

**powered by**



**VIRTUAL WORKOUTS FOR REAL PEOPLE**

**WITH REAL PEOPLE**

To join a Studio SWEAT onDemand body-sculpting workout like Spin®, Yoga, Bootcamp & many more:

1. Make sure your TV or projector is powered on
2. Grab the small black ROKU remote
3. Select the Home button and you’ll see the app icons appear. If you don’t please doublecheck that you’re on the right input for your ROKU.
4. Select the Studio SWEAT onDemand app icon & hit enter
5. Select the workout category that you’re interested in
6. Preview the list of options, which are sorted in descending order by release date and select the class that you’d like to join
7. Click Play to begin your workout!