



GETTING STARTED GUIDE

Hey Virtual Ninja, 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. GET BAPTIZED

Watch our Ninja Baptism Intro Workshop on YouTube [HERE](#). This 18-minute video will help you prepare physically for your first HomeBody workout.

2. DOWNLOAD ZOOM

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!

3. JOIN THE FB GROUP

Request access to the MFF HomeBody Facebook Group [HERE](#). Once we verify and add you, say hi and introduce yourself to your fellow HomeBodies! 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 HomeBody classes. We also recommend having a bottle of water, a towel and some music nearby.

All classes are designed to kick your ass using only bodyweight. But if you have a few large books or heavy bags to weight some exercises, that's rad! [HERE](#) is a handy video we made about curating some at-home weight alternatives.

And if you really wanna go ham, we've prepped some at-home workout kit equipment recommendations from our friends at Perform Better [HERE](#).



TIPS FOR A KICK-ASS CLASS

Once you've nailed the first four steps of Getting Started with HomeBody, here are some other tips we've found help make the best virtual class experience, for you, the MFF Team and your fellow Ninjas! 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 instructor a chance to offer corrective cues and specific praise. (We made a video about this too! [HERE](#) it is.)

BUT NOT TOO MUCH OF YOU

All HomeBody classes are subject to recording so other Ninjas 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! Keep texting and sending emails during class to an absolute minimum. 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.

INJURIES? QUESTIONS? NO SPOTLIGHT?

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.

And if you'd prefer for your screen to not be spotlighted for the other Ninjas during class, put an asterisk (*) by your name in Zoom so your trainer knows.