



Video Library Quick Start Overview

Welcome to the hub of the Desktop Gym platform! Arriving at this milestone is an exciting step in our shared journey of everyday workplace wellness. As you dive in, please keep in mind that this is a beta test, so our development team is still working hard to iron out a few technical bugs behind the scenes. Your feedback will directly shape the final product.

General Layout of the Page

Scroll down to see **photo thumbnails** grouped by:

- *Body Area:*
 - Arms & Shoulders
 - Torso & Spine
 - Hips & Legs
 - Combinations (*of the above*)
- *Additional Orientations*
 - Deskside Stand Ups
 - Seated & Standing
- *Workouts:*
 - Breaktime Challenges

“Micro Breaks” or Workouts?

- The exercise videos in the *Body Area* and *Additional Orientations* groups are considered ‘Micro Breaks’ made up of 1 to 5 minutes of light exercises and/or stretches. They’re easily incorporated directly into your active work sessions.
 - The exercise videos in Breaktime Challenges are movement combinations that are longer and more strenuous, though still mostly seated. They’re perfectly suited for when you want to take a true, dedicated break away from your keyboard.
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Customizing Your Session with Filters

At the top left of the page, open the Filters menu to customize your session. We highly recommend you start by experimenting with a wide range of them, then it's your option to select as many or as few as you prefer. Here is an overview of the filter buttons:

- **Category:** Arms & Shoulders, Torso & Spine, Hips & Legs, Combinations, Deskside Stand Ups, Seated & Standing, Breaktime Challenges
- **Orientation:** All Seated, Standing, Seated & Standing, Mostly Seated (*Note: This last one contains a standing exercise or stretch to round out the longer seated videos*).
- **Body Focus:** Lower Body, Total Body, Upper Body
- **Audio Mode:** Set to Music, Muted Audio, Voice Guide. (*Note: Please be aware of your volume control when selecting Set to Music or Voice Guide*)
- **Intensity:** All levels, Intermediate, Advanced (*Note: Int. and Adv. tend to lean toward the Breaktime Challenges exercises*)
- **Breaktime Challenge Pace:** Speedy, Paced*
- **DTG Session Length:** 1–2 minutes, 3–4 minutes, 5–7 minutes, 8–10 minutes. (*Note: More is on the way*)
- **Favorites:** *Make sure to "Favorite" the ones you enjoy most so you can access them quickly when you want to get in and out of a movement session.*
- **Taken by me** (*Note: automatically populates based on accumulated personal use*)
- **Not taken by me** (*Note: select when you want to practice movement sequences you have not experienced.*)

Under Construction and What to Ignore

To save you time, please ignore the **'Duration'** filter which does not apply to the Desktop Gym program. Look for it to disappear as soon as it is successfully coded out by the platform's tech team. You may also see other reorganizational changes taking place in the Video Library as your weekly reviews and comments roll in.

***Breaktime Challenge Pace'** filter is live and pertains only to the Breaktime Challenge category of exercises. However it will become a sub-category under Breaktime Challenges very soon while it's options remain the same:

- **Speedy:** Exercises have been edited together with little to no recovery time between them to create a more continuous, decidedly advanced flow of movement
 - **Paced:** Exercises have been edited together with organic transition time between them to create a slower, more deliberate intermediate pace of movement
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An Exciting Feature in the Works: Playlists!

We are currently editing Playlists that string selections of exercises and stretches together into continuous 30-minute and 60-minute background sessions. They are designed to keep open in a browser tab so you can easily do as many minutes as you like whenever you like.

You'll be able to hit 'Play' to take a Micro Break, hit 'Pause' and get back to work. Reopen the tab when you're ready for another session and just hit 'Play'. Repeat as often as you like to seamlessly continue taking Micro Breaks throughout the day. The ultimate goal is to complete a 1–5 minute session (or more) every hour or so while you are at your workstation. I will keep you posted on when these Playlist edits are finalized.

The simplicity and ease of accessing and utilizing the Video Library material is precisely what you'll be beta testing in Week 2 — the movements stand for themselves. Based on your input, we'll likely make revisions to the existing procedure so future users will have a frictionless experience as DTG delivers on-the-job wellness benefits straight to their work stations.

Thank You