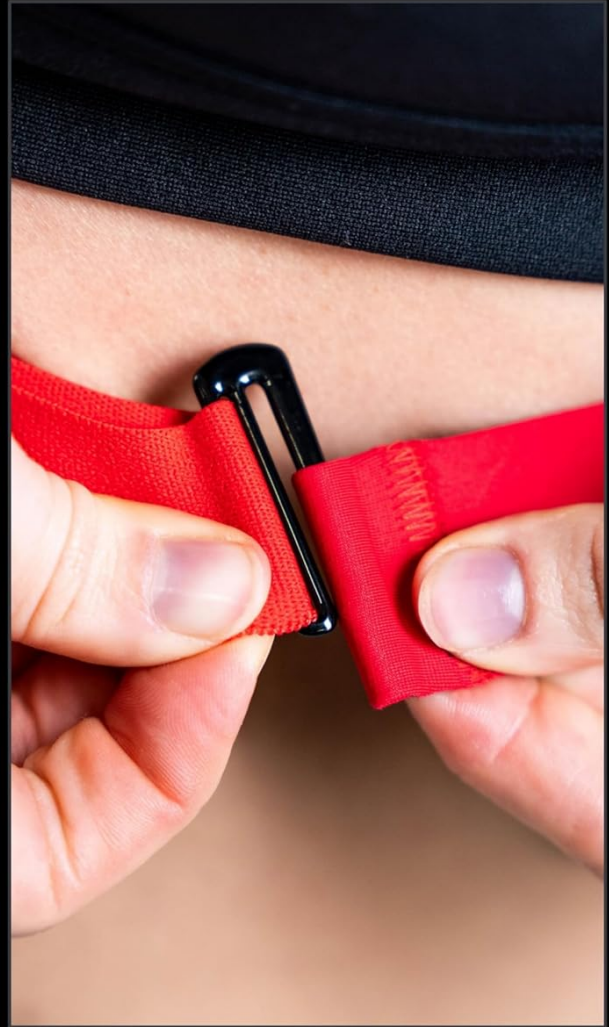
### Wearing the MZ-3

The MZ-3 chest strap should be worn directly on your skin, just below your chest. Ensure the sensor is centered and the strap is snug but comfortable. Moisten the sensor pads on the back of the strap for optimal conductivity, especially before your first use or if you experience connectivity issues.

**ADJUSTABLE**

**COMFORTABLE**

**VERSATILE**



**Flexible fit for complete comfort**

Image: A woman wearing the MYZONE MZ-3 chest strap below her sports bra, demonstrating its placement. A close-up image shows how to adjust the strap for a flexible and comfortable fit.

### **Initial Connection and App Setup**

Download the Myzone App from your device's app store. The MZ-3 connects using Bluetooth 4.0 or ANT+. Open the app and follow the on-screen instructions to pair your device. The app will guide you through setting up your profile and personalizing your experience.



Image: The Myzone app interface displayed on a smartphone and a smartwatch, showing real-time heart rate and effort percentage during a workout.

## Unboxing and First Use Video

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Video: An official unboxing video for the MYZONE MZ-3 Heart Rate Monitor, demonstrating the contents of the package and initial setup steps.

## OPERATING INSTRUCTIONS

The MYZONE MZ-3 is designed for intuitive use, providing accurate data to enhance your fitness journey.

### Tracking Your Workout

Once connected to the Myzone App, the MZ-3 will display your workout stats live, including heart rate, calories burned, and Myzone Effort Points (MEPs). MEPs are a unique metric that rewards effort, not fitness, making every workout count. The device has built-in memory capable of storing up to 16 hours of exercise data, allowing you to work out phone-free and sync later.





Image: Hands adjusting the MYZONE MZ-3 sensor on the chest strap, with text overlays highlighting features such as "99.4% accuracy," "Track Progress," "Stay accountable," and "Real-time feedback."

## Integration with Fitness Equipment

The MZ-3 can connect to various cardio machines and fitness applications that support Bluetooth 4.0 or ANT+ connectivity. This includes popular platforms like Life Fitness, TechnoGym, Zwift, Polar, Strava, and Wattbike, allowing you to view your heart rate data directly on gym equipment or third-party apps.



Image: A collage of logos representing various fitness platforms and equipment brands that integrate with Myzone, including Life Fitness, TechnoGym, Zwift, Wattbike, Garmin, Strava, and Polar.

## Versatile Use

The MZ-3 is suitable for a wide range of physical activities and sports, providing accurate heart rate data whether you are running, cycling, lifting weights, or engaging in other forms of exercise.



Image: A triptych showing individuals participating in different sports activities, including weightlifting, squats, and running, all while wearing the MYZONE MZ-3 chest strap, highlighting its multi-sport use.

## Product Overview Video

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Video: An official overview video titled "MyZone MZ-3 Physical Activity Belt," showcasing the product's features and how it functions during various activities.

## Movement with MYZONE Video

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Video: An official video titled "Move with MYZONE," demonstrating the dynamic use of the MYZONE MZ-3 during various fitness activities.



## MAINTENANCE

Proper maintenance ensures the longevity and accuracy of your MYZONE MZ-3.

### Cleaning the Chest Strap

After each use, it is recommended to rinse the chest strap with water and allow it to air dry. If the strap develops an odor, it can be hand-washed with mild soap and water. Ensure the sensor module is detached before washing the strap. Do not machine wash or tumble dry the strap.

### Water Resistance

The MZ-3 is water resistant, allowing for use during sweaty workouts or in light rain. However, it is not designed for swimming or prolonged submersion in water.



Image: A close-up of the MYZONE MZ-3 sensor module with water droplets on its surface, illustrating its water-resistant design.

### Battery Life and Charging

The MZ-3 boasts an extended battery life, often lasting for months on a single charge depending on usage. When

the battery is low, the Myzone App will notify you. Charge the device using the provided charging cable.

## TROUBLESHOOTING

If you encounter issues with your MYZONE MZ-3, refer to the following common solutions.

### Connectivity Issues

- **No Connection/Frequent Disconnections:** Ensure the chest strap is worn correctly and the sensor pads are moistened. Check that Bluetooth is enabled on your device and the Myzone App has necessary permissions. Sometimes, restarting the app or your phone can resolve temporary connection glitches.
- **Device Not Recognized:** Verify that the MZ-3 is charged. If it's a first-time connection, ensure you are following the pairing instructions within the Myzone App.

### Accuracy Concerns

- **Inaccurate Heart Rate Readings:** Ensure the strap is snug and positioned correctly on your chest. Dry skin can sometimes affect conductivity; moisten the sensor pads. If you believe your maximum heart rate setting in the app is incorrect, you may need to adjust it within the Myzone App settings or contact Myzone support for guidance.

### General Issues

- **Device Not Turning On:** Ensure the device is fully charged. If it still doesn't turn on, try a different charging cable or power source.
- **Faulty Item:** If you suspect the device is faulty upon arrival or after minimal use, contact Myzone customer support or your retailer for assistance with returns or replacements.

For more detailed troubleshooting or specific issues, please refer to the official Myzone website or contact their customer support.




## SPECIFICATIONS



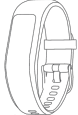
Feature	Detail
Brand Name	MYZONE
Model Name	Myzone MZ-3
Part Number	EAN
Color	Red
Material	Plastic
Item Weight	0.16 Kilograms
Package Weight	0.17 Kilograms
Item Package Dimensions (L x W x H)	6.3 x 2.8 x 1.73 inches
Suggested Users	unisex
Manufacturer	MYZONE
Style	MZ-3 Heart Rate Monitor



Size	MZ-60
<h2>WARRANTY AND SUPPORT</h2> <p>For warranty claims and product support, please refer to the official MYZONE website.</p> <p><b>Warranty Information:</b> Warranty on any Myzone product can only be approved on <a href="https://myzone.org">Myzone.org</a>.</p> <p><b>Manufacturer:</b> MYZONE</p> <p>For further assistance, visit the <a href="https://myzone.org">MYZONE Store on Amazon</a>.</p> <p>© 2025 MYZONE. All rights reserved.</p>	

Related Documents - Myzone MZ-3

	<p><a href="#">Myzone MZ-Switch User Guide: Setup, Wearability, and Connectivity</a></p> <p>A comprehensive user guide for the Myzone MZ-Switch, detailing setup, different ways to wear the device for various activities, charging instructions, battery life indicators, and connectivity options for tracking fitness data.</p>
	<p><a href="#">Myzone Max User Guide: Setup, Registration, and Usage</a></p> <p>Comprehensive user guide for the Myzone Max physical activity belt, covering setup, registration, first session, and regulatory information.</p>
	<p><a href="#">Fitbit Charge 3 User Manual</a></p> <p>User manual for the Fitbit Charge 3, covering setup, usage, features, and troubleshooting.</p>

<div data-bbox="137 120 292 145" data-label="Text"><p>fitbit inspire 3</p></div> <div data-bbox="186 159 240 232" data-label="Image"></div> <div data-bbox="140 250 161 271" data-label="Image"></div> <div data-bbox="236 275 287 295" data-label="Text"><p>User Manual Version 1.0</p></div>	<div data-bbox="341 145 968 174" data-label="Section-Header"><p><a href="#">Fitbit Inspire 3 User Manual - Get Started and Features</a></p></div> <div data-bbox="341 185 1452 295" data-label="Text"><p>Comprehensive user manual for the Fitbit Inspire 3, covering setup, usage, features like activity tracking, sleep monitoring, stress management, and advanced health metrics. Learn how to wear, charge, and navigate your Inspire 3.</p></div>
<div data-bbox="264 392 304 400" data-label="Text"><p>GARMIN</p></div> <div data-bbox="175 403 252 517" data-label="Image"></div> <div data-bbox="178 517 248 548" data-label="Text"><p>VIVOSMART® 3 Owner's Manual</p></div>	<div data-bbox="341 544 1219 573" data-label="Section-Header"><p><a href="#">Garmin vívosmart 3 Owner's Manual: Fitness Tracking and Health Monitoring</a></p></div> <div data-bbox="341 584 1449 692" data-label="Text"><p>Comprehensive guide to the Garmin vívosmart 3 fitness tracker, covering setup, features like activity tracking, heart rate monitoring, sleep tracking, notifications, and customization. Learn how to maximize battery life and troubleshoot common issues.</p></div>