



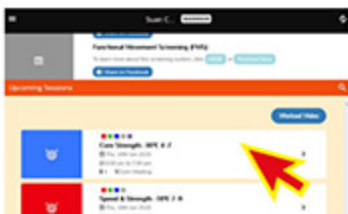
# HOW TO ACCESS WARRIOR LIVE ONLINE SESSIONS DIRECTLY FROM THE WARRIORMY APP.

## ON YOUR PHONE

**1** Download Zoom Cloud Meetings from the AppStore or GooglePlay, if you have not done so previously.



**2** Launch the WarriorMy app.



Select the Live Online Session you wish to participate in. You should have an active membership or valid tokens to join these sessions.



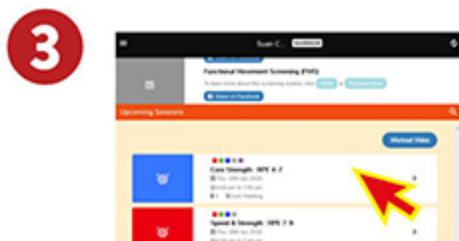
Don't forget to check in while you are still here. Click on the blue 'HERE' button to launch Zoom to directly access the session.

## ON THE PC/LAPTOP

**1** Download Zoom Meeting from <https://zoom.us/download> if you have not done so previously.



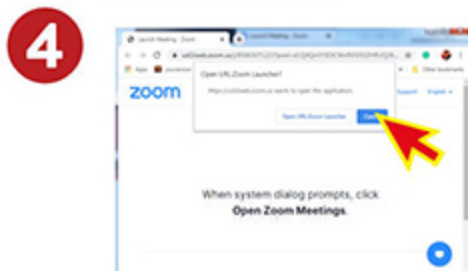
**2** On your browser, type [https://warrior.instantestore.com/Warrior\\_App/index.html](https://warrior.instantestore.com/Warrior_App/index.html) to launch the WarriORMY app on your laptop/PC. Type in your login details. Bookmark this link.



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Don't forget to check in while you are still here. Click on the blue 'HERE' button to launch Zoom to directly access the session.



Click 'Open URL: Zoom Launcher' for direct access to the Live Online Session.

## ALSO AVAILABLE

To view the WOD video, click the blue 'Workout Video' button.

