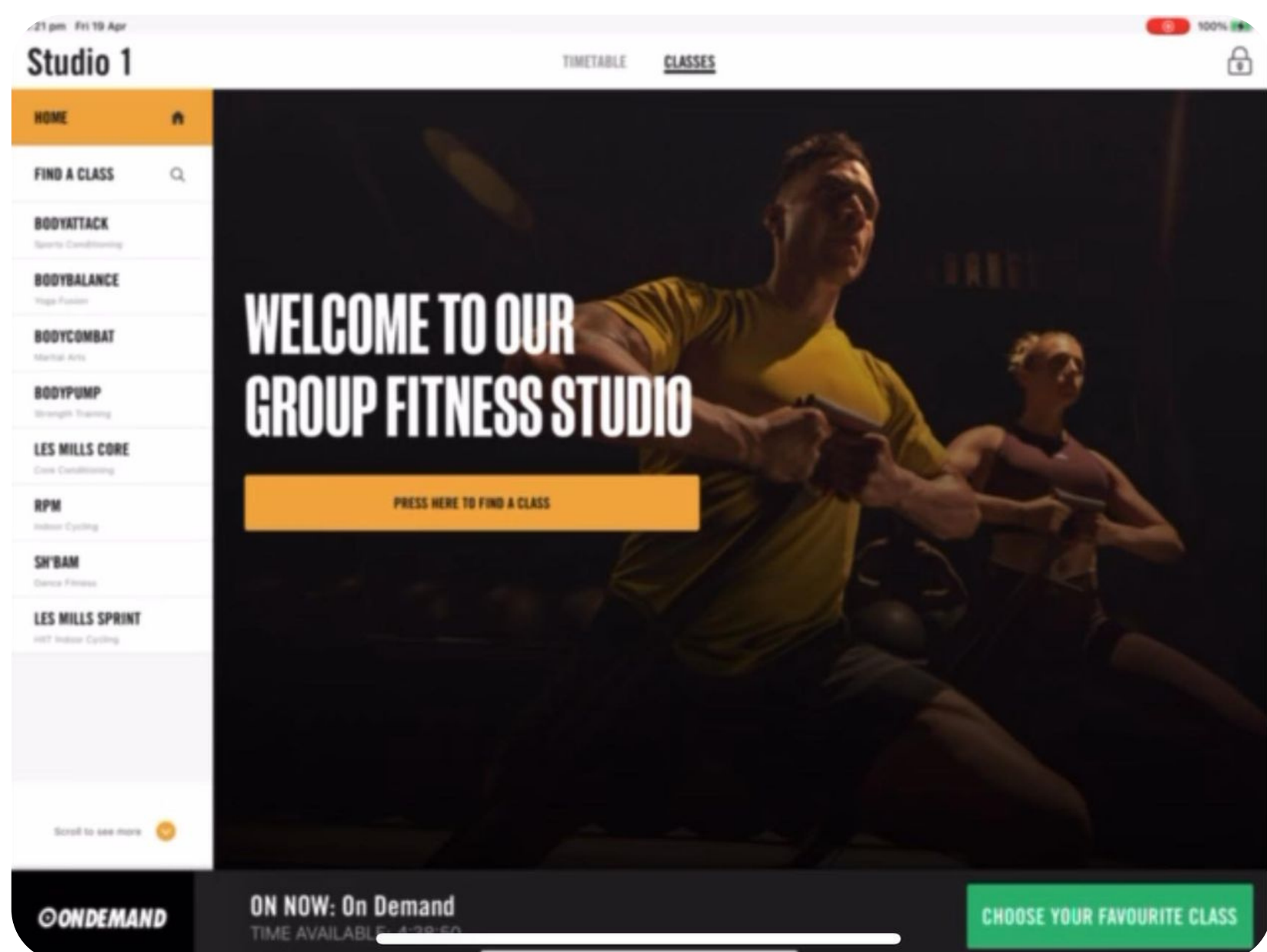
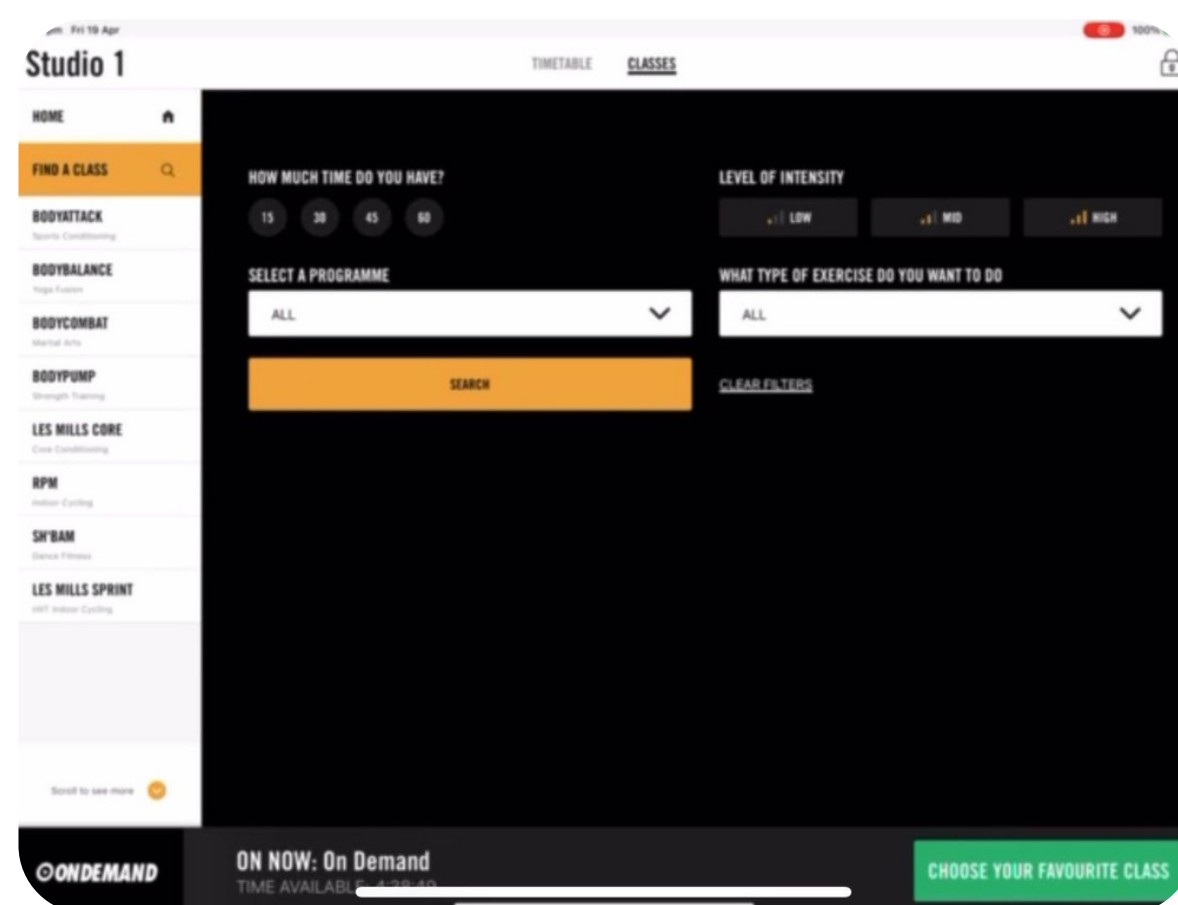


Follow these steps!

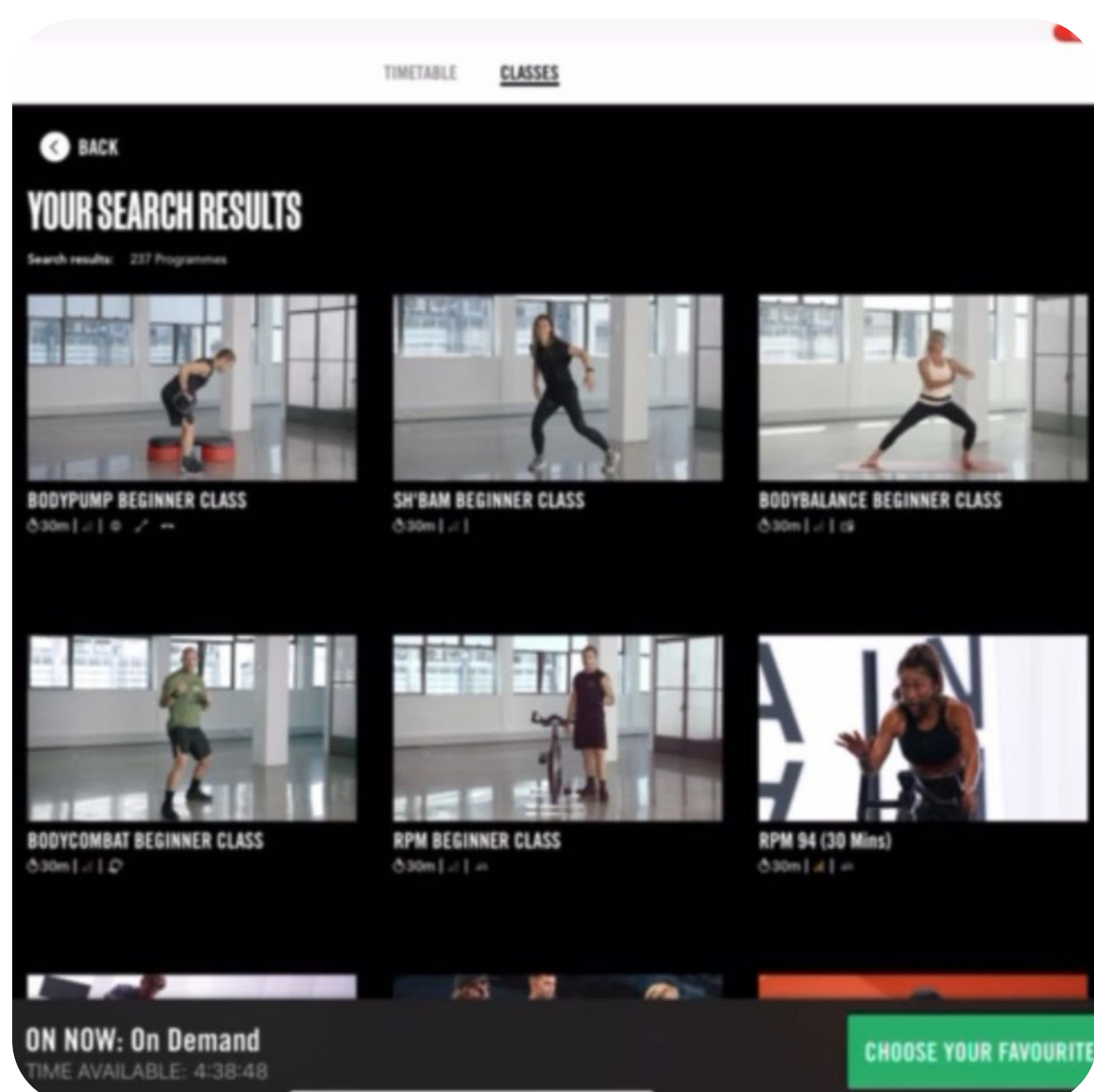
1 Enter iPad password if required, visit home page of Les Mills Virtual



2 Search or use quick access in the left sidebar



3 Look through results and tap on desired class



4 Click on Begin Workout and wait prepare for video to start on screen

