



Myzone vs. Wrist Trackers

It takes **more than step counts** to see real results.



Wrist trackers don't **reward all your activity.**

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 inaccurate.**

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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MYZONE KEY FEATURES



@myzonemoves | #myzonemoves | #myzonecommunity

myzone.org | Myzone app available on

