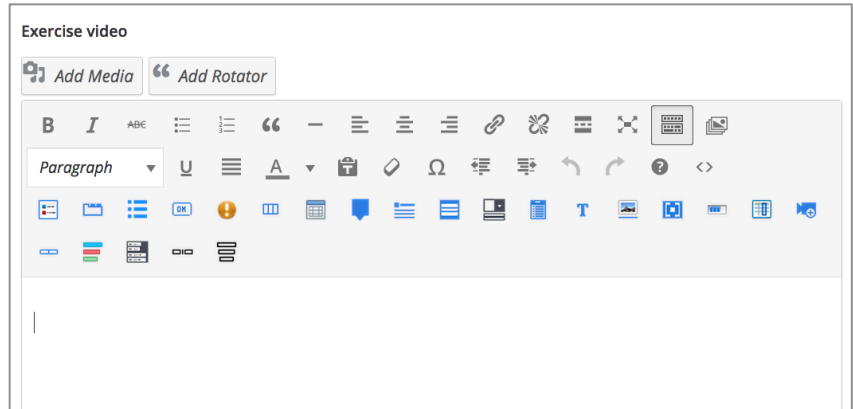




How to... Add a Video

To add a video on an Exercise Entry, click on "Add New".

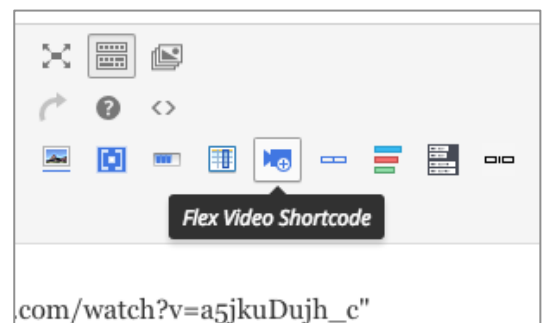
Within the Exercise Video section, check that the full toolbar is visible:



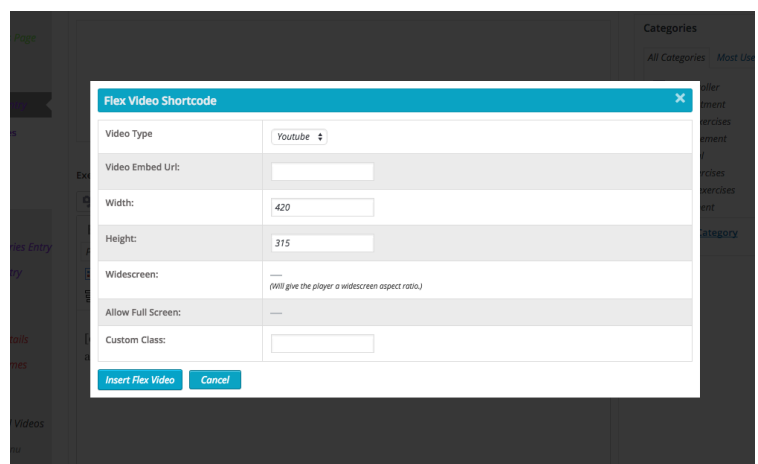
If not, click on this box:



Within the full toolbar, click on Flex Video Shortcode:



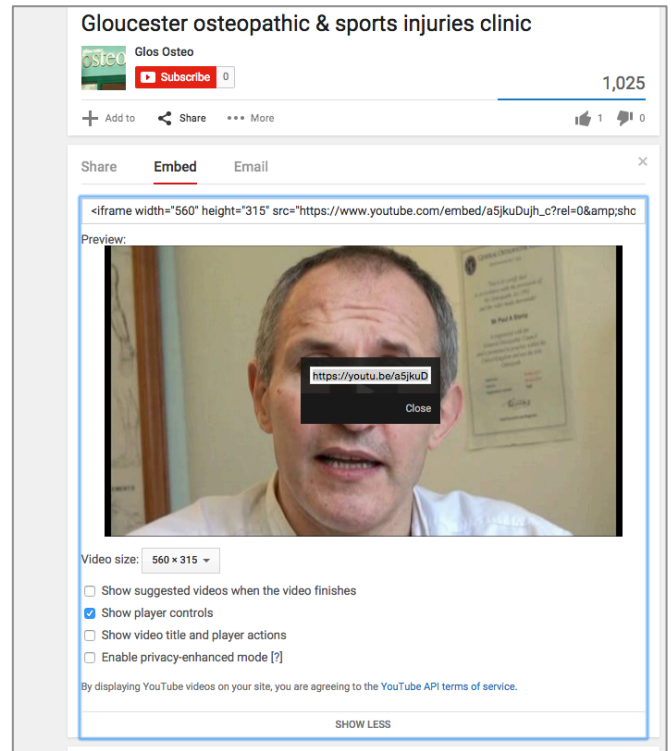
The following box will appear:



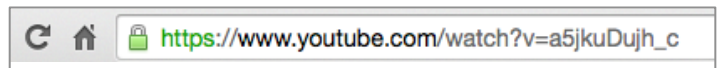
(continued)

Go to your YouTube video. Click on the **Share** button, then on the **Show More**.

Make sure only "Show player controls" is ticked.



Copy the url in the address bar.



Paste in the "**Video Embed url**" box on within the Exercise Entry.

Click on "**Insert Flex Video**".



Click "**Update**" when your new page is complete.