

Laurence Rosenberg Jr (larry@thetrainingresults.com)

Subject: FW: Your MYZONE Move provided to you by Tilton Fitness

From: noreply_myzonemoves@myzonemoves.com [mailto:noreply_myzonemoves@myzonemoves.com]

Sent: Saturday, April 1, 2017 09:39

To: Larry@thetrainingresults.com

Subject: Your MYZONE Move provided to you by Tilton Fitness



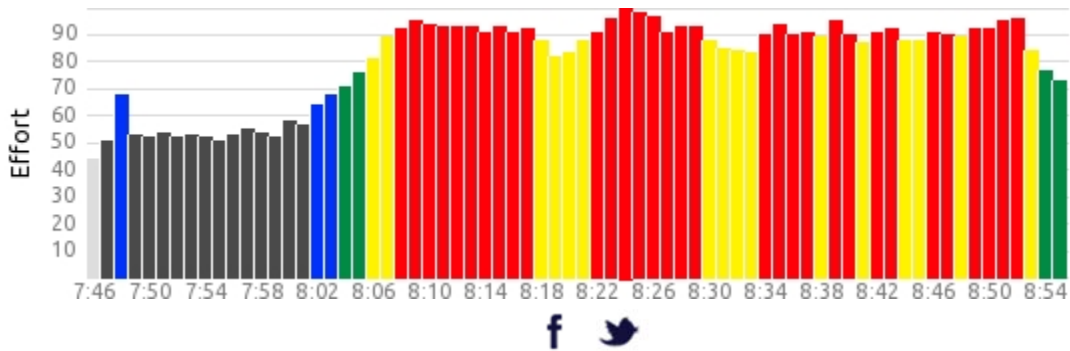
WORKOUT SUMMARY



Send to a Friend

MYZONE is more fun with friends.
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Sat 01 Apr 2017, 7:46 AM - 8:55 AM (1307953)

219 MEPs

69 Minutes

80% Av Effort

1070 Calories

146 Av Heart Rate

00:30

00:17 90-100% 120 MEPs

00:05 80-90% 68 MEPs

00:02 70-80% 15 MEPs

00:12 60-70% 4 MEPs

00:03 50-60% 12 MEPs

0-50%



EFFORT REWARDED.

For assistance with your MYZONE product, please contact support@myzone.org.

For more detailed information and to view your training diary, login to your personal account at myzonemoves.com.

[Unsubscribe.](#)

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