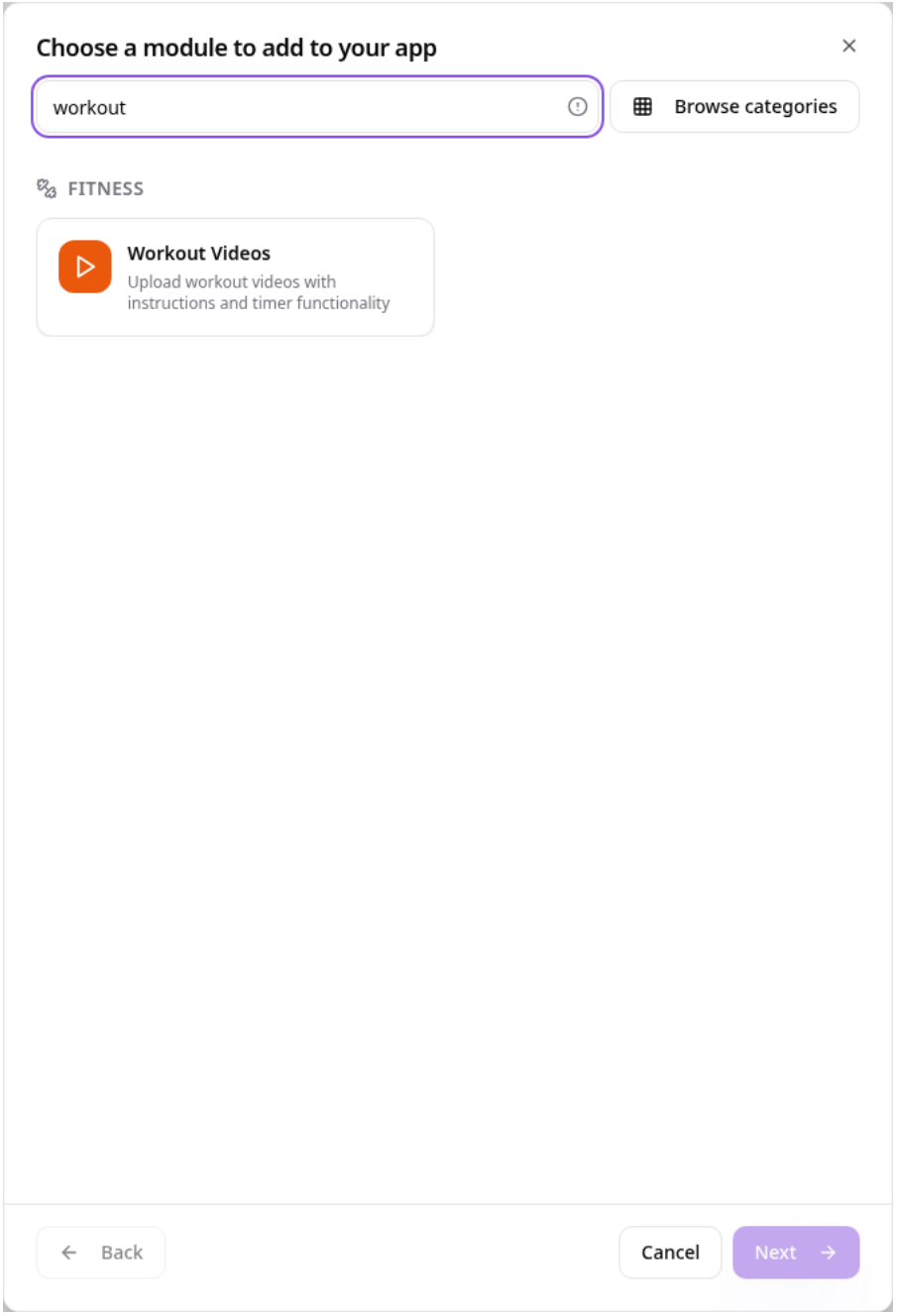
Add workout videos

1. Choose Workout Videos

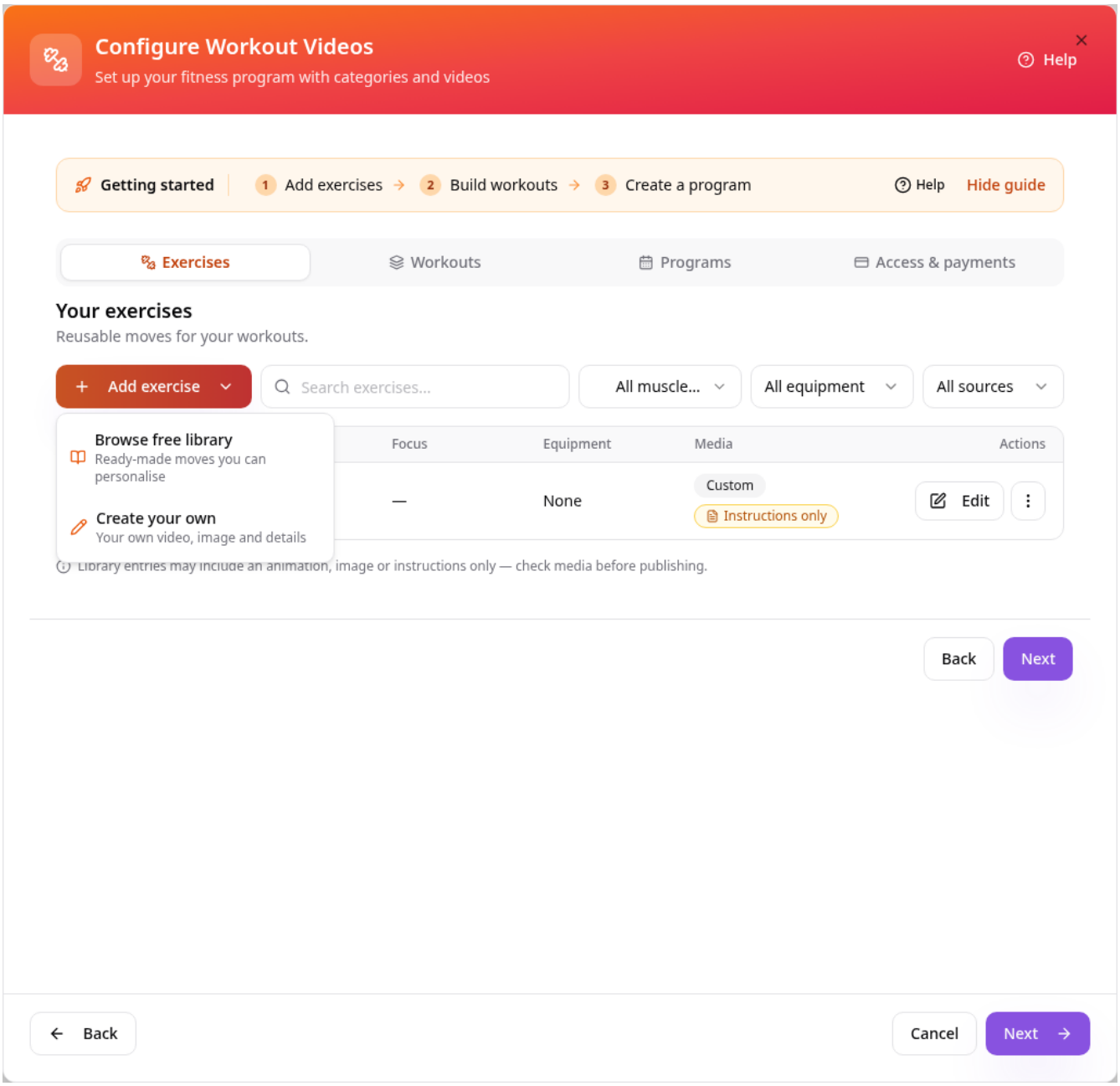
In Pages, tap Add Page or Function, search “workout” and tap Workout Videos.



Add workout videos

2. Add an exercise

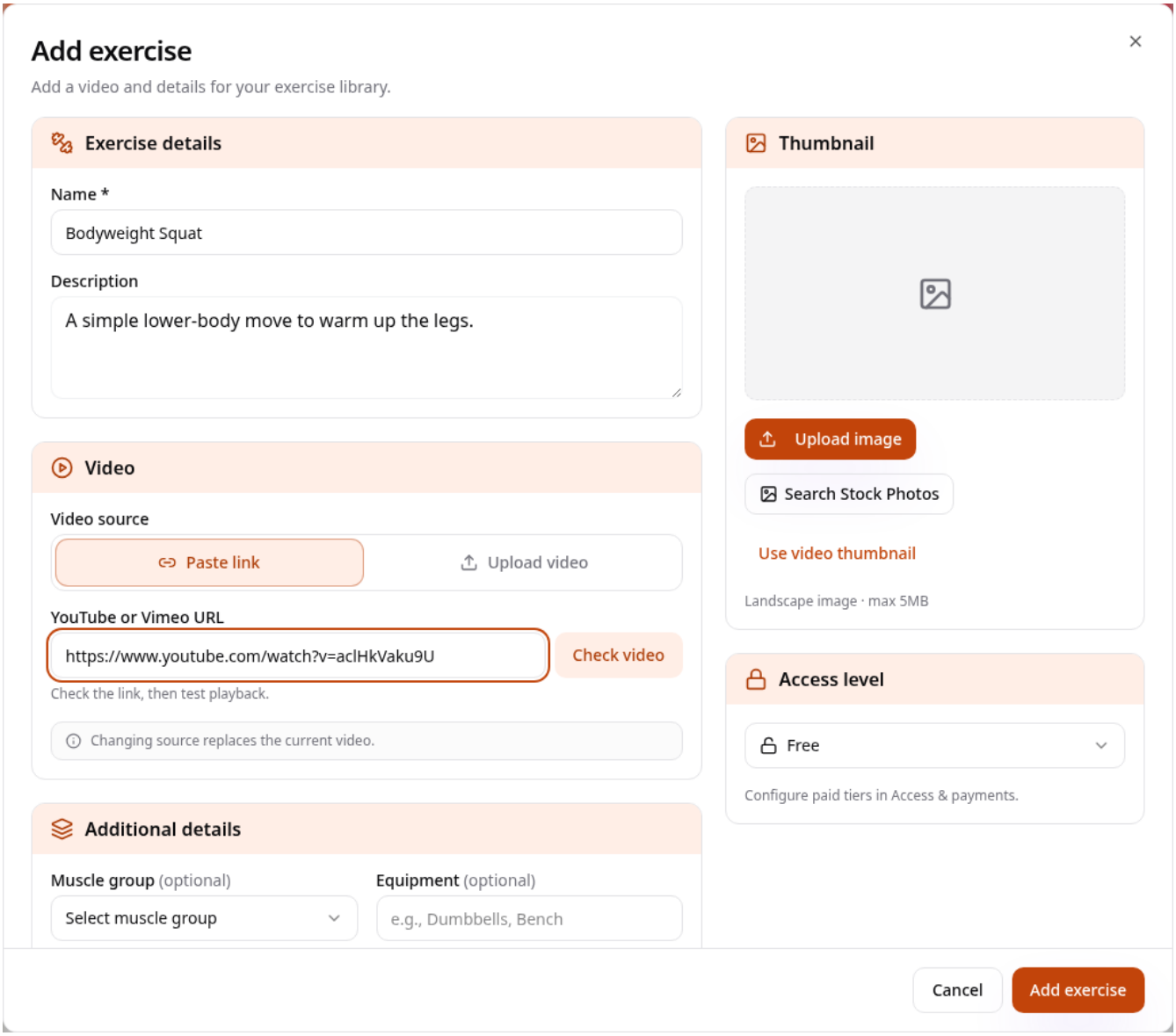
On Exercises, tap Add exercise. Browse the free library or choose Create your own.



Add workout videos

3. Add the details and video

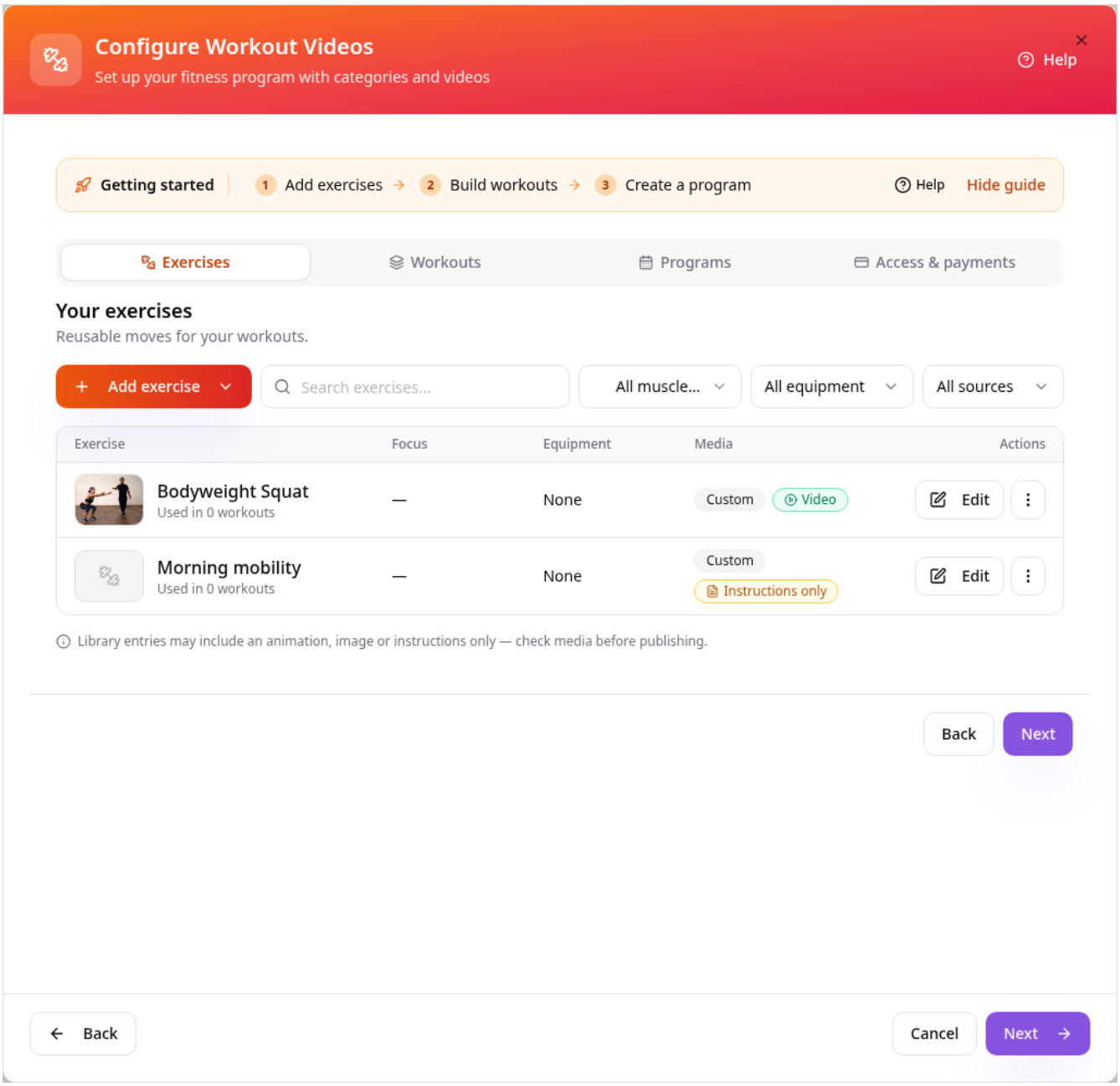
Give the move a name and description, paste a YouTube or Vimeo link (or upload a video), then tap Add exercise.



Add workout videos

4. Your exercise library

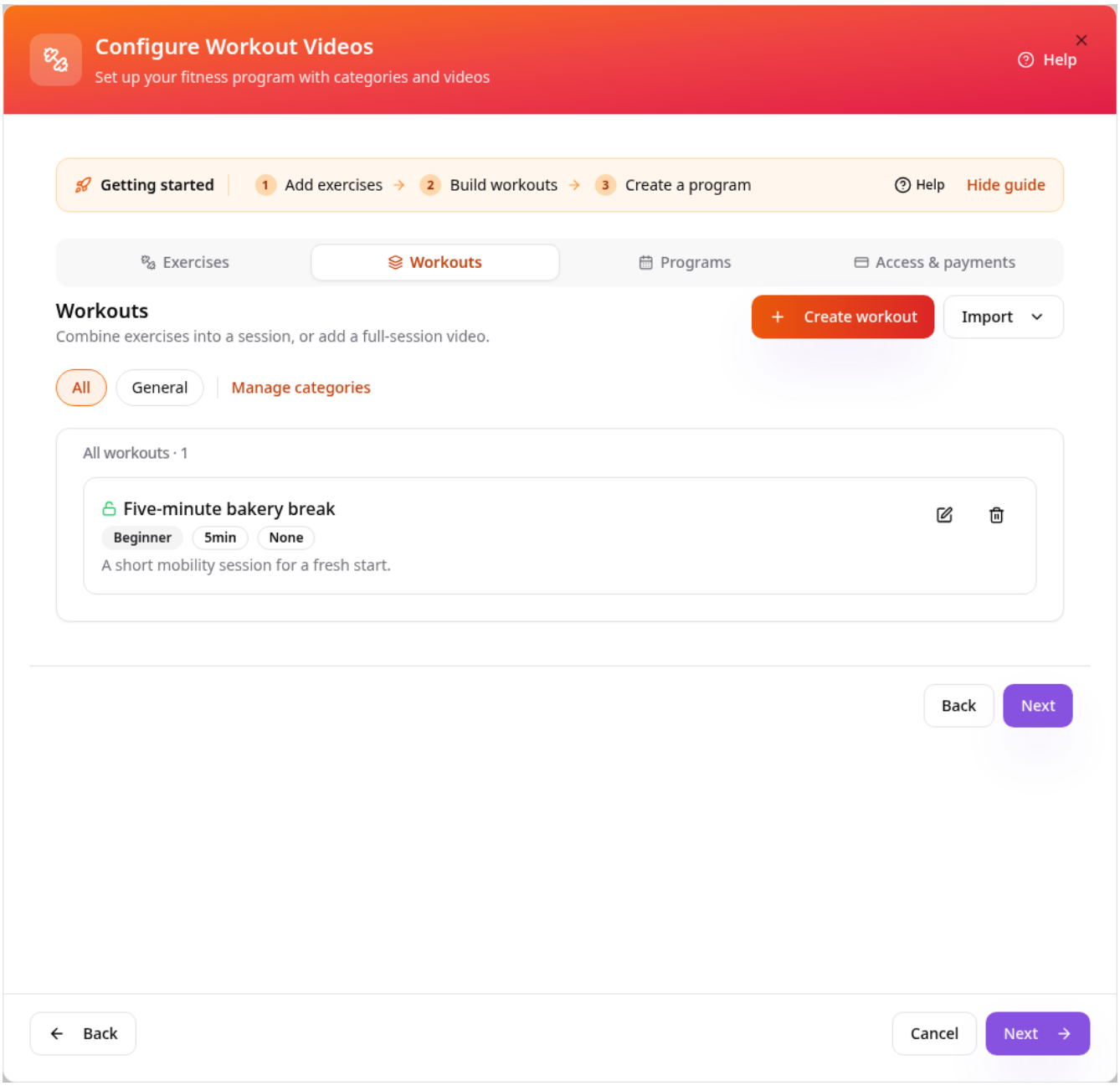
Each move is listed with its media. Use Edit to change it at any time.



Add workout videos

5. Build workouts

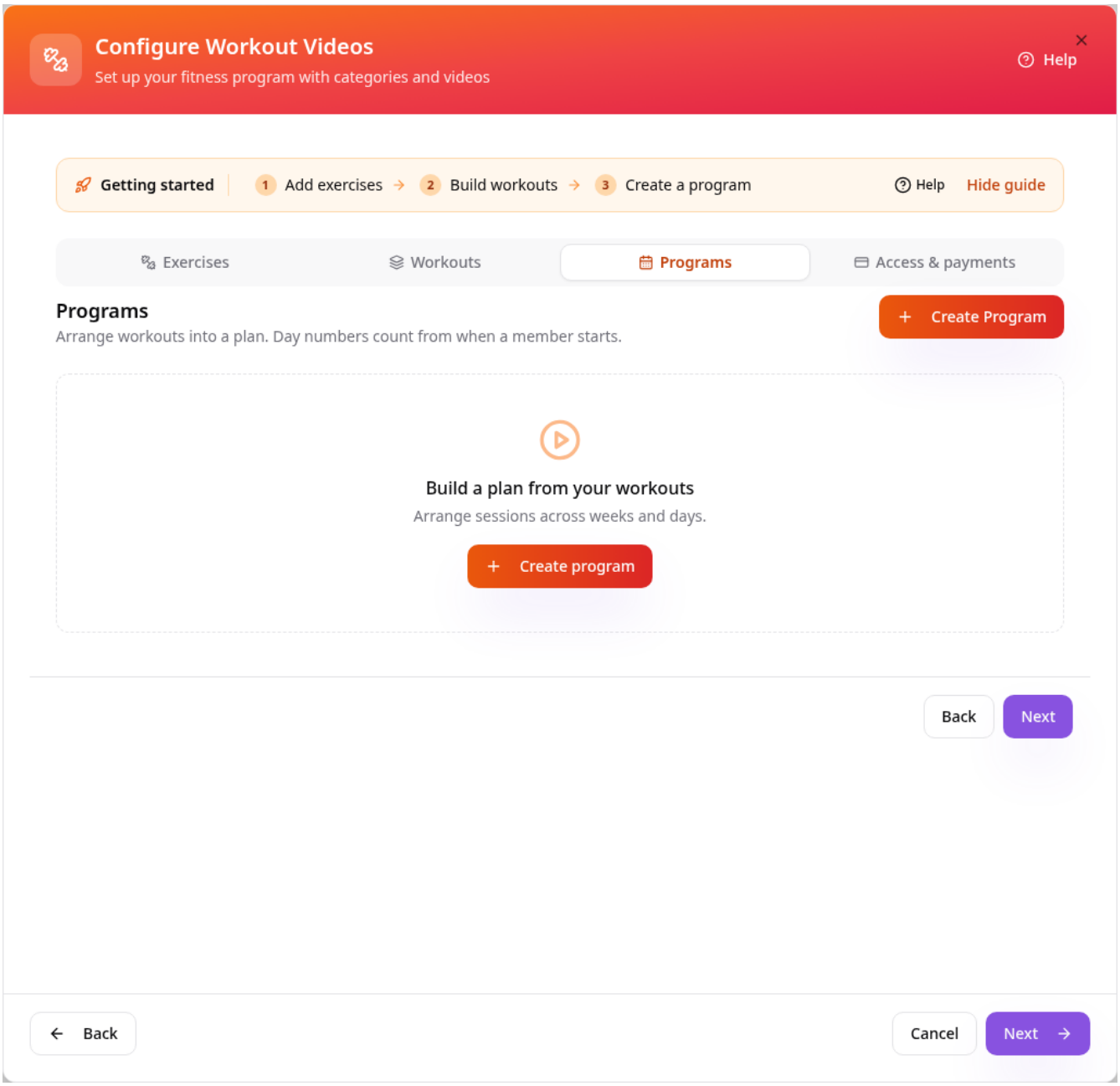
On Workouts, tap Create workout to combine exercises into a session, or import one.



Add workout videos

6. Create a program

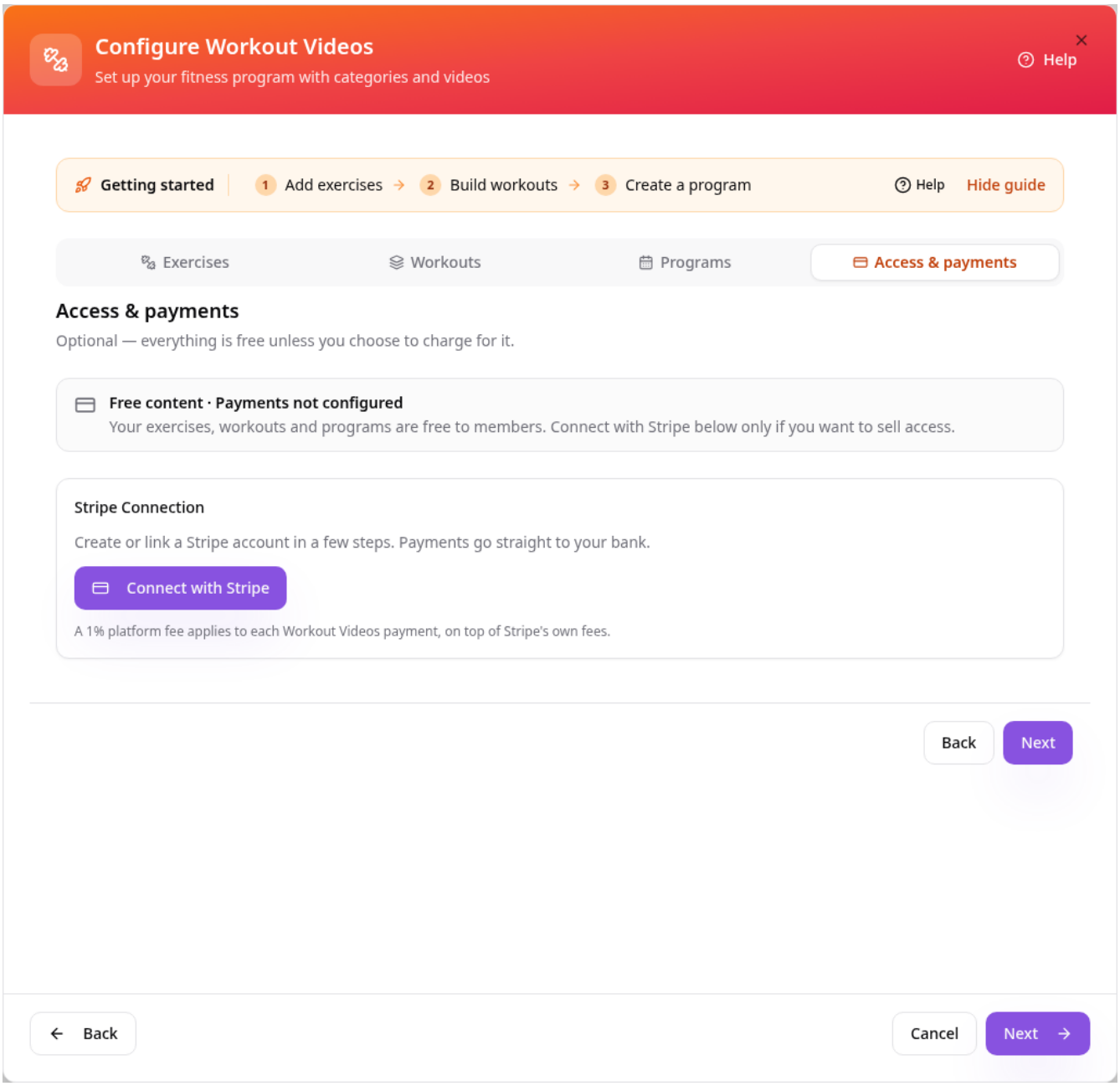
On Programs, arrange workouts across days and weeks into a plan members can follow.



Add workout videos

7. Free or paid

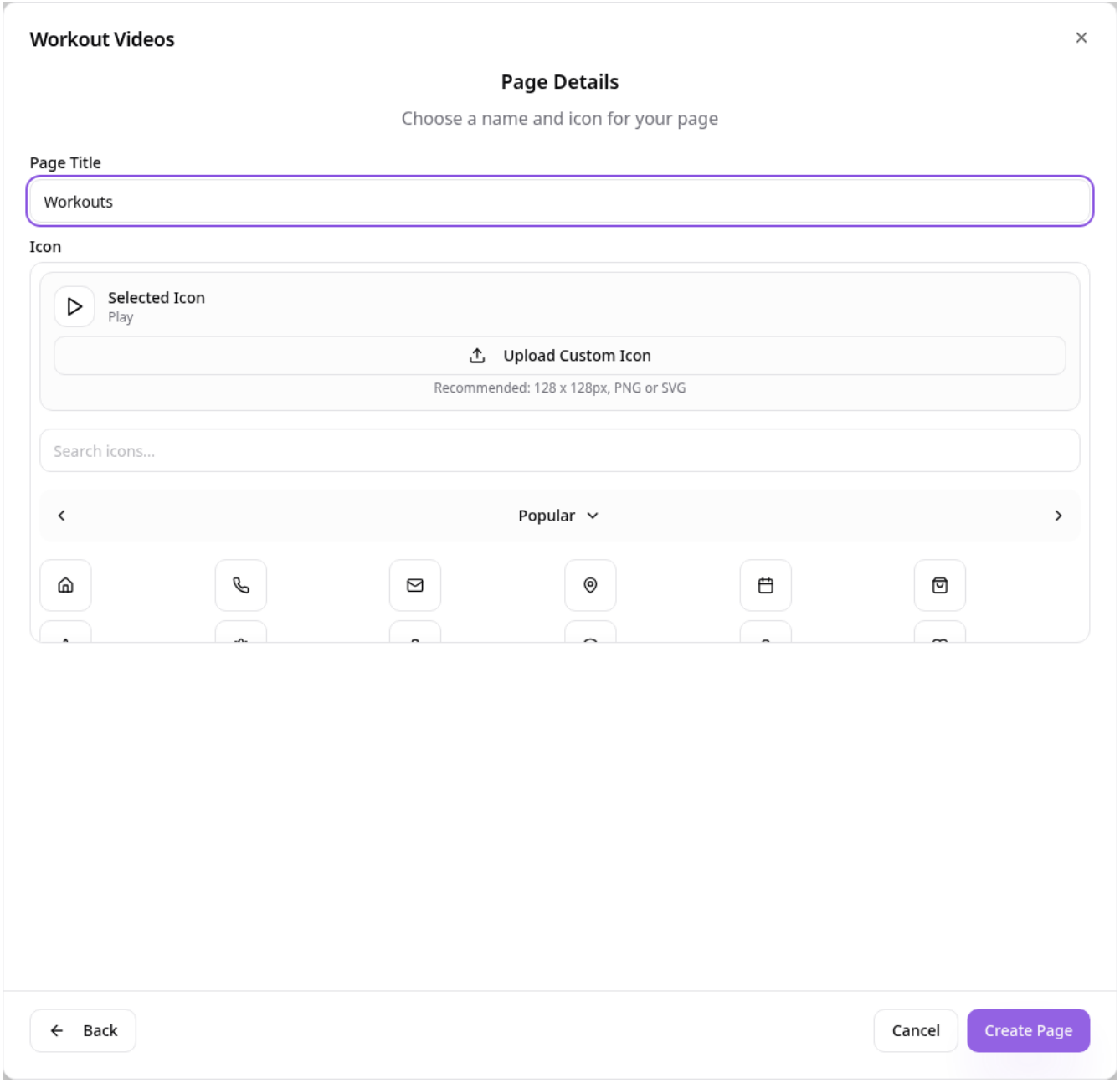
Everything is free unless you choose to charge. Connect with Stripe here to sell access.



Add workout videos

8. Name the page

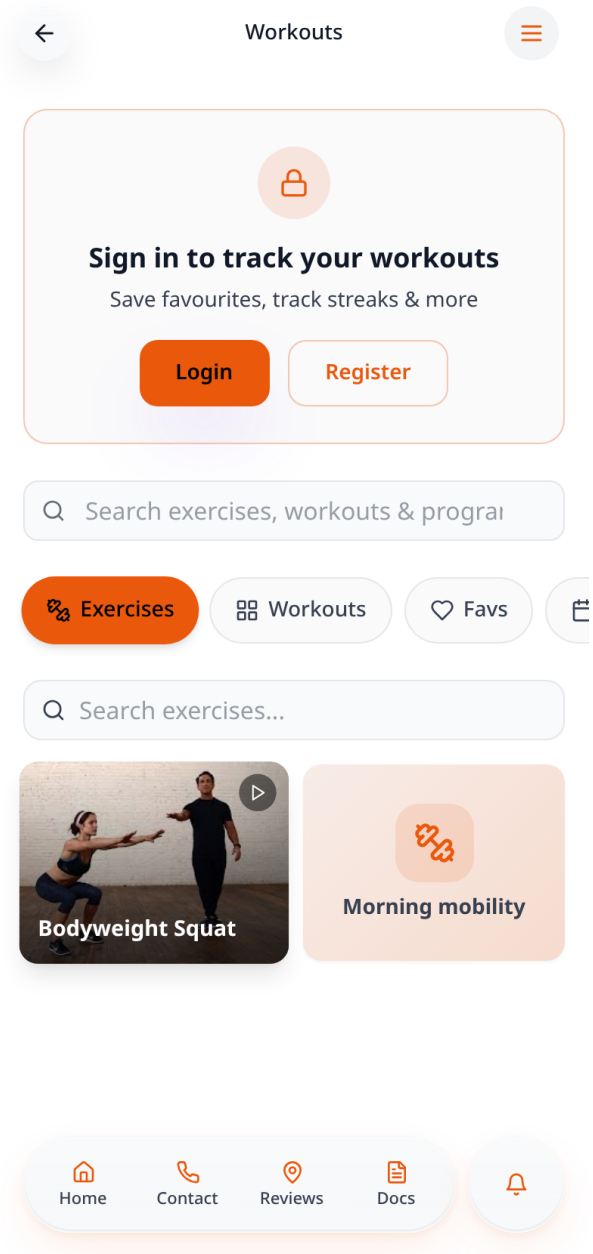
Tap Next, choose a page title and icon, then tap Create Page.



Add workout videos

9. See it in your app

Members browse and search exercises and workouts, and sign in to save favourites and track streaks.



Workouts and Programs tabs appear in your app once they have content. Change anything later from Edit Page Content.