



WELCOME TO YOUR THEE LITTLE BIRD APP

Join live classes or do it on-demand whenever and wherever it's convenient for you.

GETTING STARTED



1. Download THEE LITTLE BIRD on your mobile from the App or Play Store.
2. Sign up using your email address, link your Apple ID or Facebook, and create a TLB account.
3. Complete your profile, be accurate with your birthday, weight, and height, and add a profile photo.
4. Open the registered email address and verify the account. Once the account is verified, you'll see the app Home Screen. Click the buy button to pay for your membership.
5. Connect a Heart Rate Device, or you can do it later.
6. Allow access to camera and health kit (for iPhone users)

CONNECTING YOUR HEART RATE DEVICE



Apple Watch

Log in to your account, accept the safety notice for heart rate data, and allow access to the Health Kit. Turn on all access and update the Health Kit.

Android Wear Watch

Ensure the WEAR OS app is installed on your phone and your watch is paired with your phone. Install the TLB app on your watch. Then log in to your TLB account. At the bottom right of the Homepage screen, click the three dots to open account settings. Choose Android Wear from the list of devices. Click Add a new device.

Bluetooth ANT+ Heart Rate Band or Strap

Log in to your TLB account. At the bottom right of the Homepage screen, click the three dots to open account settings. Click Heart Rate sensors. Turn on Bluetooth on your mobile and click on Add New Sensor on the TLB app. Once the sensor is detected, click continue to complete pairing.

Garmin Watch and Fitbit Watch

We are currently in the process of development to support Garmin and Fitbit smartwatches. Please stay tuned for updates on when this will be available on your TLB app.

What if I don't have a heart rate device?

You can still join all classes even without a heart rate device.

PRIVACY SETTINGS, NOTIFICATIONS AND PASSWORD RESET



Privacy settings for Performance Data

Turning this on will show your heart rate to your coach and other participants in the class during the workout.



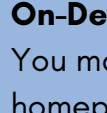
Privacy Settings for Your Video During a Class

You can choose who will see your video during live classes. Choose ALL for everyone, COACH only, or NONE.



Notifications

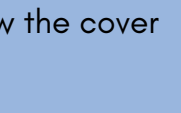
On the top right corner of your mobile screen, click the bell icon to see all notifications from your studio. You will see the notifications when your studio adds a new or cancel a class, adds a new on-demand video, or change the coach or schedule for an upcoming class.



Password Reset

To reset your password, click login, then click forgot password on your mobile screen. Input your account email address. Open the link sent to your email address to reset your password. Nominate a new password and click submit to confirm.

VIDEO ON-DEMAND GUIDE



On-Demand Library

You may access the on-demand library by clicking the play button tab at the bottom of your homepage screen, clicking the categories or clicking see all on the on-demand classes section. There is also quick access to trending and new-release content on your Home Screen.

Gallery and List View

You can toggle two different views depending on your preference. Gallery view will show the cover photo and name of the class, and list view will show the coach and name of the class.

Class Overview

Once you click an on-demand class card, you will see an overview with class description, coach notes, category, difficulty, equipment needed, and duration.

Search and Filter

You can type on the search bar on top to search for class keywords or class according to coach

Start and End a Workout

Click the *Start Now* button to follow an on-demand class, Click the "X" button on top on the screen to manually end the class. Choose end workout if you wish to end the class or return to continue the workout.

Fast Forward and Rewind

While following an on-demand class, you can click the rewind or forward button on the screen or drag the play button.

NOTE: A class will only be added to your activity summary if you complete at least 10% of the class duration.

ATTENDING A LIVE CLASS



Booking a Class

On your homepage screen. Go to live and upcoming classes, click see all, and choose a class. Once you see the class overview page, click *COUNT ME IN* to book the class. Once booked, you will see it under your "My Classes" section.

Waiting Room

At least 15 minutes before the scheduled class starts or once the coach opens the waiting room, you will see a "live now" section on your homepage screen. Open the class and click "join now" to attend the live workout. Once in the waiting room, you can chat with other members and your coach before the workout begins.

Ongoing Class

Once the workout begins, you can still communicate directly with the coach and share messages with everyone in the class. Depending on your coach's class setup, you may also be allowed to have a two-way video chat with your coach.

Hangout Room

Once the workout ends, you may join the hangout room to catch up with your coach and other members.

Class Summary

Once the coach ends the hangout room, a "class summary" pop-up will appear on your homepage screen. Click it to review your metrics and your rank relative to everyone in the class.

Cancel a Class Booking

If you need to cancel a class you booked, go to the My Classes section, choose the class you want to cancel, and tap the cancel button. A pop-up confirmation will appear. Click YES to proceed, and the class will be removed from your My Classes list.

CASTING YOUR WORKOUT

When casting, your phone turns into a remote control so you can personalize what appears on your screen during a live or an on-demand workout.



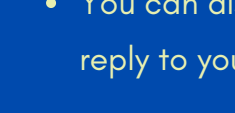
CAST TO A LAPTOP OR COMPUTER WEB BROWSER

From an Android phone to a laptop or computer

Once you are in the ongoing class, click the casting icon on top of your mobile screen. Choose cast to computer and go to web.tribe.fitness to scan the QR code.

From an iPhone to a laptop or compute

In the ongoing class, click the casting icon at the center of your mobile screen just above the video. Your camera will open to scan the QR code. Open the Google Chrome browser and go to web.tribe.fitness to scan the QR code. Remember to give camera access to the TLB app if you haven't done so.



CAST TO TV

From an Android phone to an Android TV / Google TV

Once you are in the ongoing class, click the casting icon on top of your mobile screen. Choose cast to TV, then select the 3rd party app that supports your TV casting (e.g., Fire TV Stick). Ensure that your TV and phone are connected to the same network. Wait for it to get CONNECTED. Lastly click START NOW to proceed with casting.

From an iPhone to an Apple TV

Once you are in the ongoing class, click the casting icon on top of your mobile screen. Choose cast to TV, then go to your Control Centre by swiping down then select SCREEN MIRRORING. Select the TV where you want to cast your screen.

From an iPhone to an Android TV

Once you are in the ongoing class, click the casting icon on top of your mobile screen. Choose cast to TV, then go to your Control Centre by swiping down then select SCREEN MIRRORING. Select the 3rd party app (e.g. ApowerMirror, Ascreen, AirBeamTV) on the TV where you want to cast your screen.



COMPLETE THE EXPERIENCE

Pin your friends

Once webcasting is activated, you will see members on the leaderboard with camera icons and a pin beside their names. Click the pin to add them to your friends' video list so you can see their videos while working out. You can pin up to four friends.

Viewing preference

The leaderboard, friends' videos, and personal stats can be hidden/unhidden all throughout the class.

Participants' videos

Click the camera icon found at the bottom of the webcasting screen to open your camera and start your video. Depending on your privacy settings, turning on your camera will allow your coach and other participants to see your video during the live class.

Sending messages during casting

Click the chat icon found on top of the leaderboard to send a message to everyone or a direct message to your coach.

CONTACTING HELP AND SUPPORT

- At the bottom right of your screen you will see three dots, click it to enter MENU settings.
- Click the *HELP & SUPPORT* tab if you need technical support or need to report an issue.
- Live chat with our tech support representative is available from 9 AM – 6 PM US Central.
- You can also fill out a form or email your concern to support@tribe.fitness, and our team will reply to your concern within 24 hours.



App Store



Play

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