

**Laurence Rosenberg Jr (larry@thetrainingresults.com)**

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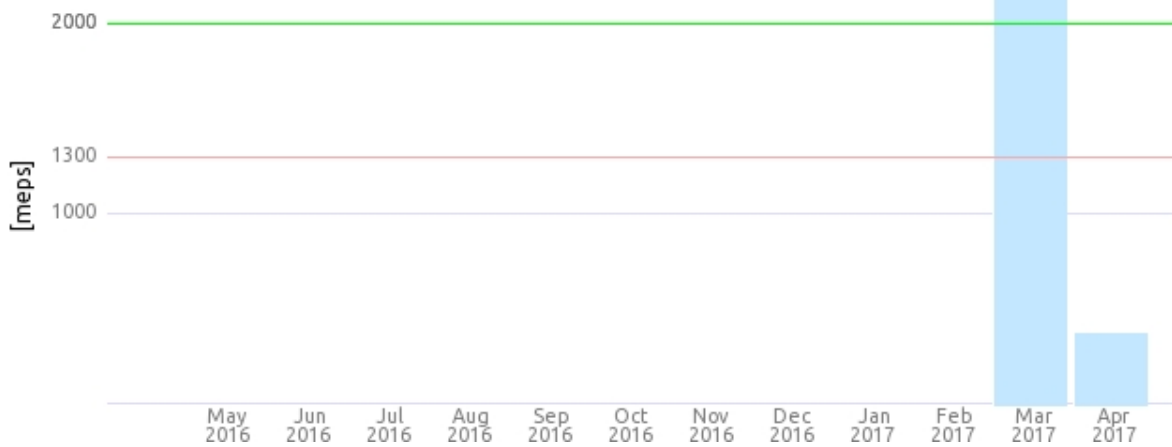
**From:** noreply\_myzonemoves@myzonemoves.com  
**Sent:** Saturday, April 1, 2017 21:14  
**To:** Larry@thetrainingresults.com  
**Cc:** larry@larryrosenbergjr.com  
**Subject:** MYZONE - March Recap



MONTHLY RECAP: MARCH 2017

Wondering how you've been doing? You're in luck, because we've got a breakdown of your entire month's workouts below. Keep up the good work!

Cheers,  
Team MYZONE®



**2170 MEPS**

**1426 Minutes**

**57% Average Effort**

**13286 Calories**

**104 BPM Average**

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Date	Duration	Avg. Effort	MEPs
25 Mar	01:48	28%	0
27 Mar	01:27	65%	188
27 Mar	01:17	45%	43

27 Mar	02:04	67%	268
28 Mar	01:12	71%	189
28 Mar	01:12	58%	117
28 Mar	01:13	60%	115
28 Mar	01:31	44%	22
29 Mar	01:15	73%	206
29 Mar	02:20	54%	163
30 Mar	03:05	58%	259
30 Mar	01:17	74%	215
31 Mar	01:10	64%	141
31 Mar	01:39	68%	231
31 Mar	00:52	39%	5
31 Mar	00:24	47%	8



**Current Status: Iron**



If you earn 1300 MEPs this month, you'll progress towards your next MYZONE status level. 2 Months to Bronze. Keep it up!



## How Would You Rate Your Workout?

MYZONE now offers a new push notification that allows you to rate your workout using a series of smiley faces. You can use this feature to see how your latest move stacks up against your previous workouts.



## **MYZONE Tracks More Than Heart Rate and Calories Burned**

Lee Belote, a writer for The Virginian-Pilot, shares how MYZONE helped members at the facility she attends learn that they have heart conditions.

[READ MORE](#)



# MYZONE Moves Podcast

Make sure you're tuning into Emily and Ayla's Master Trainers Podcast, MYZONE Moves, to get some great workout ideas and inspiration to keep pushing through!  
You can find the podcast for iTunes right [here](#), and Google Play, [here](#).



## ***EFFORT REWARDED.***

For assistance with your MYZONE product, please contact [support@myzone.org](mailto:support@myzone.org).

For more detailed information and to view your training diary, login to your personal account at [myzonedmoves.com](http://myzonedmoves.com).

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