

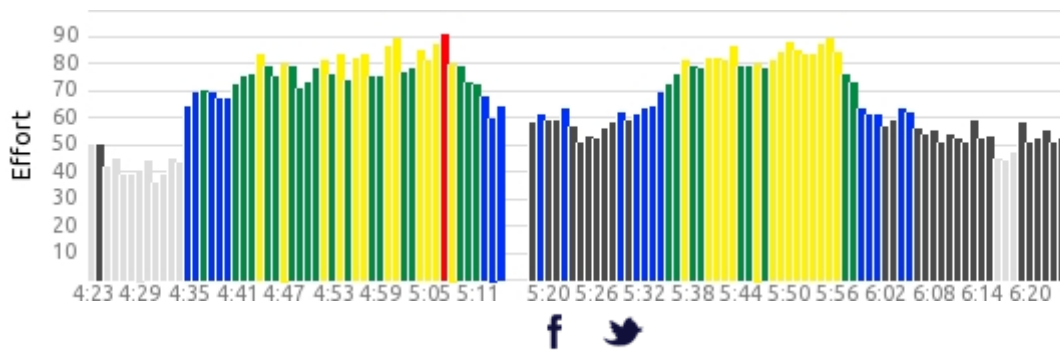


## WORKOUT SUMMARY



## Send to a Friend

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



[Wed 05 Apr 2017, 4:23 PM - 5:21 PM](#) (1307953)

**135 MEPs**

**57 Minutes**

**68% Av Effort**

**687 Calories**

**123 Av Heart Rate**

---

<a href="#">00:02</a>	90-100%	8 MEPs
<a href="#">00:10</a>	80-90%	40 MEPs
<a href="#">00:20</a>	70-80%	60 MEPs
<a href="#">00:12</a>	60-70%	24 MEPs
<a href="#">00:03</a>	50-60%	3 MEPs
<a href="#">00:10</a>	0-50%	

---



***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 [myzonemoves.com](http://myzonemoves.com).

[Unsubscribe.](#)

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