

MZ-SWITCH

Recommended ways to wear

Wear on your wrist, arm or chest:

Wrist: Use for non-gripping activity and repeatable movements, including swimming.

Arm: Use for improved accuracy during non-gripping activity and repeatable movements, except swimming.

Chest: Use for the most accurate readings during all types of exercises, such as HIIT or all high-intensity functional movements, except swimming.



ACTIVITY	CHEST	ARM	WRIST	ACTIVITY	CHEST	ARM	WRIST
Aerobic classes	*	*	*	Netball	*		
Archery	*			Olympic weightlifting	*		
Badminton	*			Parkour	*	*	*
Baseball	*			Pilates	*	*	*
Basketball	*			Polo	*		
Bodybuilding	*			Power lifting	*		
Bowling	*			Roller skating	*	*	*
Boxercise	*			Rowing	*		
Boxing	*			Rugby	*		
Circuit training	*			Running	*	*	*
Climbing	*			Skateboarding	*	*	*
Cricket	*			Skiing	*		
CrossFit	*			Snowboarding	*	*	*
Curling	*			Soccer / football	*		
Cycling (road / indoor)	*	*	*	Softball	*		
Dance	*	*	*	Spin class	*	*	*
Fencing	*			Squash	*	*	
Field hockey	*			Surfing			*
Football (American)	*			Swimming			*
Golf	*			Table tennis	*		
Gym workouts	*			Taekwondo	*		
Gymnastics	*			Tai chi	*	*	*
HIIT	*			Tennis	*		
Hiking	*	*	*	Track and field	*		
Hockey	*			Triathlon			*
Horse riding	*	*	*	Underwater hockey			*
Ice hockey	*			Volleyball	*		
Ice skating	*	*	*	Walking	*	*	*
Jogging	*	*	*	Water aerobics			*
Ju-jitsu	*			Water polo			*
Judo	*			Weight training	*		
Karate	*			Weightlifting	*		
Lacrosse	*			Windsurfing			*
MMA	*			Wrestling	*		
Marathon running	*	*	*	Yoga	*	*	*
Mountain biking	*			Zumba	*	*	*
Mountaineering	*						