



Virtual Coaching

Zoom, Instagram, YouTube

- Follow us on Instagram
- Subscribe to us on YouTube
- Register for Zoom classes via Zen Planner
- Dates/Times for our Live sessions and Zoom Coach Meetings can be found in Zen Planner
- Check our weekly COVID-19 emails for Zoom passcodes and more news & information



– 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 address bar
 1. At the top of the page, click “SIGN UP, IT’S FREE” then follow the instructions
 2. You’re done! Click “Join A Meeting” at the top of the page
 3. Input the Meeting ID for our live Zoom session
 4. The Meeting ID can be found in Zen Planner, where you sign up for the session
 5. The code for the Zoom meeting may vary week-to-week, and can be found in our weekly COVID-19 email

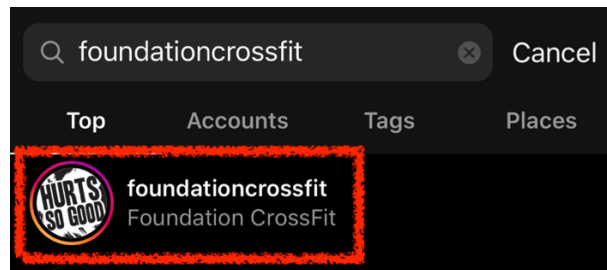
Zoom Etiquette

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. It is encouraged to have your video and microphone *on* to facilitate communication and allow your coach to monitor your form and intensity
4. Please keep your microphone muted if you have a lot of background noise
5. The host may mute everyone’s microphone at certain intervals
6. Use the chat feature to ask questions or make comments if you are unable to use your mic

Instagram - Mobile (or Desktop)



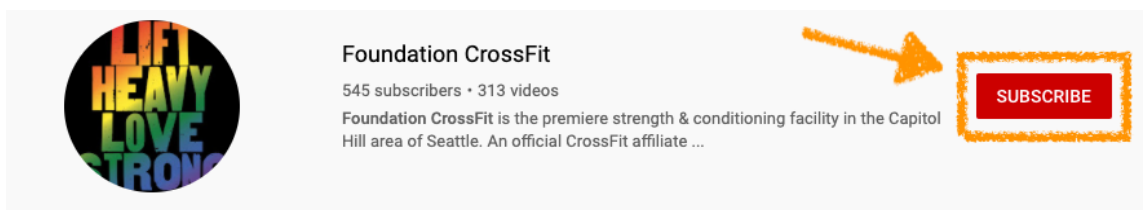
1. If you already have an Instagram account, simply log in and then follow us! Look up “foundationcrossfit” in the search bar and click “Follow” (proceed to step 3)
2. If you do not have an Instagram account follow these easy steps: (smartphone)
 - a. Download the Instagram app from your phone’s app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



- d. 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

YouTube - Mobile (or Desktop)

1. If you already have a YouTube account, log in, look up “foundation crossfit” in the search bar, then subscribe to our channel!



2. If you do not have an account, simple download the app from the app store or go to YouTube.com and click “sign up”
3. Follow the instructions to set up your account, then follow step 1
4. Check Zen Planner for the scheduled YouTube Live workouts and plan accordingly, or look through our library for follow-along workouts as well as every exercise, movement, and stretching routine you can think of!