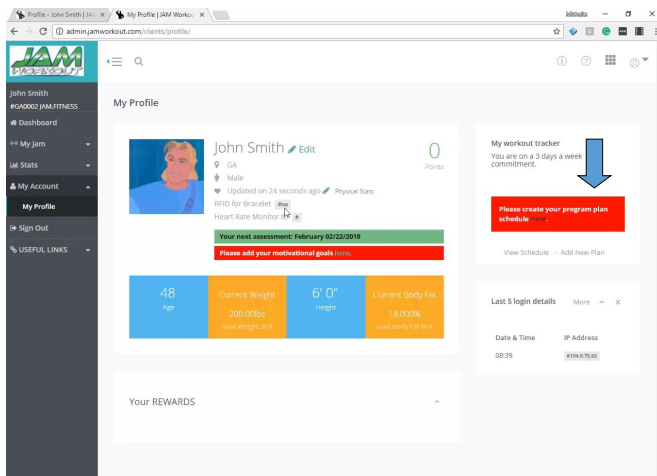


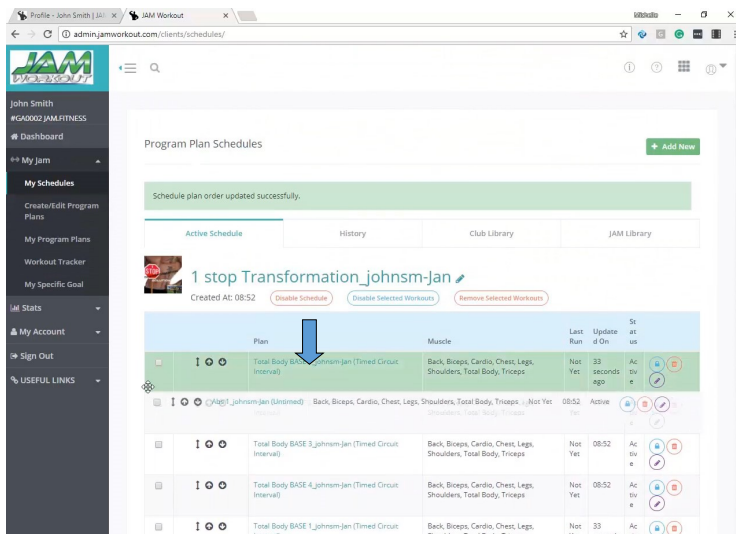
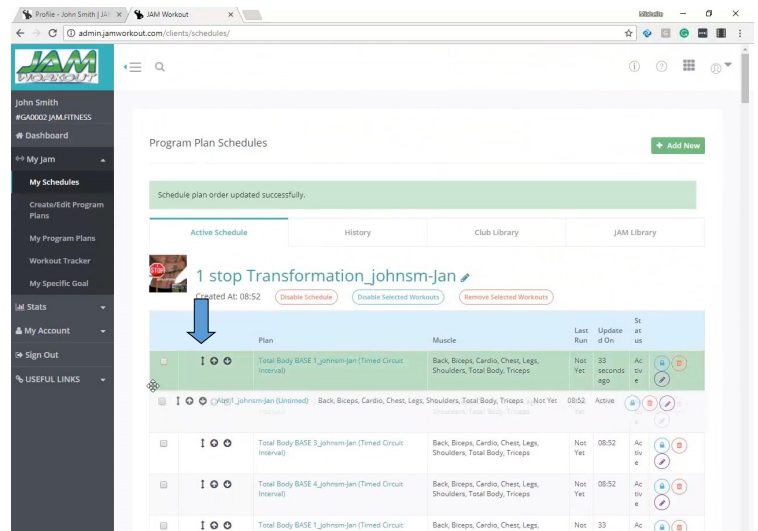
## Change it Up- Cheat Sheet (if you have TOD)



TOD comes preloaded with 112 workouts. You can modify the exercises, their order, or create new workouts dependent on your needs, injuries or goal. Click to access.

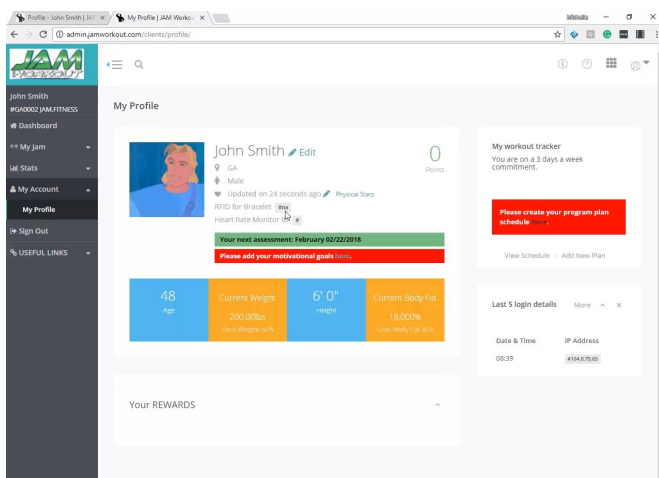
To rearrange the order of your workouts or exercises.

Use the double headed arrow, drag and drop.



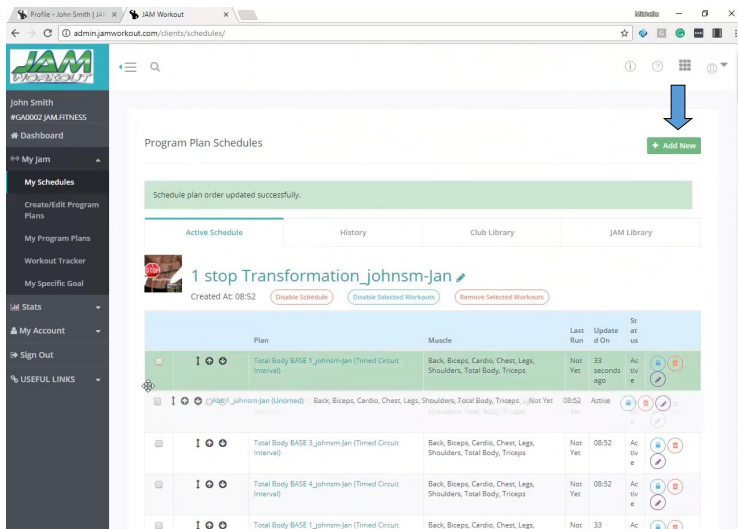
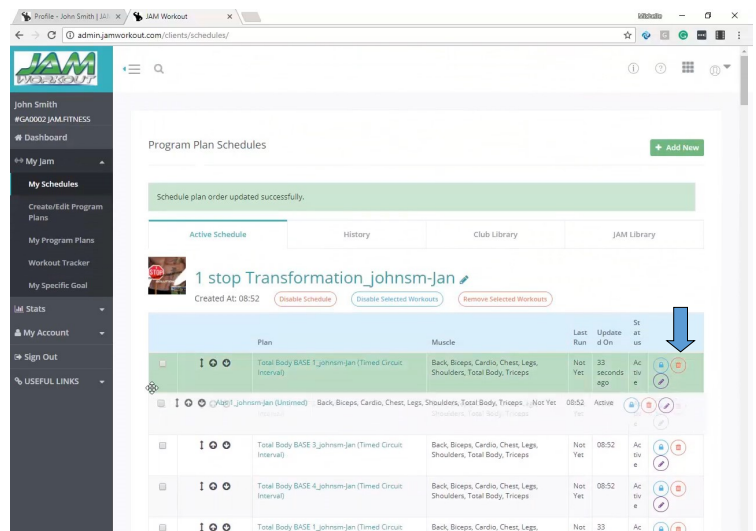
To Change a Workout-select the workout by clicking on its name in Program Plan Schedule.

## Change it Up- Cheat Sheet (if you have TOD)



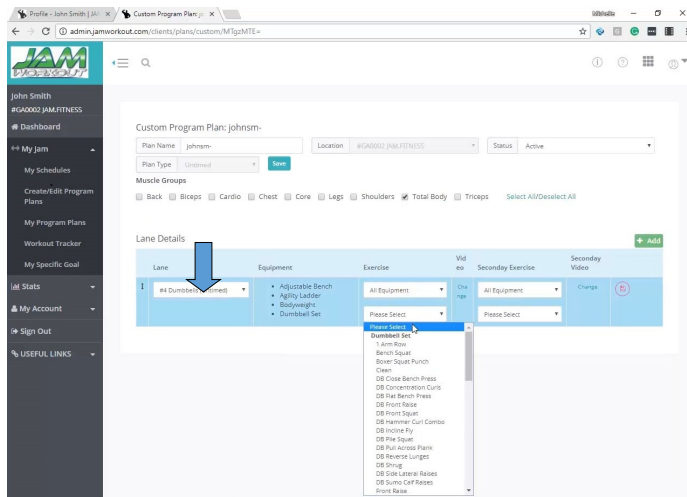
To Change One or More Exercises in a workout. Find the exercise you do not want. Using the drop down, select a new exercise. The video will load automatically. Save.

To Delete an Entire Workout from your queue. In your program plan schedule, click the trashcan icon.



To Create a Workout- Select Add New in the top right corner. Choose your body parts to be worked and whether the workout is timed or untimed.

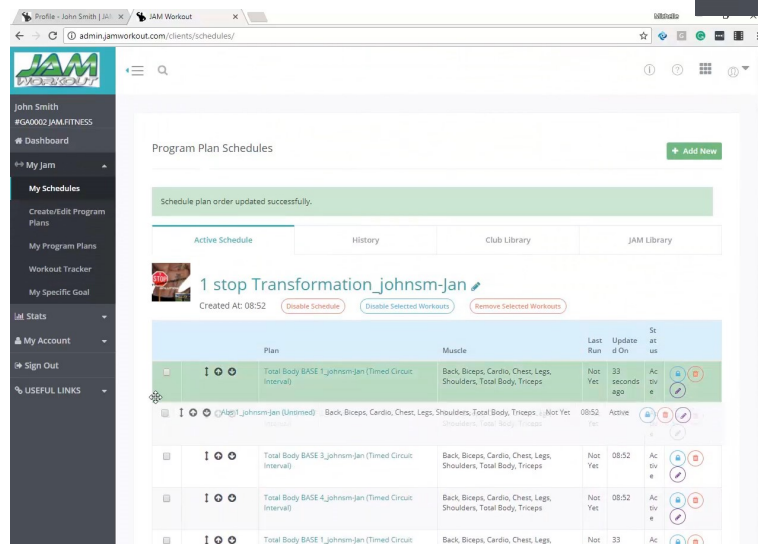
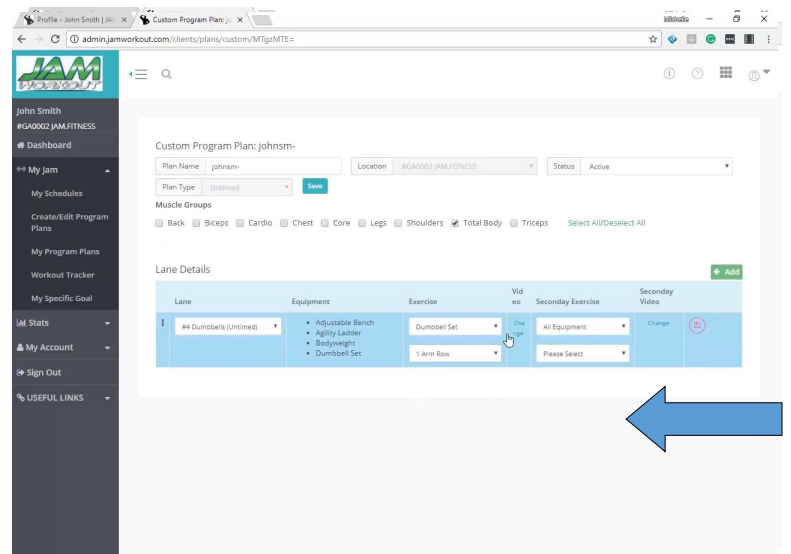
## Change it Up- Cheat Sheet (if you have TOD)



To Create Your Own Workout (con't) Choose your equipment/ lane. Then select the exercise that you want from the 1st drop down. The video will load. Then repeat the process for the 2nd drop down.

## To Create Your Own Workout (con't)

When the exercises are successfully loaded, a pop up will appear and another row will be added for you to continue. When you have added as many as you like, save.



To Create a Workout (con't)-Your workout will appear in your list.