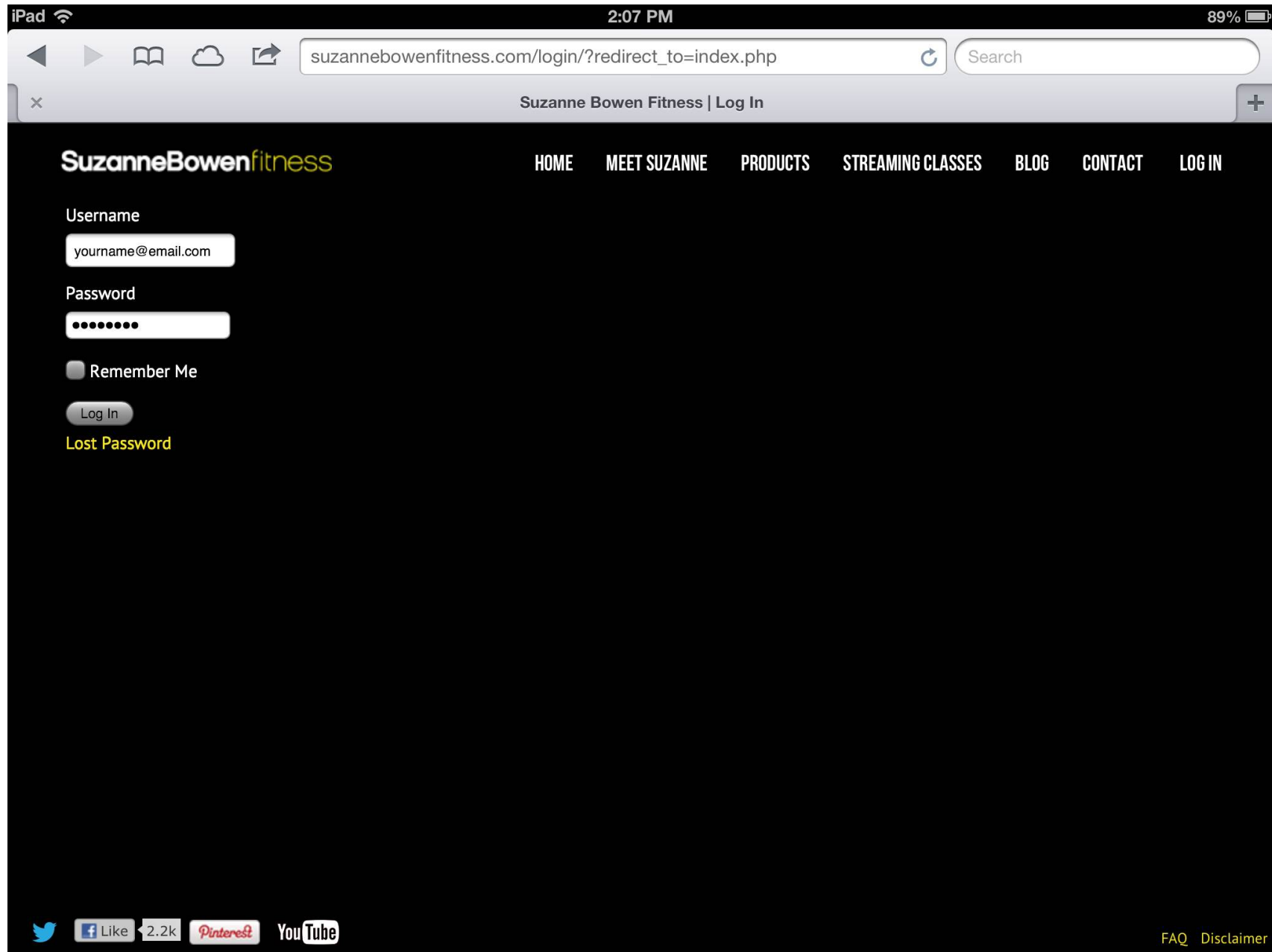


1.

Playing Suzanne Bowen Fitness Workouts on iPad and Apple TV

Visit www.suzannebowenfitness.com from your iPad and click [Log In](#) located in the navigation bar at the top of the page. Enter your user name / password at the prompt.



2.

Playing Suzanne Bowen Fitness Workouts on iPad and Apple TV

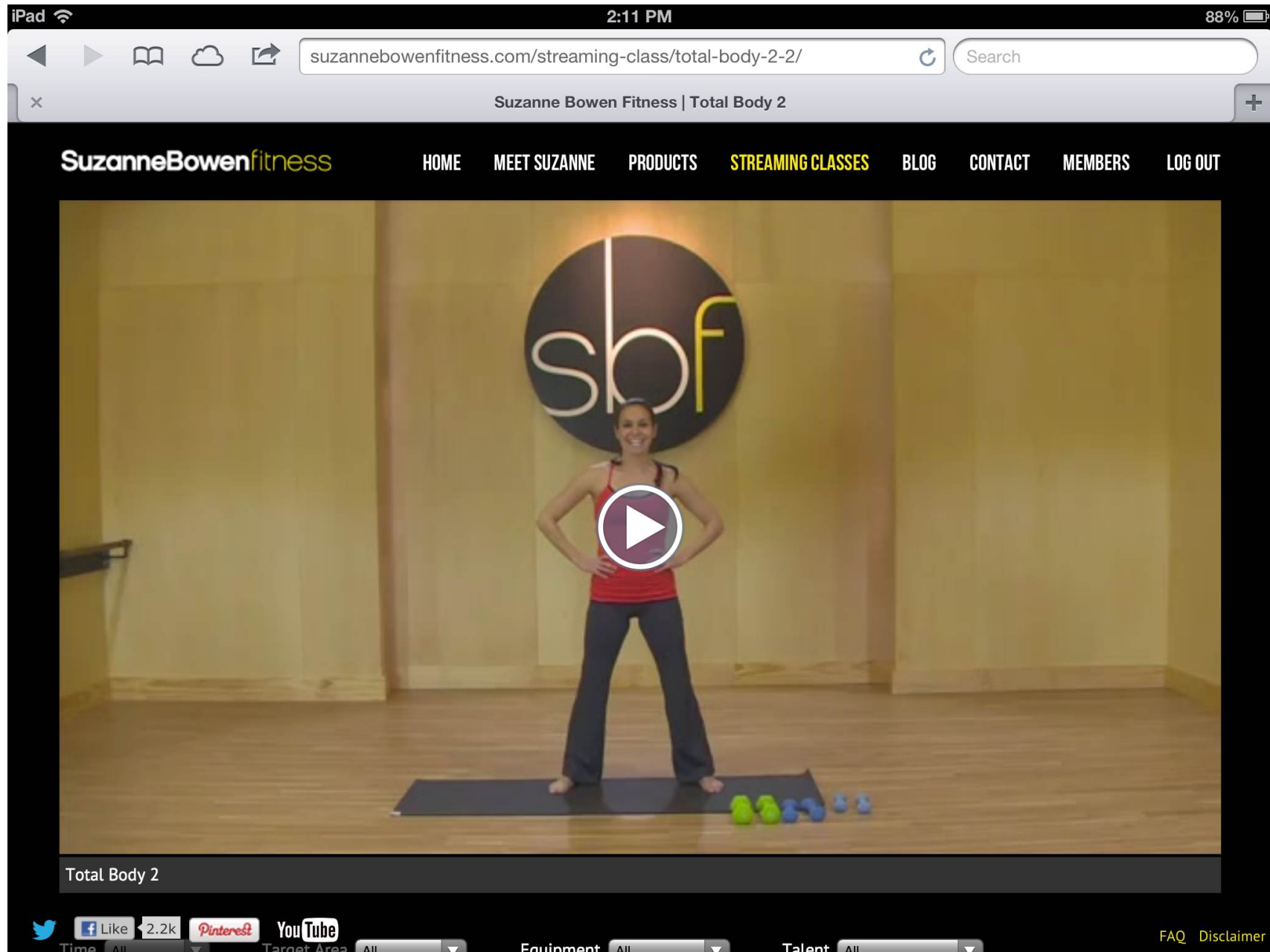
Once logged in, you will be greeted with the latest video uploads. Navigate to the workout you would like to perform, and click the thumbnail image to load the workout.

The screenshot shows the Suzanne Bowen Fitness website on an iPad. The browser address bar displays `suzannebowenfitness.com/streaming-classes/`. The website header includes the logo and navigation links: HOME, MEET SUZANNE, PRODUCTS, STREAMING CLASSES, BLOG, CONTACT, MEMBERS, and LOG OUT. Below the header are filter menus for Time, Target Area, Equipment, and Talent, all set to 'All'. The main content area features a grid of 12 workout thumbnails, each with a title: Barre & Floor, Lower Body Time Trial, Total Body 2, Total Body, Pretzel, Pretzel Tutorial, Total Body Cardio Blast, Lower Body, Upper Body & Legs, Barre, and Planks. At the bottom left, there are social media sharing icons for Twitter, Facebook (with 'Like' and '2.2k'), Pinterest, and YouTube. At the bottom right, there are links for 'FAQ' and 'Disclaimer'.

3.

Playing Suzanne Bowen Fitness Workouts on iPad and Apple TV

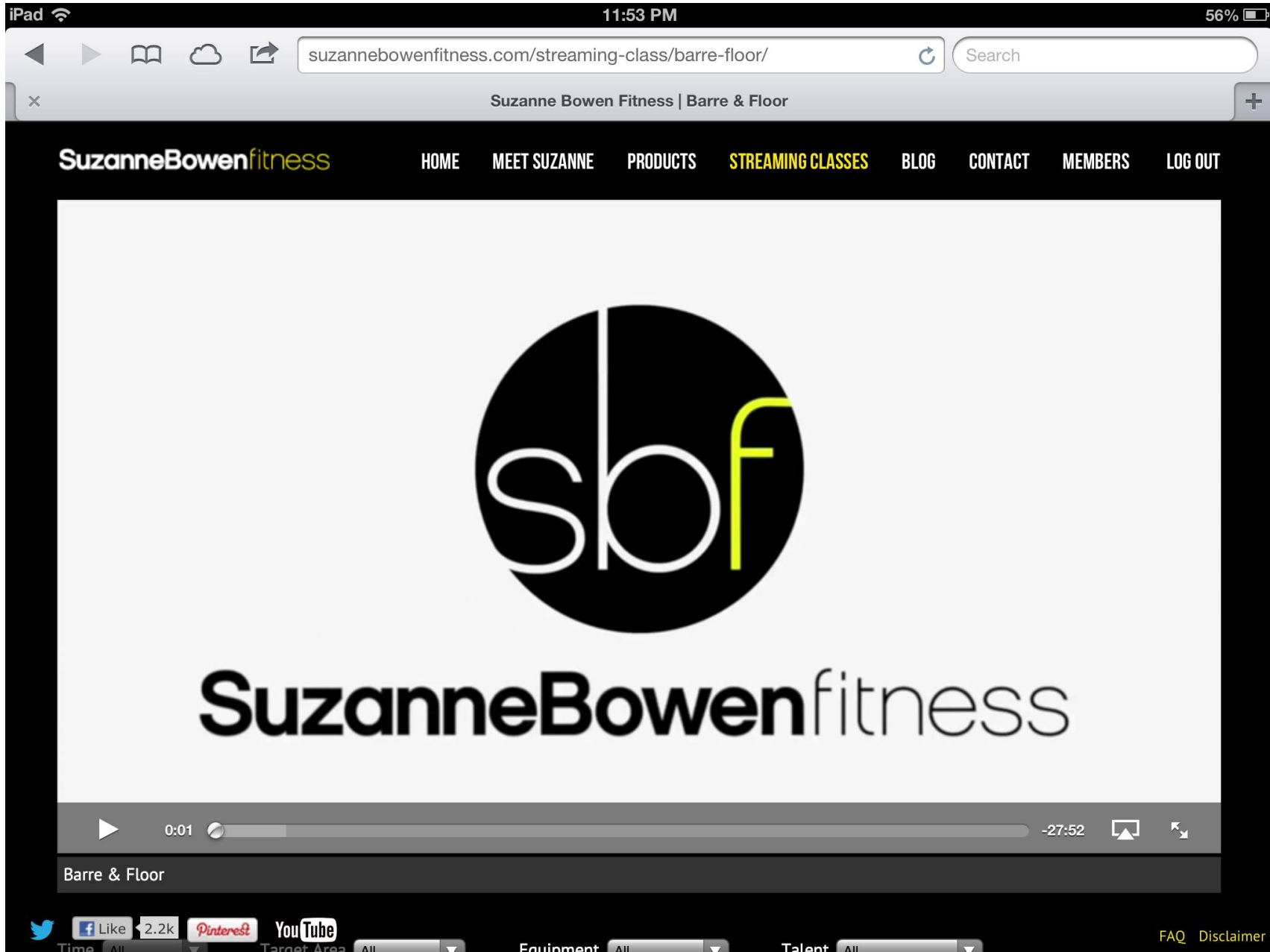
The video will open in its own page. From this page you can begin playback of the video. Once the play button appears over the video, press play.



4.

Playing Suzanne Bowen Fitness Workouts on iPad and Apple TV

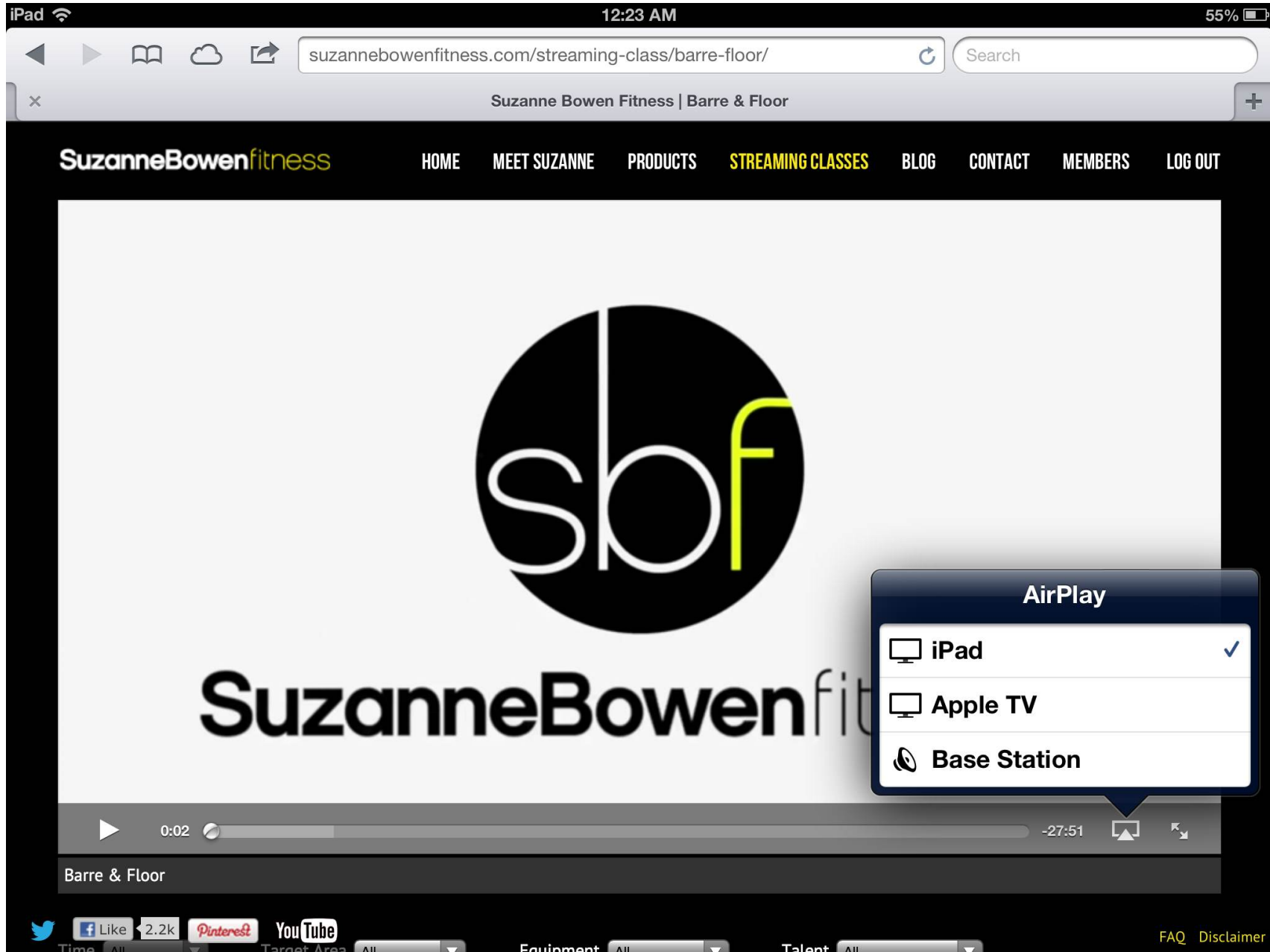
The workout will begin to play in full screen on your iPad. For information on playing through your Apple TV from your iPad, please continue to the next steps.



5.

Playing Suzanne Bowen Fitness Workouts on iPad and Apple TV

Press the TV icon in the right corner of the player control (to the right of the video end timestamp). 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.

Playing Suzanne Bowen Fitness Workouts on iPad and Apple TV

Once you have selected your Apple TV, your iPad'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

