

## BEFORE YOUR CLASS

1. Congrats on signing up for your first class!  
We are excited to have you join us for an amazing online TRX Live experience. Be prepared to sweat it out and have some fun.
2. You should have already received a calendar invite with the day and time of your upcoming class and a Zoom link to access. A meeting ID and password will also be provided.

Your appointment is confirmed for **TRX Training Class** with **Miguel Vargas**:  
**Tuesday, April 21, 2020 4:00 PM – 5:00 PM (PDT)**

Thank you for scheduling with us.

Join Zoom Meeting: <https://zoom.us/j/91753561485>

Meeting ID: 346 206 584  
Password: 580079

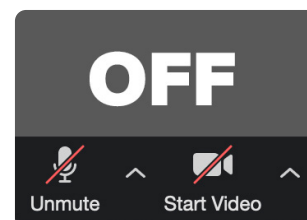
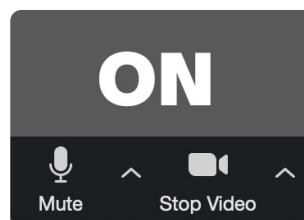
• [Add to Calendar](#)

3. Review the following Basic Use videos to help you get familiar with your TRX Suspension Trainer before your first class:

- *How to use the TRX Door Anchor*  
**WATCH NOW**
- *How to utilize the TRX Suspension Trainer adjustment tabs + foot cradles*  
**WATCH NOW**

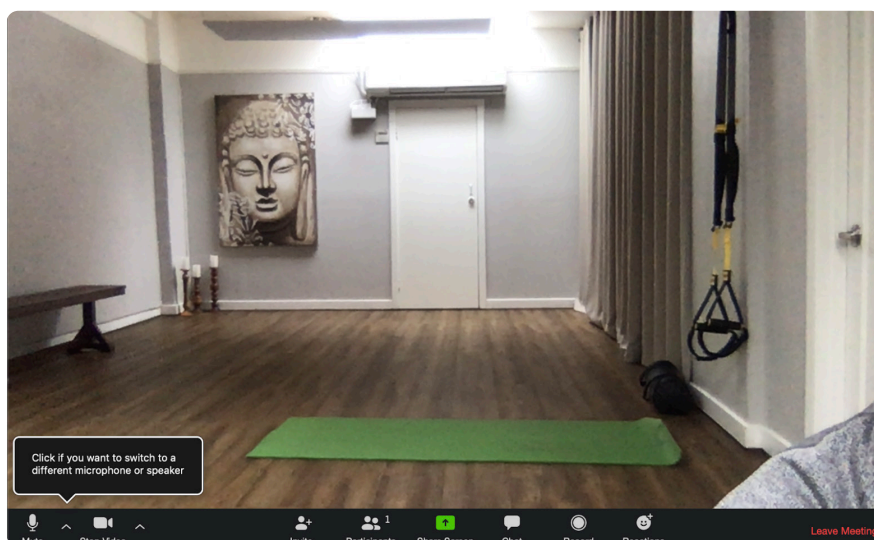
## ZOOM SETUP

1. When you click the Zoom link, you will be prompted to download the software or app (if you have not already done so).
  - **Set this up at least 15 minutes before your class begins.**
  - We recommend using a laptop or a tablet that has a larger screen or use a smartphone with the capability to screen mirror onto a Smart TV as an option.
2. When you enter the online class, please make sure your video and microphone are on (located on the bottom left of your screen). If either the video or microphone icons have a red slash, this means that they are off; click the icons once in order to turn them on.



## ZOOM SETUP CONTINUED

3. Set up your camera so your coach can see you from a side view. Ideally, your coach is also able to see your TRX Suspension Trainer and your entire body (set up your device about 6 feet away from your workout area).

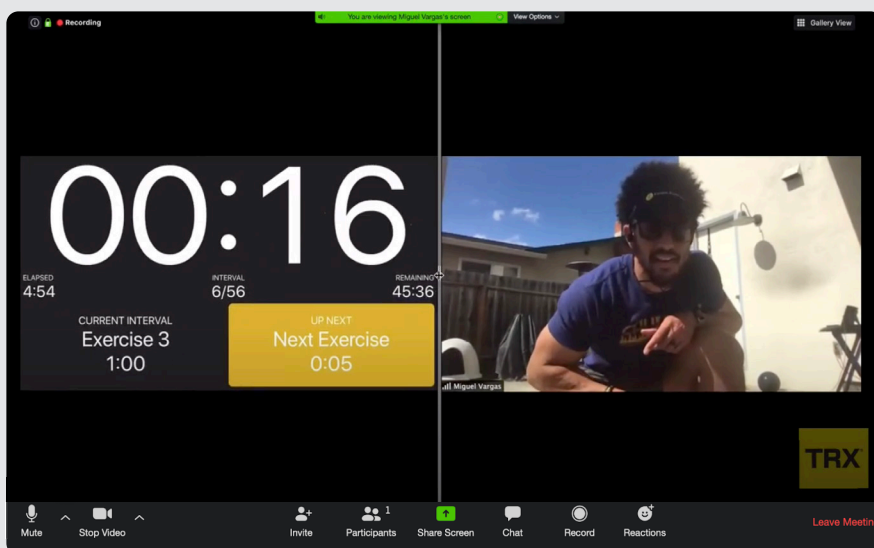


## DURING YOUR CLASS

Setup with a small towel, a water bottle, and a mat.

Your coach will be available to answer any questions you may have before you begin your session.

**[Click here to watch a video](#)** on how to change the size of the timer, how to see others (when taking small group class), and how to pin the instructor's video.



## POST CLASS

Great work on finishing your first TRX Live class! Hopefully this is the first of many.

Please take a few minutes to share your thoughts on how we did (you will receive an email shortly) so that we can customize the best TRX experiences for you. If you enjoyed yourself, make sure you reserve a spot in an upcoming class as soon as possible. Availability is limited.

