






Ready to get started? Have a few workouts that you've cherry-picked and want to **SAVE TIME** having to go through the different categories? Then see how you can **create** and **save as Favorite** and easily access your preferred workouts:

a) From your Dashboard, click on the  next to the workout you like – this will immediately **add the workout into the Favorites panel**.

b) Click on the **Favorites tab** and you'll see the workouts you hand-picked. Your selected favorite videos will be marked like this .

Note: If ever you want to remove a workout from this list, simply click the  again and it'll remove from the panel

