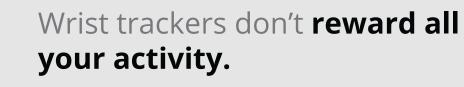


Myzone vs. Wrist Trackers

It takes more than step counts to see real results.



During a push up, the wrist doesn't 'move' and the 'steps' are not counted. Burpees, pull ups, lunges, box jumps, cycling, boxing and yoga are among the activities that wrist trackers aren't able to properly reward.

Wrist trackers prioritize irrelevant data.

General movement and sleep pattern data are prioritized by wrist trackers, but provide no relevant measurement or insight to your actual exercise habits.

Wrist-based heart rate detectors are innacurate.

Brands that use this technology state on their websites that the devices lose accuracy if you are moving in a non-rhythmical manner, clenching your fist or moving your wrist.

The **Myzone belt**, app and unique point system measure what actually matters for gym goers: exercise effort.

Side-by-side comparison





Goal setting

Competitive leaderboard

Status ranking

Engaging social platform

Built-in data storage

Step counting

Sleep tracking

Text message alerts

Measures exercise effort

In-gym live effort display

Displays data on gym equipment

Rewards all your effort

Works with many 3rd party apps





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