

miCoach Zone User Manual

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1 Welcome to miCoach

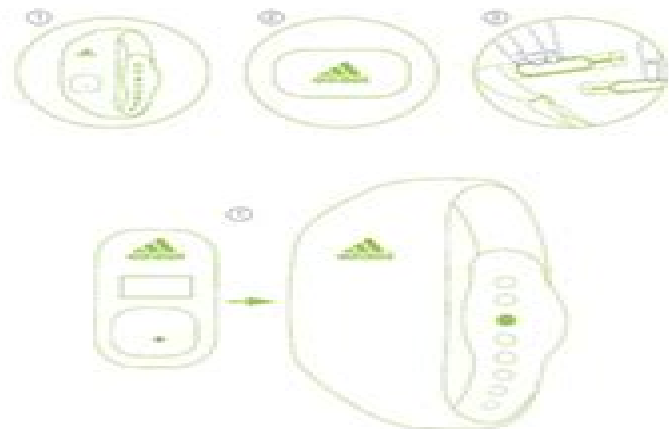
miCoach is your personal training solution, designed to help motivate and coach you towards reaching your fitness goals. Whether you're just starting out or training for your third marathon, miCoach combines real-time coaching with an intelligent web application so you make the most of every session.

1.1 miCoach Zone

miCoach zone is the perfect product to start exercising with. Simply input your age, miCoach Zone calculates your target training zones and you're good to go.

LED lights in the wristband clearly display your heart rate zone as you run, making it easy for you to train at the right intensity.

- 1 miCoach Zone module and wristbands
- 2 Heart Rate Monitor
- 3 Textile Transmitter Strap



Micoach User Guide

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