

Possible ways to view the New Workouts on your TV instead of your computer or device:

Best (non-techie) way: HDMI Cable

Other people have tried the following:

Android Users- NO APP NEEDED. I have a Samsung S7 Edge phone and got it to mirror to my Roku. There's two ways for older and newer.

OLDER- Go to Settings then Display, followed by Cast Screen. Then tap the Menu button in the top right corner of the screen and check the Enable Wireless Display box. Your Roku should now appear in the Cast Screen section.

NEWER- At the top of your phone pull down the Notification Bar and tap on Quick Connect. Then tap on your Roku and it will connect, if not there just hit the scan button.

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Tip- Make sure WiFi is on and connected. Once I started the workouts I turned it sideways and it filled the screen and sound was perfect.

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I use Apple TV all the time and it's fine.... don't forget to turn your phone settings to do not disturb and turn off the auto screen lock- that will make it stop or freeze. Settings // display and brightness // auto lock -- hit never
*then I turn it back on when I'm finished

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On the Roku, download the app "Twonky." On the iPad, download "TV Cast for Roku." From the iPad TV Cast app, with Twonky app open on Roku, follow directions. I am so ecstatic!!! 😊 let me know if you figure it out. Oh....I'm assuming both devices are using a mutual wifi network.

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I downloaded the chrome browser. Then I got the chromecast extension (think that is what it's called.... When I say "i" I mean my daughter did this for me lol) which gives you a little icon at the top of each web page so then I can click on that & choose to stream the page I'm viewing to the TV screen.
Really neat, I didnt know I could do it without cables running from the computer... (if anyone wants to do this way you do need to have the chromecast stick/device plugged into your TV)