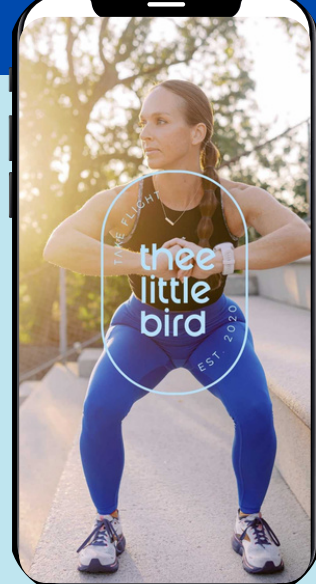


THEE LITTLE BIRD Virtual

Follow this guide for an awesome virtual class experience.



1

DOWNLOAD THEE LITTLE BIRD APP

On your mobile, go to the App Store or the Play Store, and search for Thee Little Bird. Install the app.



2

SIGN UP AND CREATE AN ACCOUNT

Enter the email address you'll use for your TLB Account. Fill in your details, and remember to upload a photo.

Now, click the BUY button on your Home Screen to pay for your subscription to access the app.



3

CONNECT YOUR SMARTWATCH OR OTHER HEART RATE DEVICE

Pair your smartwatch with Apple, Samsung, or other heart rate bands and straps to track your performance and progress. We're currently working on enabling connectivity with Garmin and Fitbit. You can still use the app without pairing any device.



4

JOIN AN ON-DEMAND WORKOUT

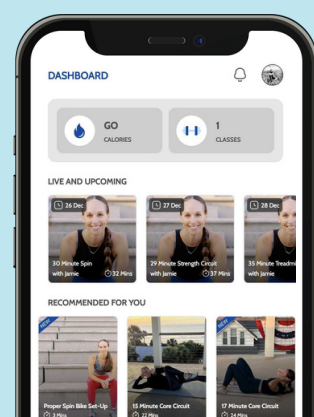
Not yet ready to join a live class? Why not start with an on-demand video?

5

OR ATTEND A LIVE CLASS

See when the next live classes are scheduled and join a workout with others. Talk to your coach and other members before or after the workout."

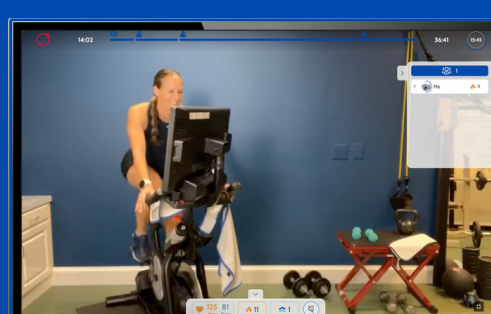
[LIVE]



6

CAST YOUR MOBILE TO YOUR LAPTOP OR SMART TV

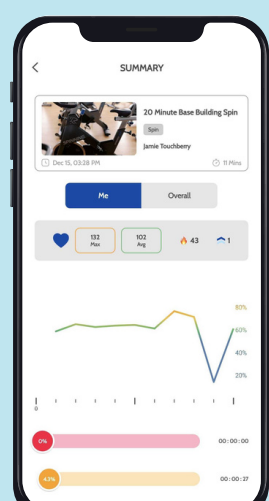
Enhance your experience by casting the workout on your computer, Android TV, or Apple TV.



7

CHECK OUT YOUR CLASS SUMMARY

Once you've completed the workout, take a moment to review your progress and see how you stack up against other participants on the leaderboard. Challenge yourself to beat your personal best and set a new record



NEED HELP?

Go to the HELP & SUPPORT tab in your app to request technical support or report an issue. Live chat with our Client Care representative is available from 9 AM - 6 PM US Central, Monday to Friday.