

Laurence Rosenberg Jr (larry@thetrainingresults.com)

From: noreply_myzonemoves@myzonemoves.com
Sent: Sunday, April 2, 2017 21:42
To: Larry@thetrainingresults.com
Cc: larry@larryrosenbergjr.com
Subject: Your MYZONE Move provided to you by Tilton Fitness

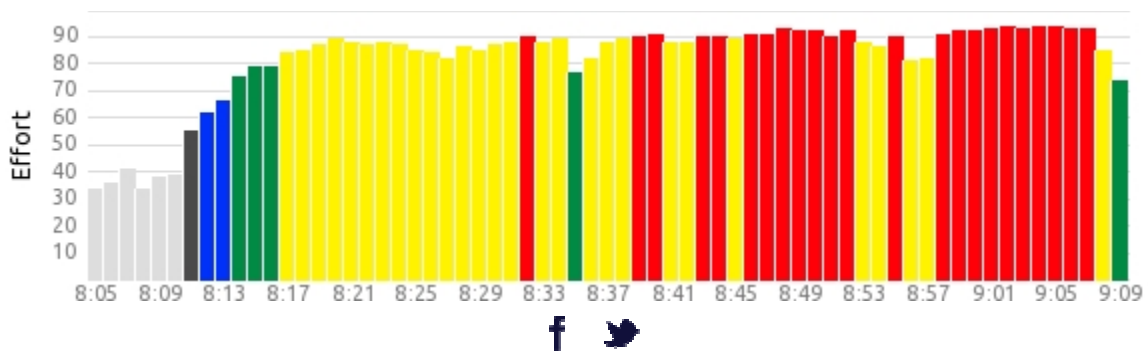


WORKOUT SUMMARY



Send to a Friend

MYZONE is more fun with friends.
[Click here](#) to pass the discount on to a friend.



Sun 02 Apr 2017, 8:05 PM - 9:09 PM (1307953)

223 MEPs

63 Minutes

82% Av Effort

1011 Calories

148 Av Heart Rate

00:22

00:29

00:05

00:02 90-100% 88 MEPs

00:00 80-90% 116 MEPs

00:05 70-80% 15 MEPs

60-70% 4 MEPs

50-60% 0 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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