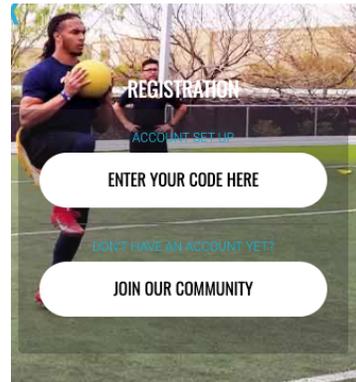


CREATE YOUR ACCOUNT:

- Once you receive your access code, go to [**exos.live/account/register**](https://exos.live/account/register)
- Type in your first and last name
- Enter your email & create a password
- Enter your personal access code
- Check the “I accept the terms and conditions” box
- Click **Start My Journey**



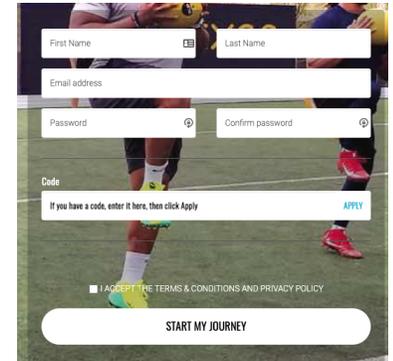
REGISTRATION

ACCOUNT SET UP

ENTER YOUR CODE HERE

DON'T HAVE AN ACCOUNT YET?

JOIN OUR COMMUNITY



First Name

Last Name

Email address

Password

Confirm password

Code

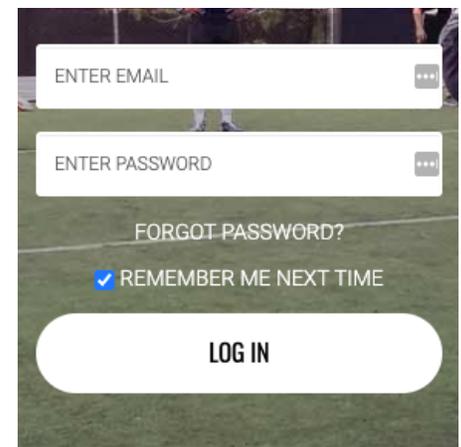
If you have a code, enter it here, then click Apply

I ACCEPT THE TERMS & CONDITIONS AND PRIVACY POLICY

START MY JOURNEY

LOG IN:

- Once you've created your account, go to [**https://exos.live/account/login**](https://exos.live/account/login)
- Enter your email & password
- Check off "Remember me next time" to save your log-in information
- Click **LOG IN** to enter the platform



ENTER EMAIL

ENTER PASSWORD

FORGOT PASSWORD?

REMEMBER ME NEXT TIME

LOG IN

FORGOT YOUR PASSWORD?

- If you forget your password, go to [**exos.live/account/ForgotPassword**](https://exos.live/account/ForgotPassword)
- You will be prompted to enter your email address on file
- You will receive an email with a prompt to click a link to set your new password
- **Note:** If you attempt a password incorrectly 5x, you will be locked out for 10 minutes for security reasons

FILL OUT YOUR PREFERENCES

- The first time you login you will be asked to enter some basic information (you only do this one time)
- Click "SUBMIT"

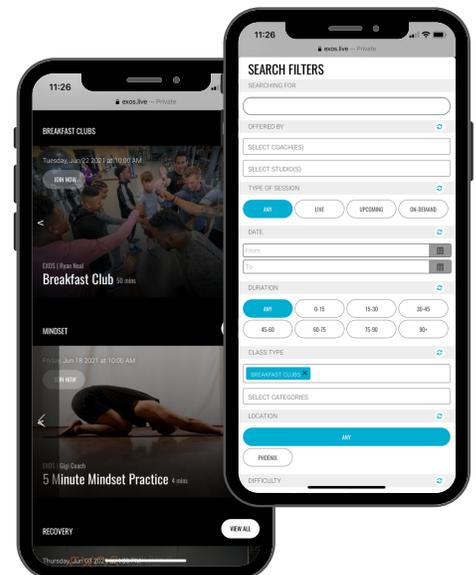
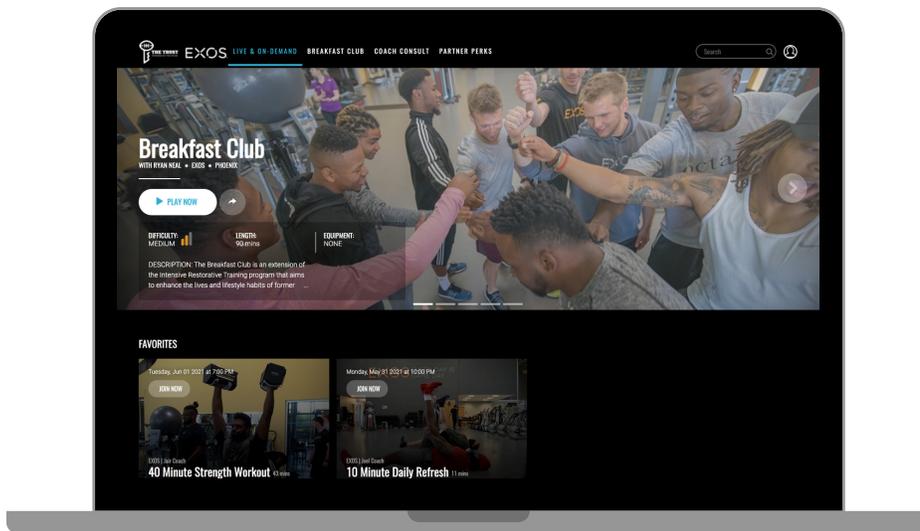
We're excited to have you on the team. Before we start sweating together, we'd love to hear more about you. The more we know, the more we can accomplish together...

Question 1
What class type(s) are you interested in?

Question 2
What's your current level of fitness?

EXPLORE THE PLATFORM

Once you've logged in, you can scroll down to view all LIVE classes, UPCOMING classes, and ON-DEMAND classes broken down by class type.



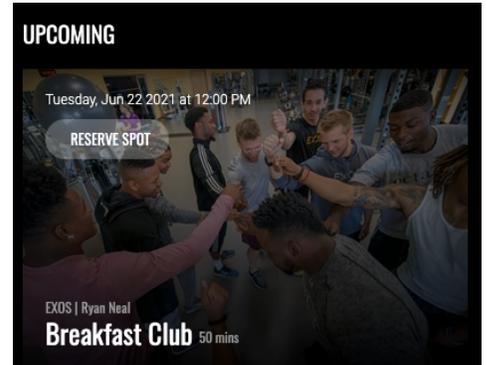
**EXPERIENCING TECHNICAL ISSUES?
[CLICK HERE FOR STREAMING TIPS.](#)**

JOIN A LIVE BREAKFAST CLUB

Scroll down to **"UPCOMING"**



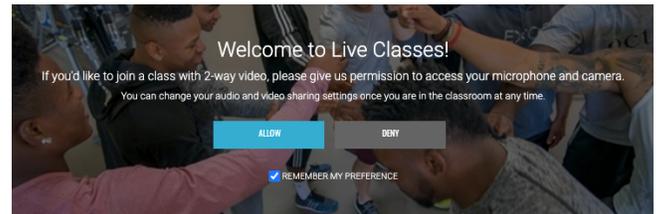
You will see the upcoming live session
(look for the correct date and time)



Click on **"Breakfast Club"**

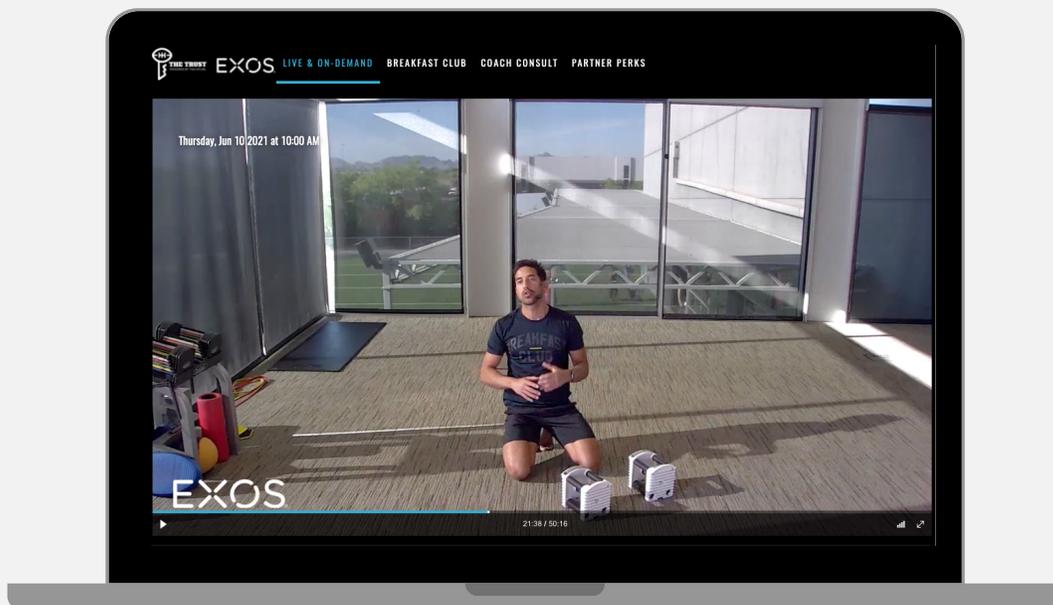
Click **"Allow"**

(you will only have to do this once)



Click **"Enter the Classroom"**

You can unmute your mic and start
your video before the session starts here.



IN-CLASS FEATURES



mute or unmute yourself



enable or disable your camera



class chat with all live participants



To see the leaderboard again, click the chat icon again and it will look like this (the icon will no longer be blue)

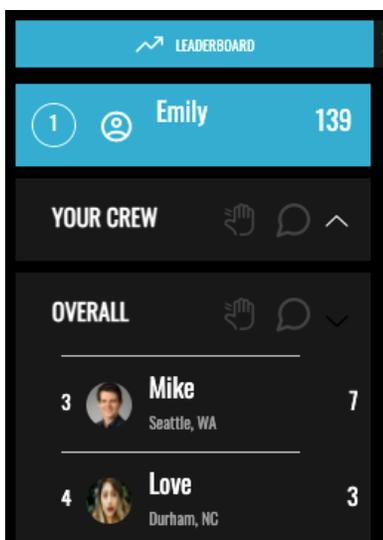
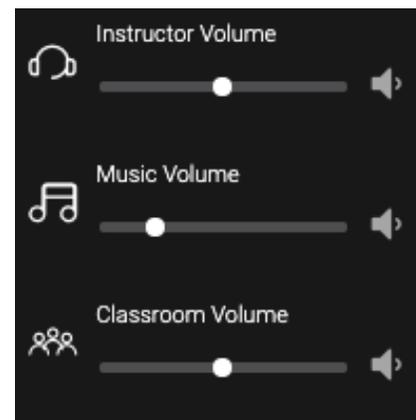


If you want to send someone a DM in the class, find their name on the leaderboard and click this icon



adjust volume of the music, class participants, or instructor

Slide to the R to turn up the volume, slide to the L to turn down the volume.



The **LEADERBOARD** is ranked based on your Sweat Score, or # of active minutes.

Add a friend to your **CREW** by clicking the + next to their name on overall leaderboard.

IN-CLASS VIEWS



It will default to “speaker view” and you will only see the instructor and your own video will be in a smaller box • **RECOMMENDED VIEW**



If you click “pinned view” you will see your own video along with anyone you have pinned and/or a few others in the session



If you click “gallery view” you will see everyone in the class

REMINDERS ON MONDAY TRAININGS

After training, a nutrition education with Noel will follow

Click “gallery view”



“Pin” Noel



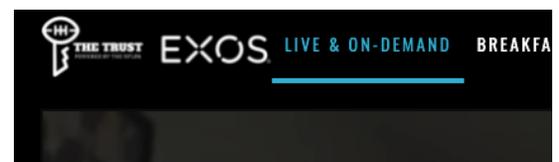
Click the volume icon



Turn up your “classroom volume”

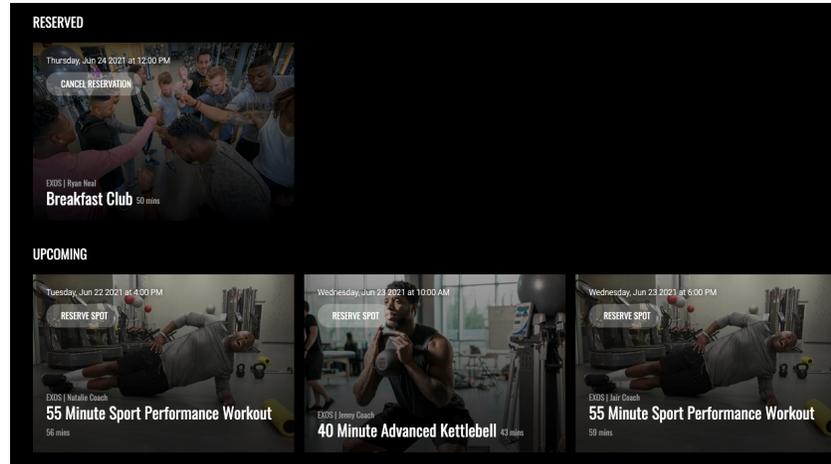


To close a session you can X out of the browser or you can click this icon on the top left side of your screen to take you back to the main screen



RESERVE YOUR SPOT

- Click **“Reserve Spot”** to save a spot in any upcoming session
- You will now see the session under the **“Reserved”** row
- You can cancel the reservation by clicking **“Cancel Reservation”**



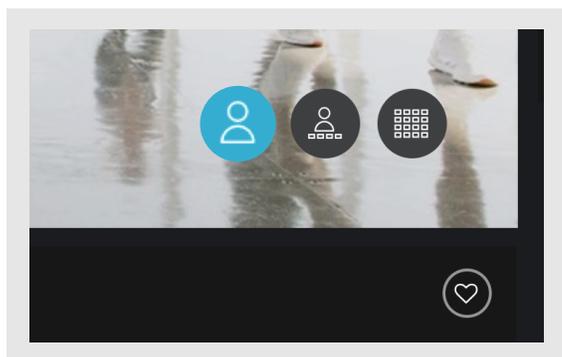
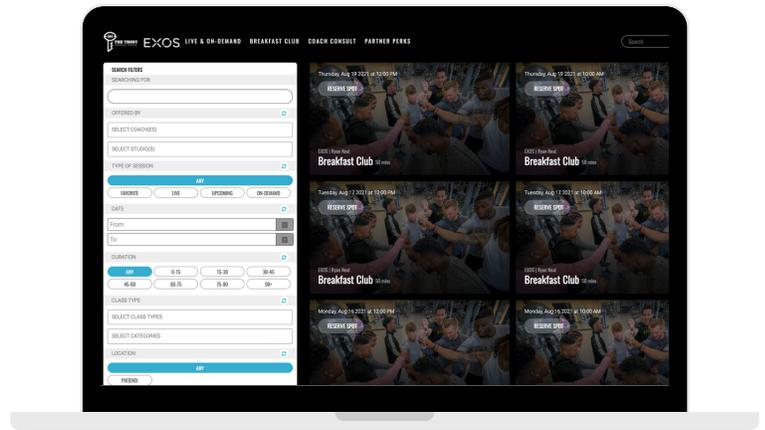
ONCE YOU'RE RESERVED...

*You will receive a reminder email 20 min. before the session.
Click the link in the email to go right to the live session.*

SEARCH & FILTER

Click into the **SEARCH** field on the top right corner of the homepage to find the class you're looking for.

Filter by duration, class type, equipment, etc.



FAVORITE CLASSES

Click the **HEART** to favorite or bookmark any of your class sessions.