

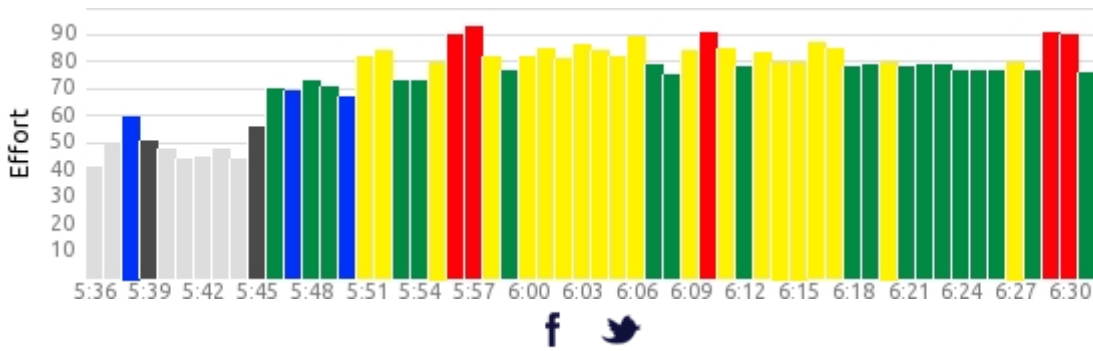


WORKOUT SUMMARY



Send to a Friend

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



[Thu 06 Apr 2017, 5:36 PM - 6:31 PM](#) (1307953)

159 MEPs

54 Minutes

75% Av Effort

764 Calories

135 Av Heart Rate

[00:04](#) 90-100% **16 MEPs**

[00:19](#) 80-90% **76 MEPs**

[00:19](#) 70-80% **57 MEPs**

[00:04](#) 60-70% **8 MEPs**

[00:02](#) 50-60% **2 MEPs**

[00:06](#) 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.](#)

© 2015 MYZONE, Inc. All rights reserved.
MYZONE and the MYZONE logo are trademarks of MYZONE, Inc.