

Guidance on using Video conferencing software

- Make sure you have space to train and are setup with no distractions
- Open up Zoom on your chosen device. Click on Join, then input your meeting ID and password
- Choose whether to share video
- Mute your microphone if you can, there is an option in Zoom to do this and it will prevent loads of background fuzz coming through everyones audio feed.
- Once you have muted you can play music in the background of your choosing
- Share the links to the workouts amongst as many people as possible please

