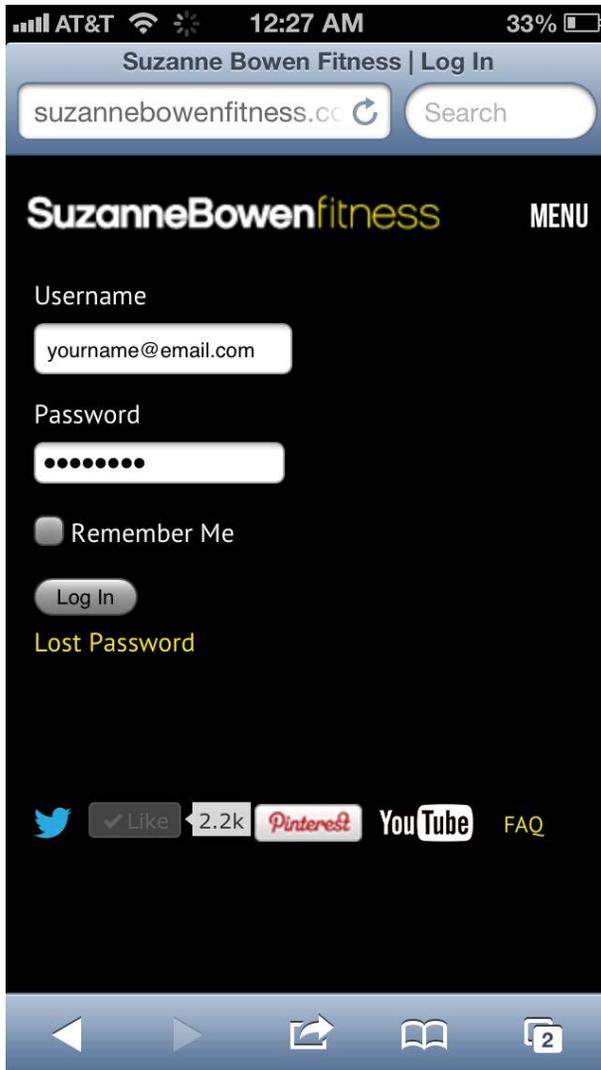


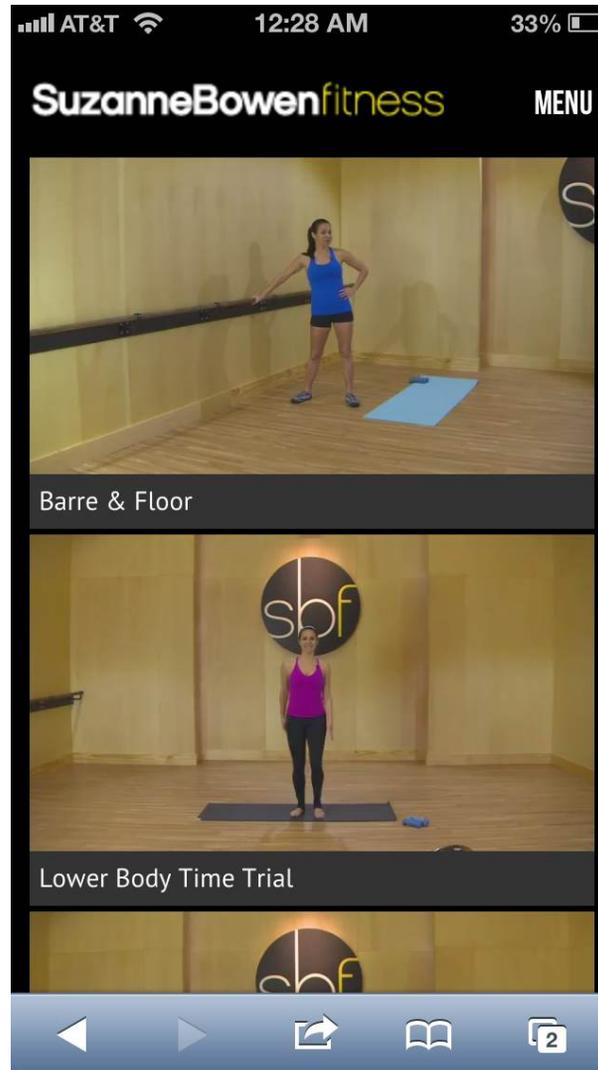
1.

Visit www.suzannebowenfitness.com from your iPhone and navigate to the Log In page by clicking the Menu button in the top right of the page. Enter your user name / password at the prompt.



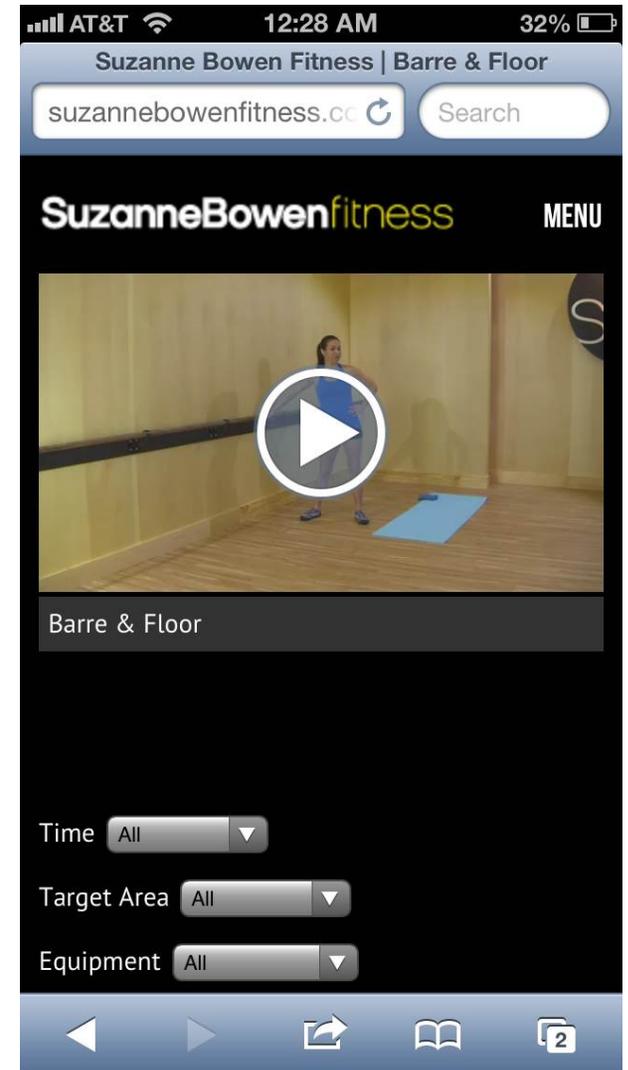
2.

Once logged in, you will be greeted with the latest video uploads. Navigate to the workout you would like to perform, and click the thumbnail image to load the workout.



3.

The video will open in its own page. From this page you can begin playback of the video. Once the play button appears over the video, press play.



4.

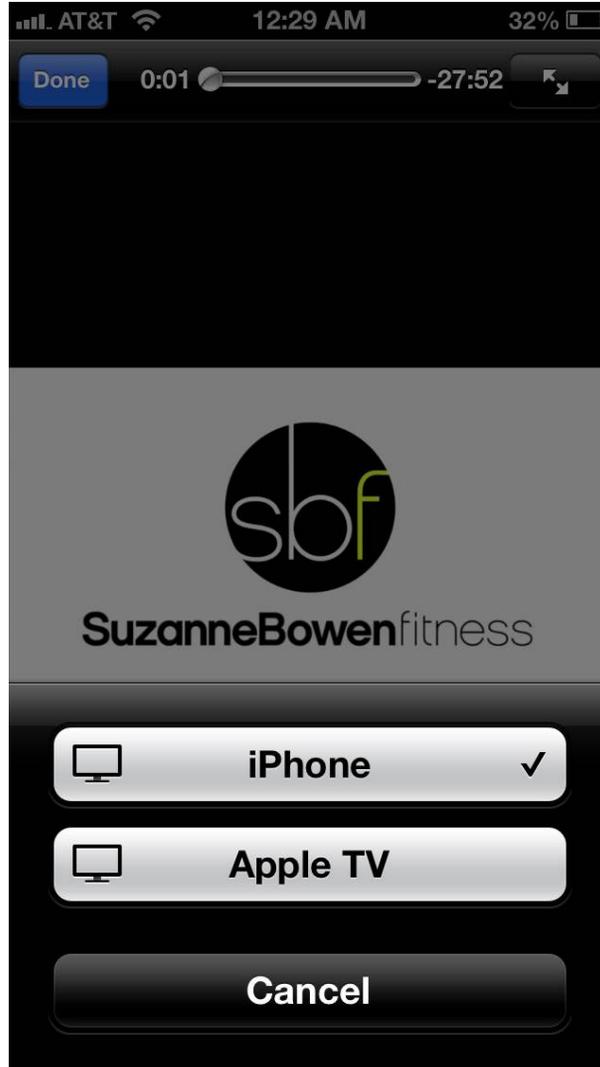
The workout will begin to play in full screen on your iPhone. For information on playing through your Apple TV from your iPhone, please continue to the next steps.



Playing Suzanne Bowen Fitness Workouts on iPhone and Apple TV

5.

Press the TV icon in the right corner of the player control (to the right of the fast forward button). This will bring up a list of available Apple TVs on your network. Select the Apple TV you want to view the workout on from here.



6.

Once you have selected your Apple TV, your iPhone's display will change to the below and the workout will begin playing back on your Apple TV. If you continue to have issues, please contact us at bowen@showdownmgmt.com

