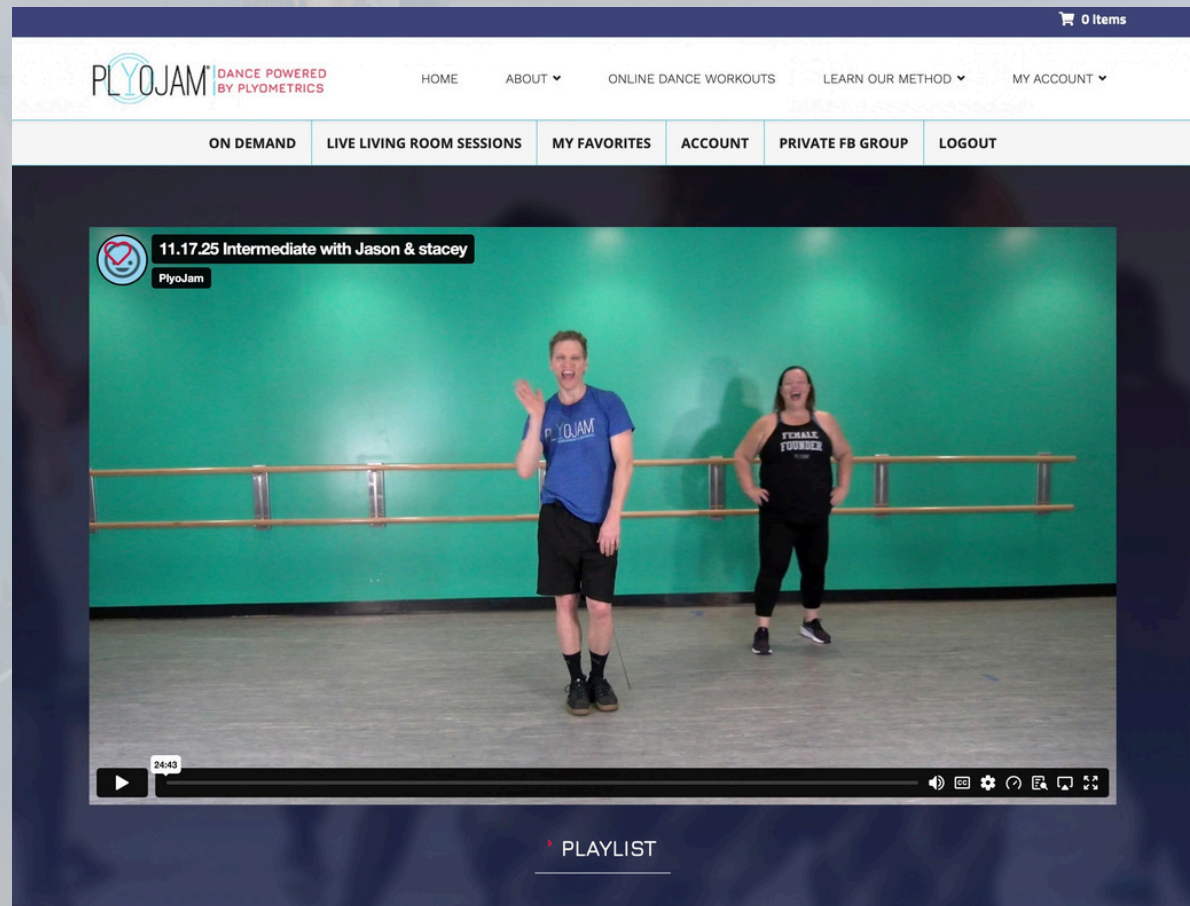


HOW TO VIEW YOUR PLYOJAM WORKOUTS



you don't have to workout in front of a laptop!

TAKE YOUR ON-DEMAND WORKOUTS TO THE BIG SCREEN!

Did you know you can watch your PlyoJam workouts on your TV? You don't need a PlyoJam app to enjoy your workouts on a bigger screen. Choose your device below and follow the simple steps. Before you begin, make sure your device and TV are connected to the same Wi-Fi network.

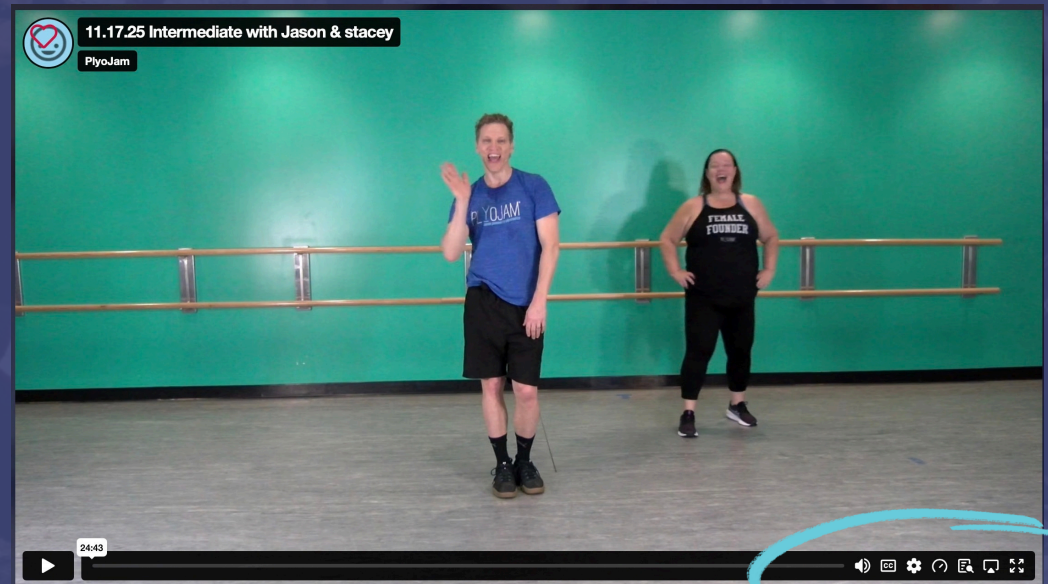
IPHONE OR IPAD → TV

Option 1: AirPlay — Easiest!

1. On your iPhone or iPad, log in to PlyoJam.com and open your On-Demand workout.
2. Press PLAY on the workout.
3. Tap the video so the controls appear. On your iPhone you may have to turn it horizontally to see the controls.
4. Look near the bottom-right corner of the video player for the AirPlay icon.
5. AirPlay looks like a TV screen with a small triangle underneath it.
6. Tap the AirPlay icon.
7. Choose your TV from the list, you may have to enter a code displayed on your TV .
8. Your PlyoJam workout should now play on your TV!

You can use your phone or tablet to pause, play, or move through the workout.

✓ We've tested this method and it works beautifully!



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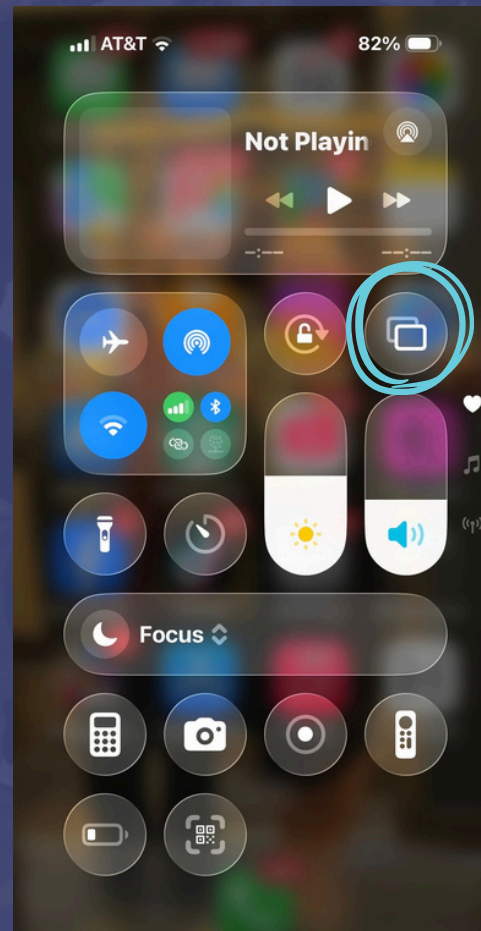
Don't see the AirPlay option? You can mirror your entire iPhone or iPad screen instead.

Option 2: Screen Mirroring

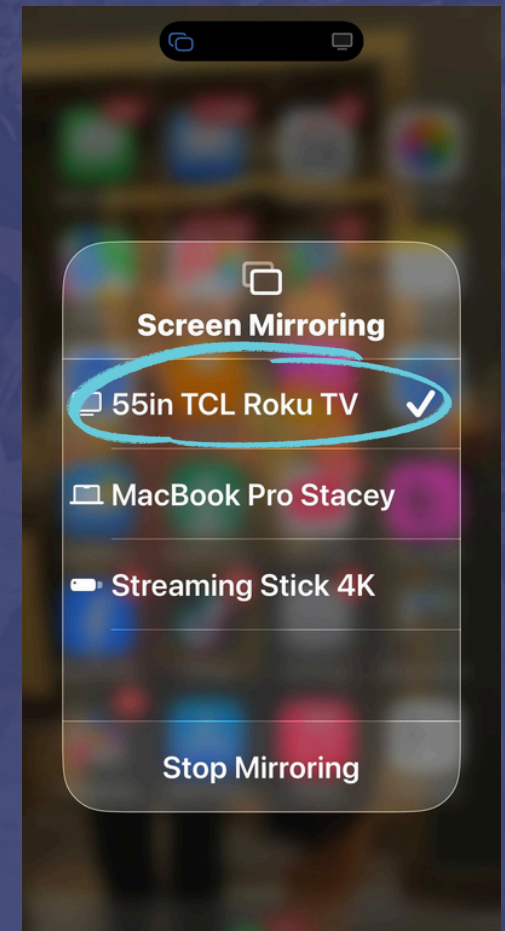
1. On your iPhone or iPad, log in to PlyoJam.com and open your On-Demand workout.
2. Open Control Center on your iPhone or iPad.
 - On newer iPhones, swipe down from the top-right corner of your screen.
3. Tap Screen Mirroring.
4. The icon looks like two overlapping rectangles.
5. Select your TV. Your TV may give you a code to enter on your phone.
6. Open PlyoJam and start your workout.
7. Turn your phone sideways for the best view.

✓ We've tested this with PlyoJam, too! It works great!

Control Center



Select Your TV



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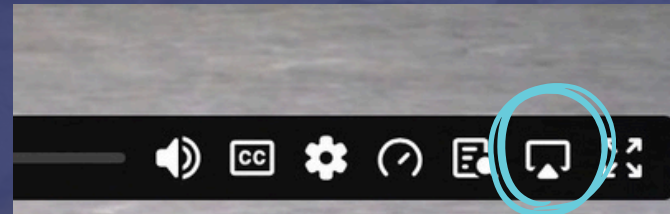
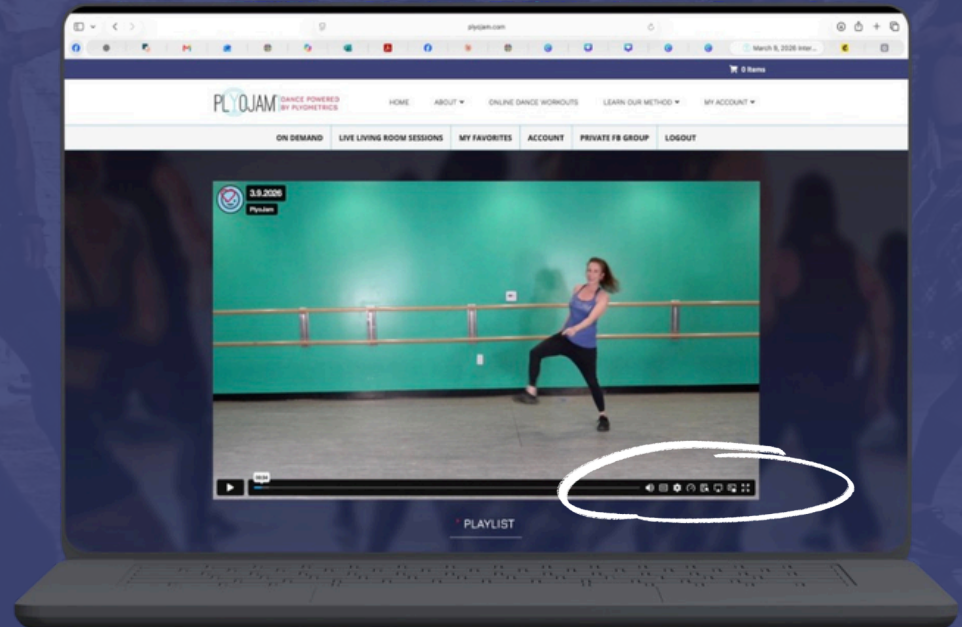
MAC → TV

Have a MacBook or other Mac computer? You can AirPlay your PlyoJam workout directly to your TV.

1. Log in to PlyoJam.com on your Mac and choose your workout.
2. Press PLAY.
3. Move your mouse over the video to show the video controls.
4. Click the AirPlay icon near the bottom-right of the video.
5. Select your TV. You may have to add a code from your TV to your laptop or computer.
6. Click the Fullscreen icon if you want PlyoJam to fill the screen.

✓ We've tested this setup and it works beautifully!

Vimeo supports AirPlay directly from its player in Safari on macOS.



TAKE YOUR ON-DEMAND WORKOUTS TO THE BIG SCREEN!

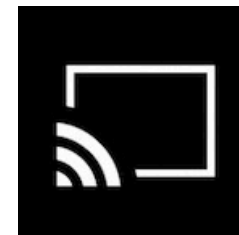
Did you know you can watch your PlyoJam workouts on your TV? You don't need a PlyoJam app to enjoy your workouts on a bigger screen. Choose your device below and follow the simple steps. Before you begin, make sure your device and TV are connected to the same Wi-Fi network.



ANDROID PHONE OR TABLET → TV

If you have a Chromecast, Google TV, or a TV with Google Cast built in, you can cast your workout to your television.

1. Make sure your Android device and TV are connected to the same Wi-Fi network.
2. Log in to PlyoJam and open your workout.
3. Press PLAY and tap the video to show the controls.
4. Look for the Cast icon.
5. It looks like a little TV screen with curved Wi-Fi lines in the corner. -->
6. Tap it and select your TV.
7. Your workout should begin playing on the TV.



Vimeo supports Chromecast in its embedded web player, which is the type of player you're using on PlyoJam. Google also requires the device and TV to be on the same Wi-Fi network.

NOTE: Unlike our Apple instructions above, we haven't personally tested every Android/TV combination. Exact options can vary depending on your phone and television.

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THE EASY WIRED OPTION: HDMI

If casting makes you want to throw your phone across the room, a cable works too! 😊

Connect your laptop to your TV with an HDMI cable. Some laptops—especially newer Macs—may also require a USB-C-to-HDMI adapter.

Then select the appropriate HDMI input on your TV and use it as a larger screen for your PlyoJam workout.

HAVING TROUBLE CONNECTING?

Start with these three things:

1. Check your Wi-Fi. Your phone, tablet, or computer and your TV should be connected to the same Wi-Fi network for AirPlay or casting.
2. Make sure your TV supports the feature you're trying to use. Look for AirPlay, Chromecast, or Google Cast in your TV settings.
3. Don't see an icon? Your available options can vary depending on your device, browser, and TV. Try another method in this guide—Screen Mirroring or HDMI are great backups.

Press play. Dance it out. Repeat. 🏃‍♀️

OTHER ICONS YOU SHOULD KNOW

♡ SAVE TO FAVORITES

See a workout you love? Save it for later!

Click the heart icon on the workout to add it to your My Favorites page. The next time you want to find that workout, just select MY FAVORITES from your member menu—no searching required.

TIP: Build your own personal collection of go-to workouts by favoriting the ones you love most!



⏏ FULLSCREEN

Want a bigger view? Go fullscreen!

Click the Fullscreen icon in the bottom-right corner of the video player. It looks like four corners expanding outward.

Your workout will fill your screen so you can see your PlyoJam instructor more easily while you dance. To exit fullscreen: press the Esc key on your computer or tap the fullscreen icon again.

Press play. Dance it out. Repeat. 🧘‍♀️

