

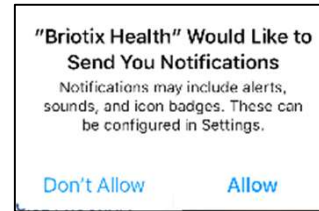
# BRIOTIX HEALTH APPLICATION

Instructions for Download and Use- Apple App Store

## STEP 1

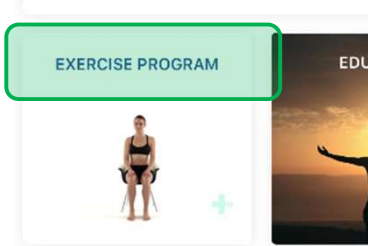
Search for "Briotix Health" in App Store or scan the QR code to the right. Click to download. Determine whether you would like to receive notifications upon downloading.

SCAN HERE



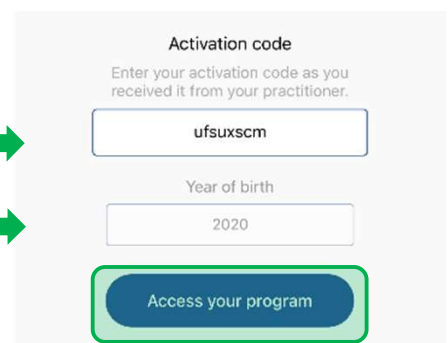
## STEP 2

Click on **Exercise Program**.



Enter activation code and year of birth:

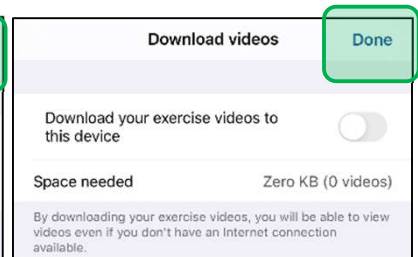
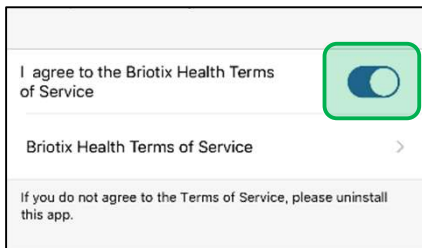
ACTIVATION CODE:  
**XXXXXXXX**  
YEAR OF BIRTH:  
**XXXX**



Click **Access your program**.

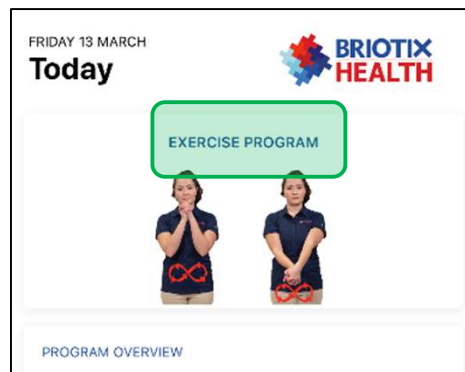
## STEP 3

The App will then require you to **Agree to the Briotix Health Terms of Services**. Other options will pop up to add various **LA1** functions. Simply click **Next** and **Done** at the top right-hand corner if you do not want to opt into these options.



## STEP 4

Click on the exercise program and a list of PRO Fit stretches and warm-ups will show. From here you can click on any exercise you would like to perform or learn more about.



## Slide 9

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**LA1** This should be "opt out" right?  
Lyllette Aquino, 3/18/2020