

A top-down view of a wooden desk. In the upper left, a portion of a tablet is visible. In the upper right, a laptop is open, showing its keyboard with keys like 'caps lock', 'A', 'S', 'D', 'F', 'G', 'shift', 'Z', 'X', 'C', 'V', 'B', 'Fn', 'control', 'option', and 'command'. A pair of white earbuds lies in the center. In the lower right, a clear glass cup of coffee sits on a matching saucer. The background is a dark, textured wooden surface.

**BE MORE
VIRTUAL
ONLINE TOOLS
& TACTICS**

A top-down view of a wooden desk. In the upper left, a portion of a tablet is visible. In the upper right, a laptop is open, showing its keyboard and trackpad. A pair of white earbuds with a cord lies on the desk between the tablet and the laptop. In the lower right, a clear glass cup of coffee sits on a matching saucer with a spoon. The text "This is NOT the time to pull back." is overlaid in white on the left side of the image.

**This is NOT
the time to
pull back.**

LOOM: 1 TO 1 VIDEO

- Introduce yourself to new lead
- Walk through the daily workout
- Screenshare how to use an app or process
- Say thank you to a member or lead
- Tips and Advice
- Followup on a workout. Great job, etc.



ZOOM: **VIDEO MEETINGS** **& WEBINARS**

- Live workouts
- 1 on 1 video: sales, PT, check-ins
- Staff meetings
- Podcast interviews
- What else?



STREAMYARD: **LIVESTREAMING**

- Facebook, Youtube, LinkedIn
- Multiple platforms at once
- Branding, Recording, Q&A, Chat
- Scheduled or GoLive

A top-down view of a wooden desk. In the upper left, a tablet is partially visible. In the upper right, a laptop keyboard and trackpad are shown. In the center, a pair of white earbuds lies on the desk. In the lower right, a glass cup of coffee sits on a saucer. The background is a dark, textured wooden surface.

SLACK: **COLLABORATION**

- Unified, real time communication
- Replaces email
- Keeps everything in one place

A top-down view of a wooden desk. In the upper left, a portion of a tablet is visible. In the upper right, a laptop keyboard and trackpad are shown. In the center, a pair of white earbuds lies on the desk. In the lower right, a clear glass cup of coffee sits on a matching saucer with a spoon. The background is a dark, textured wooden surface.

TIPS: **A BETTER EXPERIENCE**

- Audio
- Video
- Lighting
- Distractions

A top-down view of a wooden desk with a laptop, tablet, earbuds, and coffee. The laptop is on the right, the tablet is on the top left, and a pair of white earbuds is in the center. A glass cup of coffee on a saucer is in the bottom right. The text "WHAT'S WORKING FOR YOU?" is overlaid on the left side of the image.

**WHAT'S
WORKING
FOR YOU?**

A top-down view of a wooden desk with a laptop, tablet, headphones, and coffee. The laptop is on the right, the tablet is on the top left, and a pair of white headphones is in the center. A glass cup of coffee is on the bottom right. The text "AT HOME FITNESS" is in blue and "HOMEPAGE DEMO" is in white, both in a bold, sans-serif font.

AT HOME FITNESS **HOMEPAGE DEMO**