

Product comparison guide



MZ-SWITCH

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, forearm or chest while maintaining Myzone's foundation features from the MZ-1 and MZ-3.

MZ-3

No phone? No problem. Use the MZ-3 if storing your data is important. The MZ-3 has approximately 16 hours worth of storage capacity, a rechargeable battery and a beep queue to let you know when it has activated or deactivated.

FEATURES

Chest strap	✓ Yes	✓ Yes
Arm/Wrist	✓ Yes	✗ No
Memory	✓ Yes - 36 hours	✓ Yes - Approx. 16 hours
Beep on/off	✓ Yes	✓ Yes
Hand-Up Display	✓ Yes - raise your wrist to see which zone you are in.	✗ No
Rechargeable Battery	✓ Yes (Up to 140 hours when exclusively worn on the chest; up to 40 hours when exclusively worn on the wrist).	✓ Yes (Approx. 6 months).
Low Battery Notification	Orange Light on Module; in-app pop-up. Refer to the workout tile in the app for charge level any time.	In-app pop up. Refer to the workout tile in the app for charge level any time.
Waterproof	✓ Yes (up to 10 meters).	✓ Yes (up to 10 meters).
Swim-friendly	✓ Yes	✗ No
HRM	Optic Blood Flow for wrist and Forearm; EKG when on the chest	EKG only
Bluetooth	Yes - Bluetooth 5.0 which has 3 distinct differences to 4.0. <ol style="list-style-type: none"> 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. 	✓ Yes - Bluetooth 4.0.
ANT+	✓ Yes	✓ Yes
Analog	✗ No	✓ Yes

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www.212fitnessclub.com/myzone

