

≡ Welcome ≡

TIPS FOR YOUR AT-HOME WORKOUT

WORK OUT SAFELY

- You'll need about a 4-6ft square of blank floor space free of any obstructions in which to workout.
- Make sure the floor is stable and safe for you to move about. It should not be slippery and should be free of any rugs that might slip or get caught under your feet.
- Make sure there are no objects, pets, or unsecured furniture (think kids or pet toys) nearby that might fall on you or cause a fall.
- If you need to use a chair or other object during an exercise, make sure it is sturdy and will not slide out or move from under you. Securing against a wall is always a good safety option.
- Wear proper footwear that protects the stability of your ankles and joints as well as keeps you from slipping and sliding during movement.
- Keep a towel & water handy to stay hydrated.



Consulting your doctor before starting an exercise program is always recommended but is especially true if you have any risk factors such as a history of heart issues, high blood pressure or respiratory issues.



Stop exercising immediately if you feel dizzy, fatigued, short of breath, chest discomfort, faint, or joint pain. Contact your doctor or other emergency care if needed. If you are unclear on the directions or have a physical limitation to a prescribed exercise, do not attempt it & let me know.

JOIN THE ZOOM

STEP 1: Download the ZOOM app in your app store or go to <https://www.zoom.us>

This can all be accessed from your laptop, iPad, tablet or phones. The bigger the screen the better, though.

STEP 2: Click and/or paste the ZOOM **meeting link** you are given to your browser.

You'll find the link in your email or posted in the Group Fitness Updates group in the Her365 Fitness app if you are a virtual studio member.

STEP 3: Depending on what device you use, you will see '**Open this page in Zoom**'. Click 'Open'.

STEP 4: Click 'Join With Video'. Yes, we still want to be able to watch your technique!

If you get there before the session starts, you may see the 'Please wait...' message. That's ok, just wait for us to open the room.

STEP 5: Click '**Call in using internet/device/computer audio.**'

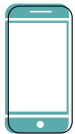
TIPS FOR USING ZOOM



VIDEO: If you tap your screen you can see icons at the bottom that will allow you to turn your video on or off, please don't unless you need to get dressed or do something you don't want us to see.



SOUND: If you tap the mic icon in the lower left it will mute you or turn your mic on. If you can't hear us: tap your screen, click the "more" button on the lower right corner. Click "connect audio" or turn your volume up.



TO SEE the instructor on mobile: Swipe your device screen from left to right and you will see your instructor or their screen.



MORE TIPS

- Each virtual class experience is safe place for us all to be as social, silly and active as possible with love from each other, not judgement!
- Have your exercise area & workout clothes set up in advance.
- If you have trouble hearing your instructor while you workout, try using bluetooth headphones or an external speaker connected to the same device as our ZOOM meeting. Any cordless headphones you have would be fine. You can also hook your device up to a big screen tv if you know how.
- When you join the meeting you'll have a chance to speak with the instructor and other participants, but once we get started the host will mute everyone random sounds don't interrupt the session. We'll unmute during breaks to catch up.

