

Setup Guide

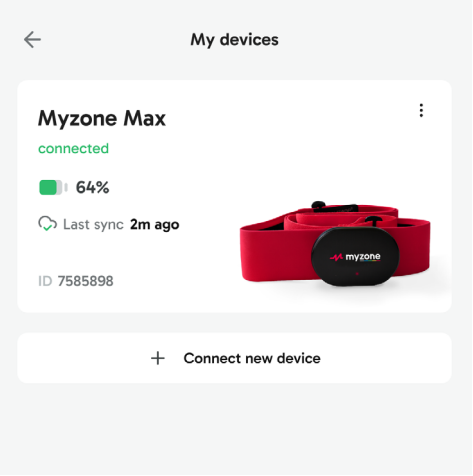
Existing Myzone Go Users

For members with no smartwatch connected, or switching from Apple/Android Watch



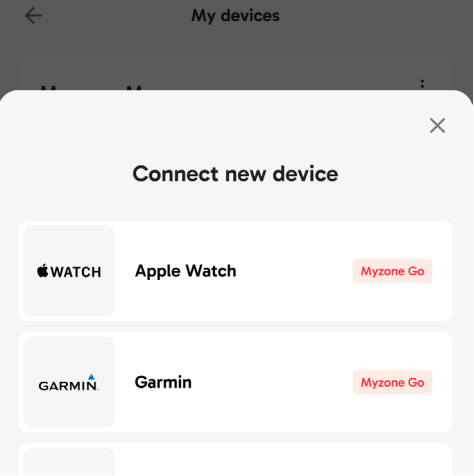
01 My Devices

Ensure no Smartwatch is connected to your account

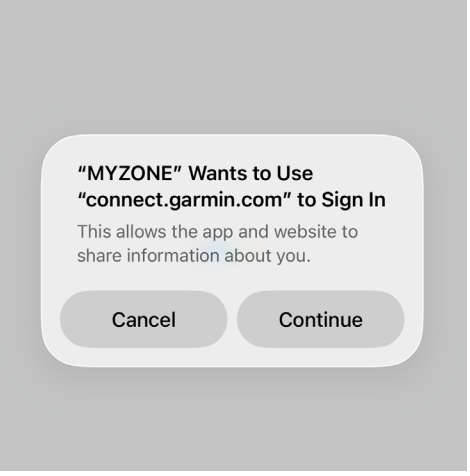


02 Connect New Device

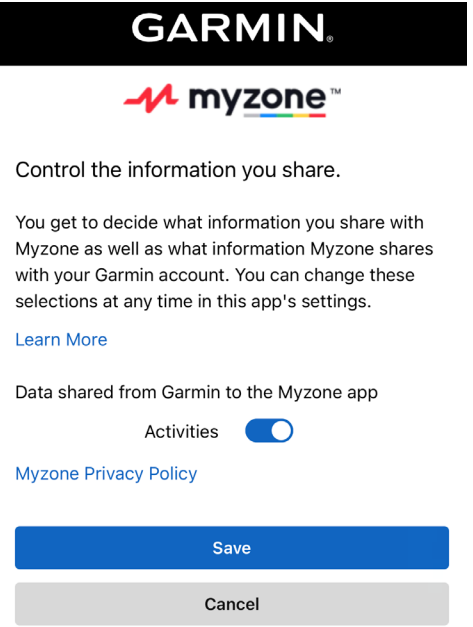
Select garmin from the options available.



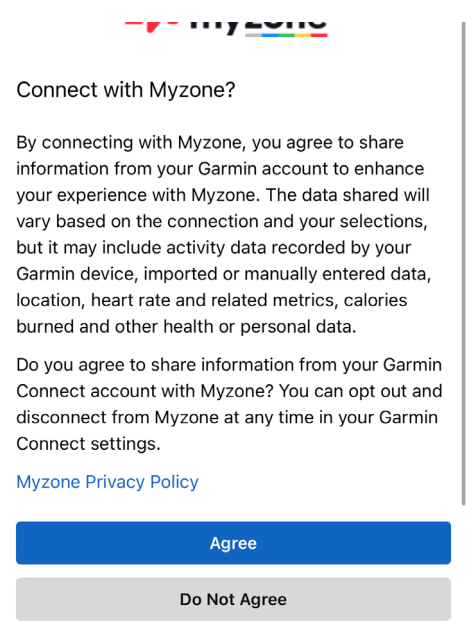
03 Garmin Connect - Sign in



04 Garmin Connect - Data Sharing

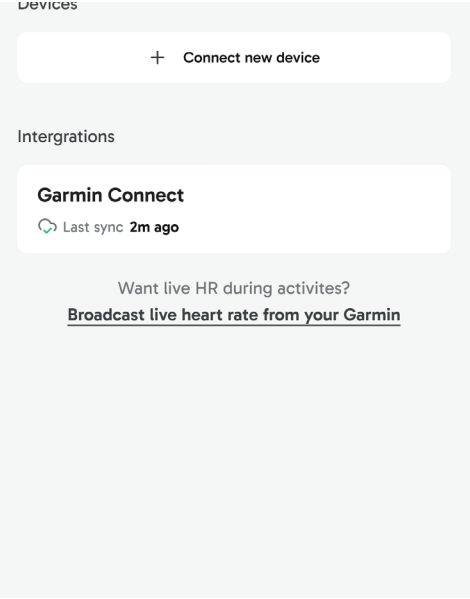


05 Garmin Connect - Permissions

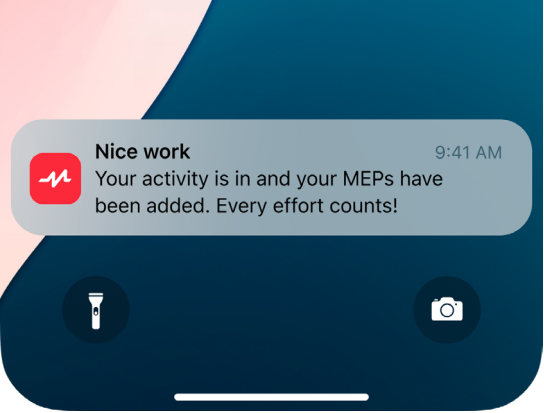


06 Devices & Integration Page

Garmin integration shows up



07 MEPs automatically added to your account after each workout



01

Myzone App Steps



01

Garmin Connect Steps