



Monitor Your Heart

- ✓ Watch your real-time heart rate, calories burned, zone, and rate percent on our in-studio screens
- ✓ Participate in group challenges and contests
- ✓ Receive a detailed report immediately after every workout
- ✓ Analyze your total monthly achievements with a summary of all data points
 - Time in every zone
 - Maximum/minimum heart rate
 - Average heart rate