

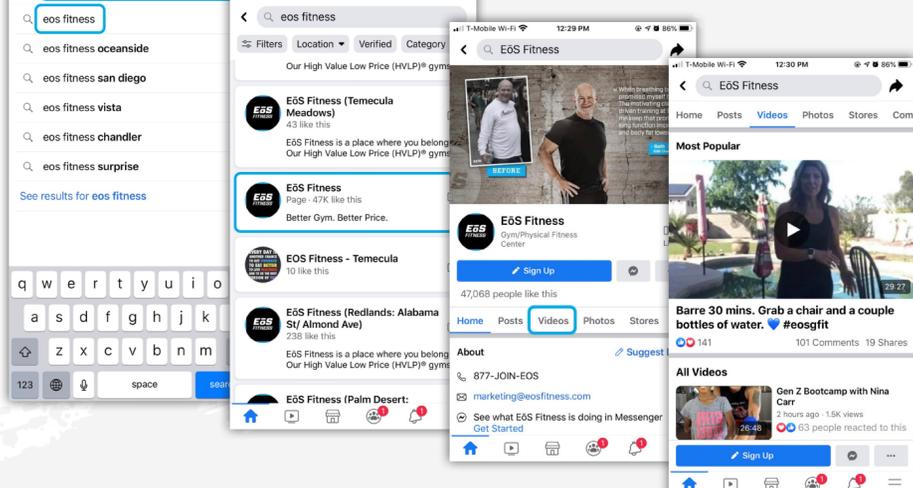


HOW TO WATCH LIVE VIDEOS

FACEBOOK LIVE

From Mobile Device

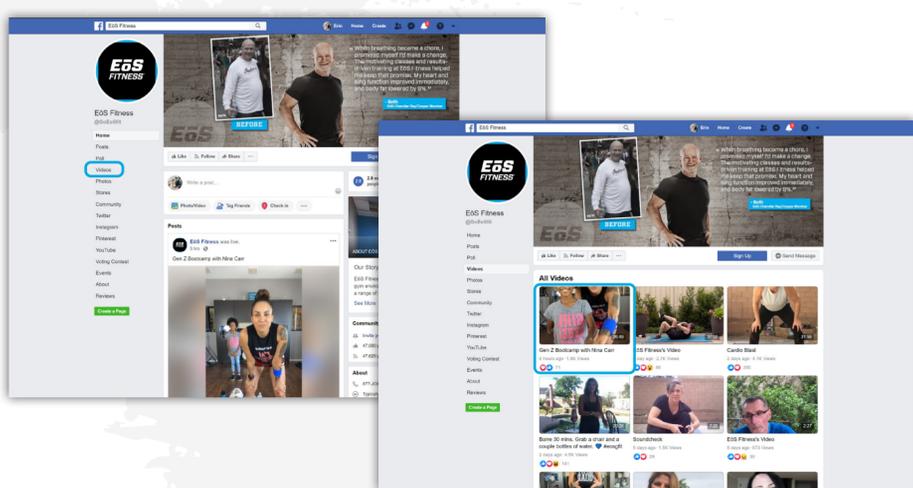
1. Open your Facebook App.
2. Hit the search icon in the top right corner and type in "EoS Fitness".
3. Click on our profile.
4. Under our profile picture, click on the VIDEOS tab.
5. Scroll down the ALL VIDEOS. LIVE videos should be first to appear. All other archived videos can be found here.



FACEBOOK LIVE

From Desktop

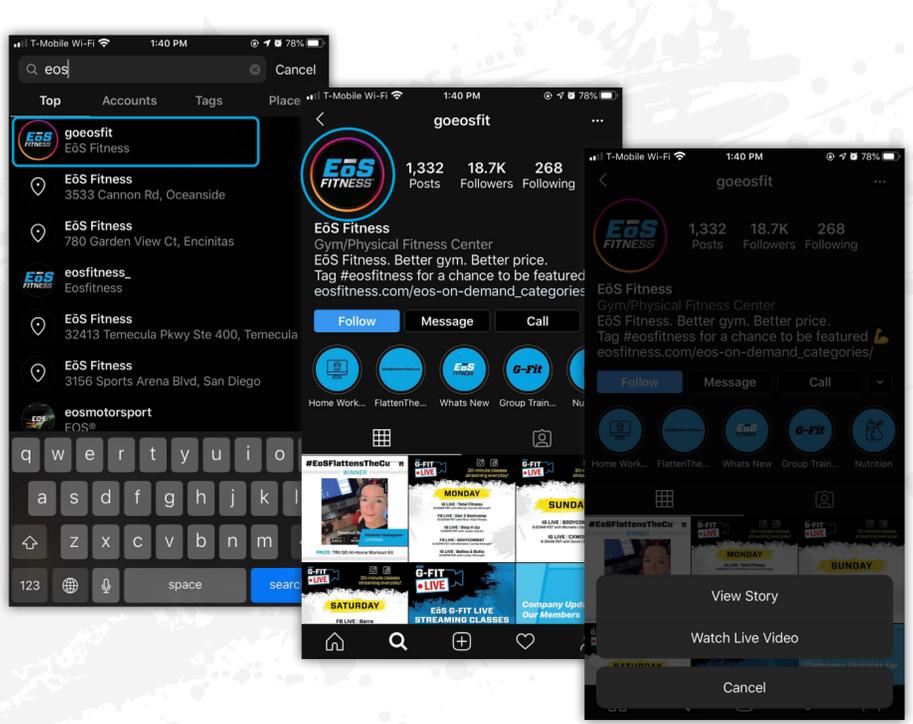
1. Visit Facebook.com/GoEoSfit
2. Under our profile picture, on the left hand side, click the VIDEOS tab.
3. If a video is live it will appear as the first video. All other archived videos can be found here.



INSTAGRAM LIVE

From Mobile Device

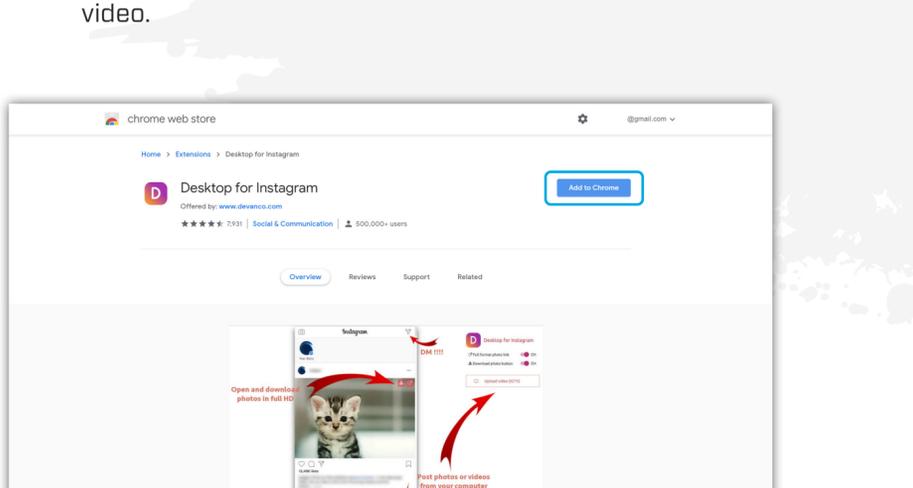
1. Open your Instagram app.
2. Click search and type in "goeosfit"
3. If anything is currently LIVE, click our profile picture to join.
4. If there are no live videos currently streaming, click our profile picture. It will give you two options: watch story or watch live video. Click watch live video.
5. From here you can view any live streams within the past 24 hours. Hit the right arrow at the top of the frame to skip to different videos.
6. Make sure to follow @goeosfit so you can receive a notification to your phone when a LIVE video starts!



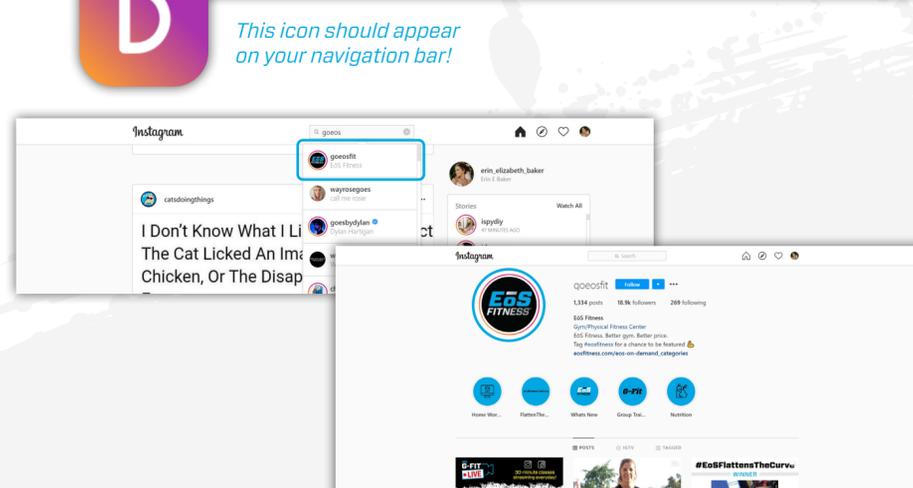
INSTAGRAM LIVE

From Desktop

1. Open your Google Chrome browser.
2. Download the Instagram Story Extension
3. Once it's downloaded, click the icon.
4. Click "go to Instagram.com"
5. All videos that are currently LIVE should appear at the top. Click goeosfit
6. If you are having a hard time finding it this way, search goeosfit in the search bar
7. On our profile picture, there should be a PLAY button. From there click WATCH LIVE VIDEO.
8. Once it's opened, there are arrows on the side to see each live video.



This icon should appear on your navigation bar!



#EoSFlattensTheCurve