

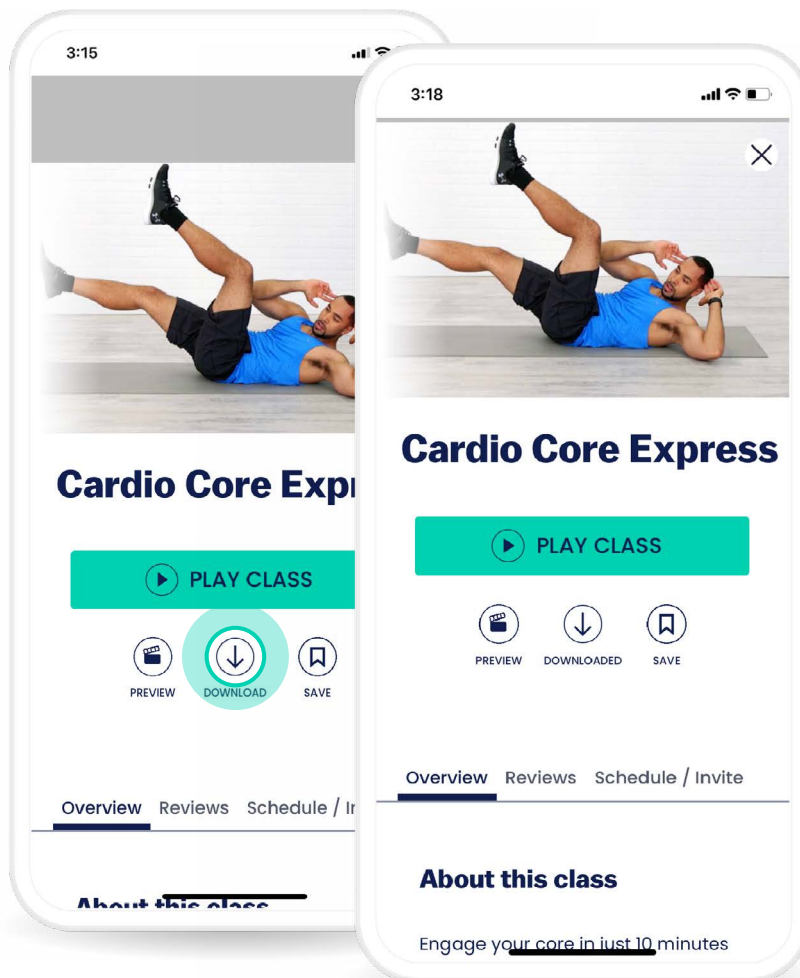
Take Your Workouts and Wellness Classes On the Go – No Internet Needed

Whether you're planning for an upcoming trip or anticipating low internet connection, you can download classes to your iOS or Android device and play them offline in the future.

HOW TO DOWNLOAD A WELLBEATS CLASS

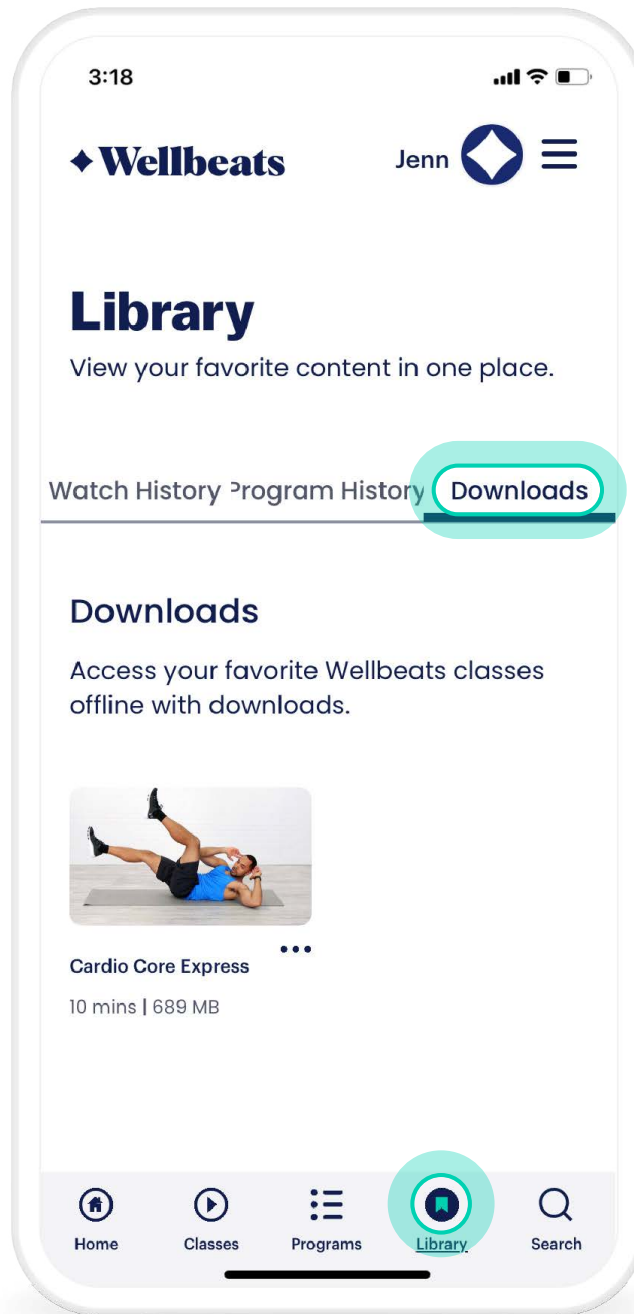
In the Wellbeats *Wellness*, a product of Lifespeak Inc. app, find a class and tap Download.

The class will begin downloading. Downloading times may vary depending on your internet connection and length of the video.



HOW TO PLAY A WELLBEATS CLASS OFFLINE

Tap Library, then Downloads to view your downloaded classes. Choose a class, then tap Play Class.



To delete a video, tap on the ... on the lower right corner of a video that you've downloaded and then choose Remove Download.