



MZ-SWITCH

WEARABLE 3 WAYS.
3X THE MOTIVATION.
3X THE FUN.

Swimming Monday and Crossfit Tuesday? The **MZ-Switch** rewards it all. The most versatile wearable around, the Switch accurately tracks your effort from the wrist, arm or chest while maintaining Myzone's foundation from the MZ-1 and MZ-3.

FEATURES:

Chest strap	✓ Yes
Arm/Wrist	✓ Yes
Memory	✓ Yes - 36 hours
Beep on/off	✓ Yes
Hand-Up Display	✓ Yes - raise your wrist to see which zone you are in.
Rechargeable Battery	✓ Yes (Up to 140 hours when exclusively worn on the chest; up to 40 hours when exclusively worn on the wrist).
Low Battery Notification	Orange Light on Module; in-app pop-up. Refer to the workout tile in the app for charge level any time.
Waterproof	✓ Yes (up to 10 meters).
Swim-friendly	✓ Yes
HRM	Optic Blood Flow for wrist and Forearm; EKG when on the chest
Bluetooth	Yes - Bluetooth 5.0 which has 3 distinct differences to 4.0. 1. It's twice as fast to pair. 2. 4 x range (4.0 is 10 metres indoor, 5.0 is 40 metres indoor or 200 metres line of sight). 3. 8 x data transfer speed.
ANT+	✓ Yes
Analog	✗ No
Strap Color Options	Red chest strap only. Arm/wrist color options as below: <ul style="list-style-type: none">• Aqua (Swimming Pool)• Grey (Twilight)• Purple (Violet)• Black (Midnight)• Orange (Sunset)• Khaki Green (Forest Run)

WHAT IT DOES:

- ✓ Allows you to switch between wrist, arm and chest with ease.
- ✓ Tracks your physical activity so you can earn MEPs in the gym, outdoors and when you swim.
- ✓ Unlocks heart rate training for anyone not comfortable wearing a chest strap.
- ✓ Instantly tells you which zone you're in when worn on the wrist, thanks to the flashing indicator light.
- ✓ Built-in memory so that you can work out phone-free.
- ✓ Shows live workout stats that you can view via the app, on your smartwatch or on the screen in your gym.
- ✓ Logs every workout online so you can engage your community and make every effort count.
- ✓ Connects with your favourite cardio machines.
- ✓ Let's you see your heart rate on screen with MZ-Remote and MZ-Remote+.
- ✓ Sets monthly physical activity goals recommended by the World Health Organization that maintains positive lifestyle change for the long term.

