

# Troubleshooting your MZ-Switch belt



## 1. BEFORE YOU BEGIN

### Wrist/Arm:

- Strap your MZ-Switch to your wrist or arm, then press the pulse button until you hear a beep and see the light flash green.

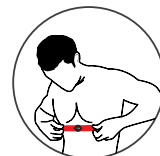
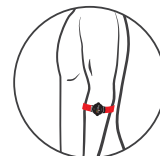
### Chest:

- Secure your MZ-Switch around chest and allow at least 30 seconds for your MZ-Switch to detect your heart rate—the chest strap reads a few cycles of your heart rate before activating to ensure accuracy.
- Do not press the power button. It automatically activates when the EKG pads on your strap pick up your heart rate (if you do press the power button in EKG mode, you will hear it beep off and there will be a delay before it activates again).
- Always thoroughly dampen the strap sensors to speed up connection



## 2. CHOOSE THE BEST STRAP FOR YOUR

- **Wear the wristband** for swimming and non-gripping activities with repetitive movements.
- **Wear the armband** for a more accurate reading of non-gripping activities and repetitive movements. Don't use the armband for swimming.
- **Wear the chest strap** for the most accurate reading for all types of exercises, but not swimming.



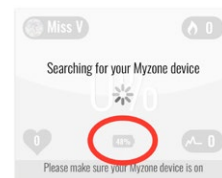
## 3. SNUG IS BEST

- Make sure the strap is comfortably snug on your wrist, arm, or chest.
- On your wrist or arm, you should not be able to see the green LED's against your skin, but it should not be so tight that it restricts blood flow.
- On your chest, it should be tight enough that it does not shift with movement, but not to the point of discomfort.

## 4. CHECK YOUR BATTERY LEVEL

Check your battery at any time on the workout screen on the app. No need to have your belt activated—the app remembers the charge level from the last time it saw your belt. You will also receive a pop-up notification in the app when it dips below 20% (please enable notifications for Myzone to access this feature).

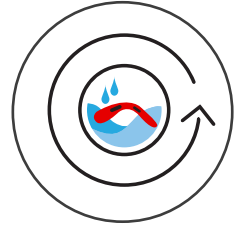
If you wear your Switch on your arm or wrist and see it flash orange when you press it on or off, this means you are at 30% battery life. Snap it into its charging cable and plug in to a computer USB or 5v charging block to get fully charged up for next time and avoid data loss. The blinking red light means it is charging. It will be steady green at 100%.



## 5. KEEP IT CLEAN

Sweat residue can affect your belt's performance and shorten the life of the strap. After each workout, rinse your strap in cool water (under 38°C). Once a week (or every five uses), give your strap a good clean in the washing machine, then lay flat or hang to dry. Also, periodically wipe around the snaps of the module with a damp cloth or cotton swab.

Avoid using rubbing alcohol or other solvents, as that can break down the components of your belt.



6. If these steps do not help, test the module on a different strap to determine which piece is the faulty component.

7. If you are still having trouble and your product is still under warranty, contact our Support Team by tapping Help on the app for replacement assistance.



### WARRANTY PERIODS

- Module - 12 months
- Strap - 3 months
- Charger - 12 months

