



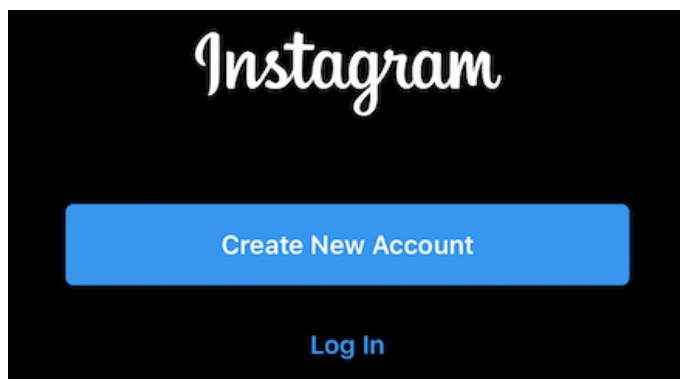
Quick-n'-Easy Tutorial

to connect with us for
Virtual Coaching
via Zoom and Instagram



Instagram - Mobile (or Desktop)

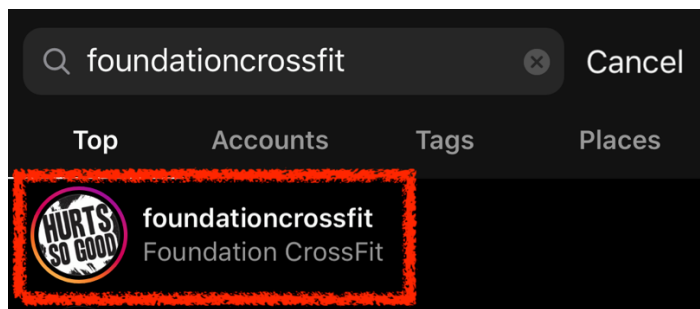
1. If you already have an Instagram account, simply log in and then follow us! Look up “foundationcrossfit” in the search bar and click “Follow” (proceed to step 3)
2. If you do not have an Instagram account follow these easy steps: (smartphone)
 - a. Download the Instagram app from your phone’s app store
 - b. Tap “Create New Account”



- c. Follow the instructions, inputting your account information
- d. You can “Skip” the steps for connecting with FaceBook, Contacts, etc.
- e. You’re done making your account! Now tap the ‘Search’ icon at the bottom



- f. Type in “foundationcrossfit,” then select the top hit



- g. Once you're on our page hit "Follow"



3. You're done! When a live workout happens, you will get a notification (if notifications are enabled) to join, or you may click our profile picture after it begins
4. Reference Zen Planner for specific days and times for our live workouts



– Desktop (or Mobile)

- For smartphone users, download the Zoom app from your app store and follow directions similar to the following:
- For desktop users, go to “zoom.us” in your internet address bar
 1. At the top of the page, click “SIGN UP, IT’S FREE”

[JOIN A MEETING](#)

[HOST A MEETING ▼](#)

[SIGN IN](#)

[SIGN UP, IT'S FREE](#)

2. Type in your email address and follow the instructions to set up your account

Zoom is protected by reCAPTCHA and the [Privacy Policy](#) and [Terms of Service](#) apply.

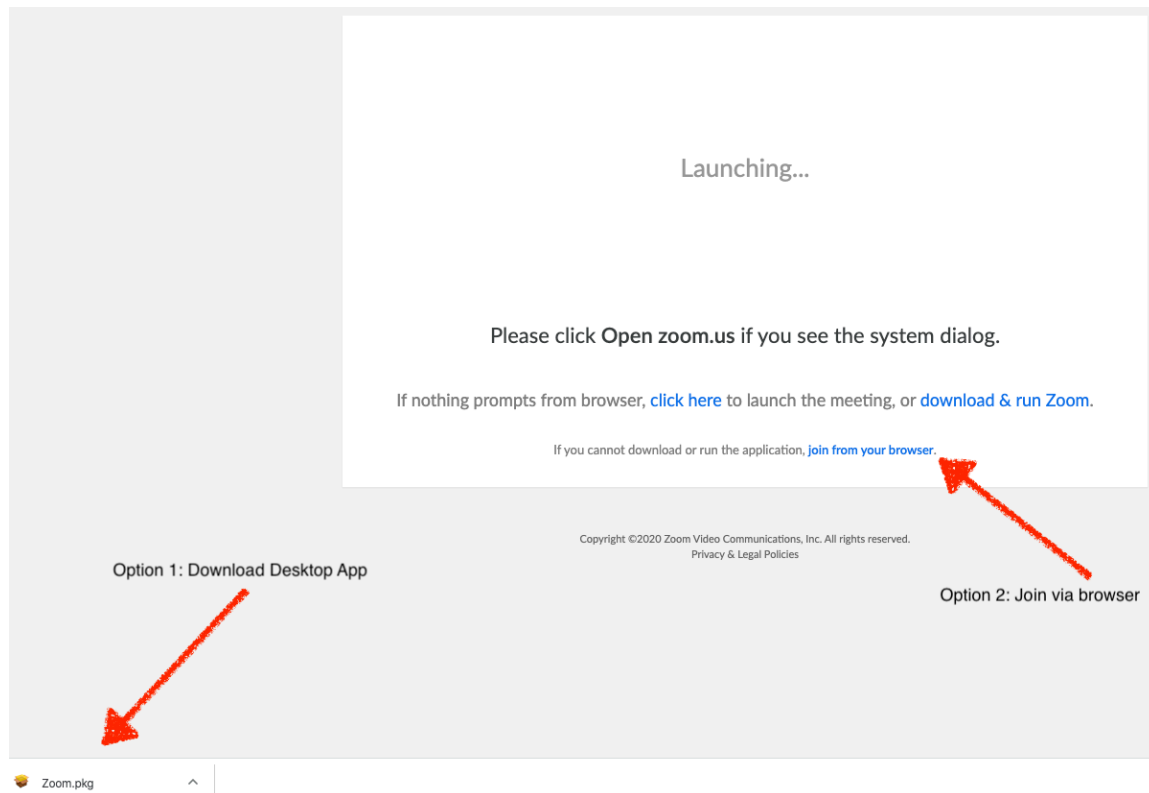
[Sign Up](#)

3. Check your email account and activate your Zoom account from the email they sent you
4. You’re done! Click “Join A Meeting” at the top of the page
5. Input the Meeting ID for our live Zoom session (access the code by registering for the class with your account in Zen Planner)

Join a Meeting

[Join](#)

6. If using desktop, you will be prompted to download the “Zoom” program for ease of use on your computer. You may install the program this way, or click “join from your browser” (warning: limited features)



Zoom Etiquette

1. So that we may communicate with you effectively, allow Zoom to access your microphone and camera during the meeting (prompts will come up automatically)
2. Microphone and camera are optional, and you may opt to disable them at any time by pressing their respective icons
3. Please keep your microphone muted if you have a lot of background noise or you're not speaking
4. The host may mute everyone's microphone at certain intervals
5. Use the chat feature to ask questions or make comments