

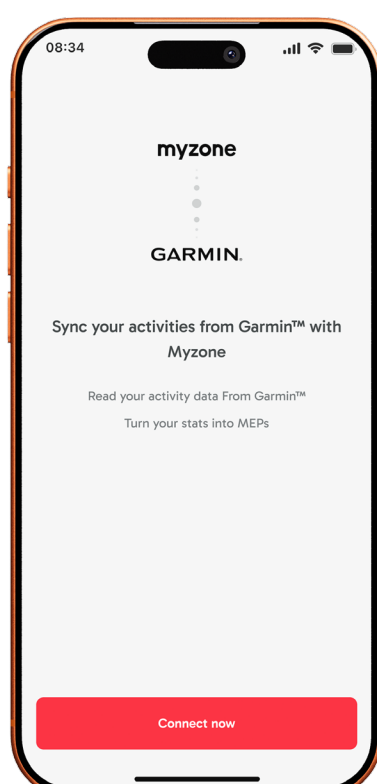


A Match Made in Effort

How Garmin works with Myzone

There are two ways to connect your Garmin, depending on how you like to exercise.

Using your Garmin as normal



Once you've connected your Garmin Watch through Myzone Go and Garmin Connect, you can keep using your Garmin exactly as you do today. During your workout, you'll only see your usual Garmin screens and data on your watch. You won't see any Myzone data on your Garmin device.

When you've finished your workout, save your activity as normal. It'll sync from Garmin Connect to Myzone in the background. With notifications on, you'll get a Garmin Connect notification first, followed by a Myzone one once your workout's processed.

Your workout then appears in the Myzone app like any other Myzone activity. You'll see your Myzone activity graph, Myzone Effort Points (MEPs), calories, time in each effort zone, and your full workout summary.

Broadcasting live to a Myzone screen



If your Garmin supports Bluetooth broadcasting, you can connect to compatible Myzone displays in your gym. You'll see your live heart rate and effort on the Myzone screen, just as you would with a Myzone heart rate monitor, plus in the live MyTile in the Myzone app while you exercise.

This works a little differently to a standard sync: your workout uploads directly through the Myzone app, not via Garmin Connect. If you'd like it in Garmin Connect too, simply start and save an activity on your watch at the same time as broadcasting, and both will update.

Good to know

Broadcasting is only needed if you want to see your live heart rate and effort in real time, on the Myzone studio screen or in the Myzone app. If that's not something you're after, you don't need to use it at all - just exercise with your Garmin as you normally would (start, stop and save your activity, or use automatic activity detection on your Garmin Watch, if available), and it'll sync to Myzone via Garmin Connect once it's uploaded.

Without the Myzone app open while broadcasting, your workout won't be captured by Myzone. So, make sure your Myzone app is open while you use HR Broadcasting from your Garmin Watch.

Note that while broadcasting creates a Myzone activity, it doesn't log that activity for you within the Garmin Connect app. If you need live HR within the Myzone app or in-club software, and you also want that activity logged in Garmin Connect, start and save the activity on your Garmin watch while broadcasting.