



GETTING STARTED GUIDE

Hey Virtual HomeWarrior, we're so excited to take this online adventure with you! This Getting Started Guide is designed to give you the lay of the land on how to achieve the most optimal online class experience. Let's do this!

1. BOOK ATHLETE CHECK IN (OPTIONAL)

Once registered or before you commit, book an Athlete Check in to speak with a FH Coach. This 20-minute virtual meeting will help you prepare physically for your first Home Warrior workout. [BOOK HERE](#)

2. DOWNLOAD ZOOM + ZEN PLANNER MEMBER APP

You can download Zoom to your phone, tablet or computer [HERE](#). We prefer that you attend class using a device with a camera and a microphone. Be sure to keep your Zoom app up-to-date whenever new updates are rolled out! *When you join as a virtual member you will be given our ZOOM class link and password.*

Download the [Zen Planner Member App](#) to your Android or iPhone from the app store now to easily manage your account from your phone. This will allow you to see all future HomeWarrior classes, events and clinics hosted at FH. Please [register for all classes](#) on the Zen Planner Member app so we can recognize our top performers!

3. JOIN THE FB GROUP

Request access to the *FUELHOUSE WARRIORS* Facebook Group. Once we verify and add you, say hi and introduce yourself to your fellow Home Warriors! This group is a great tool for community and support.

4. PREP YOUR SPACE

You only need about a 4' x 6' space to take Home Warrior classes. We also recommend having a bottle of water, a towel and some music nearby. Extra bonus points if you invite your favorite feline/canine/rugrat to the party! All classes are designed to kick your bunz using only body weight. But if you have equipment/weights at home that's rad! Equipment suggestions are posted in 'Announcements' in our Facebook group!



TIPS FOR A KICK-ASS CLASS

Once you've nailed the first four steps of Getting Started with Home Warrior, here are some other tips we've found help make the best virtual class experience, for you, the FH Team and your fellow FUELers! Got questions? Email us [HERE](#).

LET US SEE YOU!

Set up your camera so we can see all of you. This helps us make sure you're performing the moves safely and gives your Coach a chance to offer corrective cues and specific praise.

BUT NOT TOO MUCH OF YOU

All Home Warrior classes are subject to recording so other FUELers can view them on-demand. We support you to be as scantily clad as you want to be, but keep this in mind when preparing for and attending class on Zoom. And please be particularly mindful of this if you have guests taking class with you on your same screen and/or kiddos running in and out of your frame.

ELIMINATE DISTRACTIONS

Eliminate distractions from your workout space and focus on the class for the hour that you're in it. You deserve it! If you're texting or checking your phone it better be to review the Practice of the Day or write a rave review of FH;) If work or another timely task comes up, a best practice is to turn off your video on Zoom, tend to your business, and return to class by turning your video back on when you're ready to get back in the game.

IF YOU MISS A LIVE CLASS

For those of you who want to follow along with the practice of the day, but can't do it during a class time, we have created a doc that includes links to the [YouTube](#) recap video including the full live video from last time we did the workout during the first shut down. This doc can be found in our FUELhouse Warriors group under "files".

INJURIES? QUESTIONS? 🙌 🙌

If you have an injury or limitation, shoot your trainer a private message in the Zoom chat box before class starts so they can help you run your own race.

Got a question during class? Unmute yourself, say the trainer's name and your name, and then ask your question so they can take great care of you.

Come prepared: We advise checking the P.O.D. (Practice of the Day) on our [@fuelhousegym](#) Instagram account or our main facebook page or our FUELhouse Warrior page (posts at 5am PST) so you have your equipment and questions at the ready. Please show up 5 minutes before class starts!

If you have additional questions most likely they are listed in the "Announcements" section of our FUELhouse Warriors facebook group. We make sure to pin all pertinent information in the announcements along with the most up to date information regarding virtual classes and events!

FUELHOUSE CLASS SCHEDULE

IN PERSON + VIRTUAL CLASSES 2021

MON	TUE	WED	THUR	FRI	SAT	SUN
PERSIST 6am	PERSIST 6am	SNOWSTRONG 6am	PERSIST 6am	PERSIST 6am	GYM CLASS HERO 8:00am	
PERSIST 7:30am	FOUNDATIONS 7:30am	SNOWSTRONG 7:30am	FOUNDATIONS 7:30am	PERSIST 7:30am	GYM CLASS HERO 9:30am	YOGA 9:30am
PERSIST 9:00am	PERSIST 9:00am	SNOWSTRONG 9:00am	PERSIST 9:00am	PERSIST 9:00am		
PERSIST 12:30pm	YOGA 10:15am	SNOWSTRONG 12:30pm	PERSIST 12:30pm	PERSIST 12:30pm	<p>IMPORTANT PERSIST: to continue steadfastly or firmly in some state, purpose, course of action, or the like, especially in spite of difficulty, opposition, or failure.</p> <p>CLASS KEY:</p> <ul style="list-style-type: none"> Faded out classes=Virtual only All in-person classes are simultaneously hosted on ZOOM. Look for recorded versions on our YouTube Channel! Daily WOD is always posted on our IG or FUELhouse FB. Must reserve in-person classes on ZenPlanner Member App. Foundations=New members only <p>Ready to join? Book a No Sweat Intro Questions: info@fuelhousegym.com</p>	
PERSIST 5:15pm	PERSIST 12:30pm	ABBS+BUTT 4:30pm	PERSIST 5:15pm	PERSIST 4:15pm		
PERSIST 6:30pm	PERSIST 5:15pm	SNOWSTRONG 5:15pm	PERSIST 6:30pm	PERSIST 5:30pm		
	PERSIST 6:30pm	SNOWSTRONG 6:30pm	YOGA 7:30pm			

You can reserve a class 60 hours in advance in ZP. Please cancel 8 hours prior to avoid a late fee!

