

# MZ-FITNESS TEST | HOW IT WORKS



## WHAT IT IS?

The MZ-Fitness Test is an 11 minute test that concludes with one minute of recovery and calculates how many beats your heart rate drops during that minute. A higher score may be indicative of a healthier heart.

The test consists of:

- 1 minute in the **grey** zone
- 3 minutes in the **blue** zone
- 3 minutes in the **green** zone
- 3 minutes in the custom **purple** zone
- 1 minute **recovery**

## HOW IT WORKS?

- Go to the Myzone app
- Select "Workout" from the menu
- Select "ZM" on the workout screen
- Load the MZ-Fitness Test
- When you are ready to start, click "play" and follow the on-screen zone prompts

For the exercise portion, you may perform any cardio activity that you would prefer. During the last minute of recovery, completely stop the activity, ensuring you are at complete rest.

## THE RESULT

While your score is unique to you and not meant to be compared with others, research indicates a recovery of more than 20 beats in the first minute following exercise is good! This has been proven to be more closely linked to good heart health. On the other hand, a heart rate recovery of 12 beats or less in the first minute following exercise is closely linked to poor heart health.

The **purple** zone is a custom zone unique to the MZ-Fitness Test and requires **80-85%** effort. The final 3 minutes of the exercise portion of the test should be completed within this zone. If you exceed 85% for more than 40 consecutive seconds, the test will be invalid, and end. A warning will show up when you're at 86% or over to indicate this.

## HOW TO SEE THE RESULT?

You will find your result in the Body Metrics section of the Myzone App. To see your progress, perform this test every 6-8 weeks and aim to keep your test conditions the same with each test to provide the most accurate and reliable results (i.e. same time of day and mode of exercise).

