

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 11:39

To: Larry@thetrainingresults.com

Subject: Your MYZONE Move provided to you by Tilton Fitness



WORKOUT SUMMARY

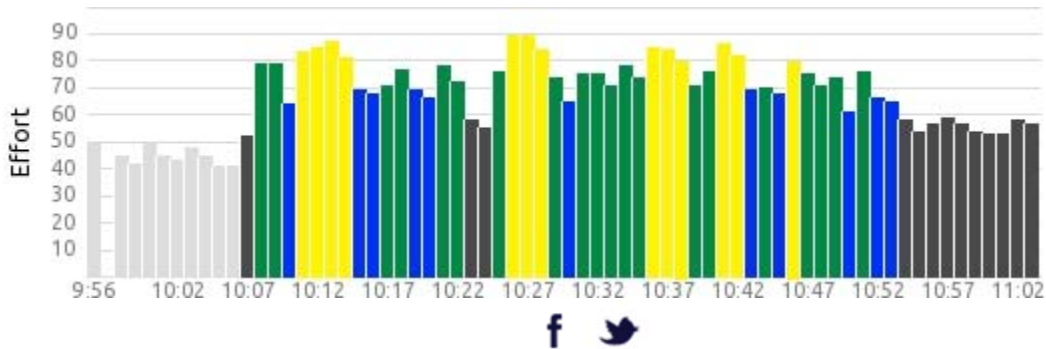


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Sat 01 Apr 2017, 9:56 AM - 11:03 AM (1307953)

152 MEPs

69 Minutes

67% Av Effort

789 Calories

121 Av Heart Rate

00:01 90-100% 4 MEPs

00:14 80-90% 56 MEPs

00:18 70-80% 54 MEPs

00:14 60-70% 28 MEPs

00:10 50-60% 10 MEPs

00:12 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 myzonomoves.com.

[Unsubscribe.](#)

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