

WATCH DERON ON YOUR TV!

Below you will find different options to view Grow Young Fitness workouts on your television!

STREAMING OPTIONS

Find your preferred streaming option below and follow the associated instructions.



SMART TV

1. Turn on your TV and click the 'home' or 'menu' button on your remote
2. All of the apps on your TV should pop up
3. Scroll through the apps until you find the app called 'internet' or 'web browser' and click into it
4. Now you can simply type in our website www.growyoungfitness.com into the web browser and access your workouts!
5. If you would like, you can add it to your favorites by clicking the 'star' icon on the top bar of the web page



APPLE TV

1. Click [HERE](#) and choose the device/option you want under the **"Get Started"** section and follow the step by step instructions!



ROKU

iPad/iPhone option:

1. Install the "iWebTV" app (free version) on your iPad/iPhone on your Roku device.
2. Once installed, navigate to our website on the iWebTV app from your iPad/iPhone.
3. Type in www.growyoungfitness.com on the top address bar, log in to your account as normal and play the workout video you wish to view.

4. A toolbar should appear just below the video. Click the "To TV" button (in the lower left of the toolbar)
5. Another toolbar will appear listing the devices you can connect to. Select your Roku player in the list.
6. ***Note*** Your iPad/iPhone and Roku device must be connected to the same wi-fi network in order for this to function successfully.

Android Phone option:

Please try following the instructions on this video here: [ANDROID to ROKU Instructional Video](#)



FIRESTICK

iPad/iPhone option:

1. Install the "iWebTV" app (free version) on your iPad/iPhone.
2. Once installed, navigate to our website on the iWebTV app from your iPad/iPhone.
3. Type in www.growyoungfitness.com on the top address bar, log in to your account as normal and play the workout video you wish to view.
4. A toolbar should appear just below the video. Click the "To TV" button (in the lower left of the toolbar)
5. Another toolbar will appear listing the devices you can connect to. Select your Roku player in the list.
6. ***Note*** Your iPad/iPhone and Fire Stick device must be connected to the same wi-fi network in order for this to function successfully.



CHROMECAST

1. Visit the google Chromecast help page by [CLICKING HERE](#).
2. Look at the top of the page and choose the device you would like to use (Computer, Android iPhone/iPad) and follow the instructions!

CORD OPTIONS



Connect your device to your TV using a cable! Click the necessary link(s) below to purchase the cable(s) your device needs to connect to your TV!

Note: The blue links below are clickable and will take you to a website to purchase that specific cord

IPHONE (Need HDMI + Lightning Adapter)

[HDMI to HDMI](#)

+

[LIGHTNING ADAPTER \(Off Brand\)](#)

[LIGHTNING ADAPTER \(Apple Brand\)](#)

IPAD (Need HDMI + Lightning Adapter)

[HDMI to HDMI](#)

+

[LIGHTNING ADAPTER \(Off Brand\)](#)

[LIGHTNING ADAPTER \(Apple Brand\)](#)

ANDROID PHONE

[USB-C to HDMI](#)

ANDROID TABLET

[USB-C to HDMI](#)

LAPTOP (Verify your laptop's available ports)

[HDMI to HDMI](#) (Most laptops contain an HDMI port)

[USB-C to HDMI](#) (Smaller Apple laptops only contain USB-C port)

DESKTOP COMPUTER

[HDMI to HDMI](#)

CORD Set-up INSTRUCTIONS

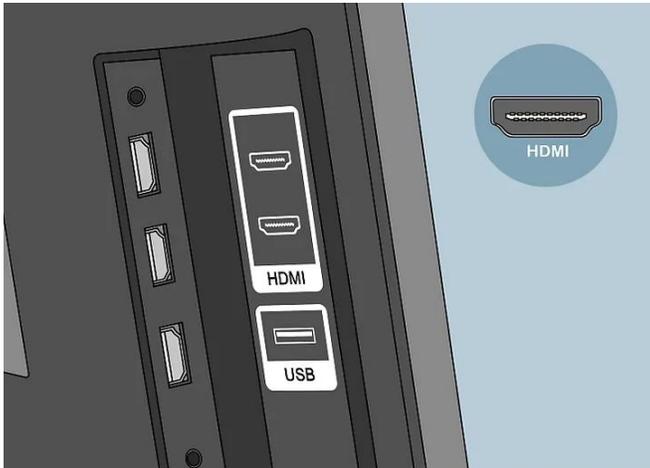
Find your cord below and follow the associated set-up instructions.

HDMI

For step by step instructions with photos [CLICK HERE](#).

USB-C

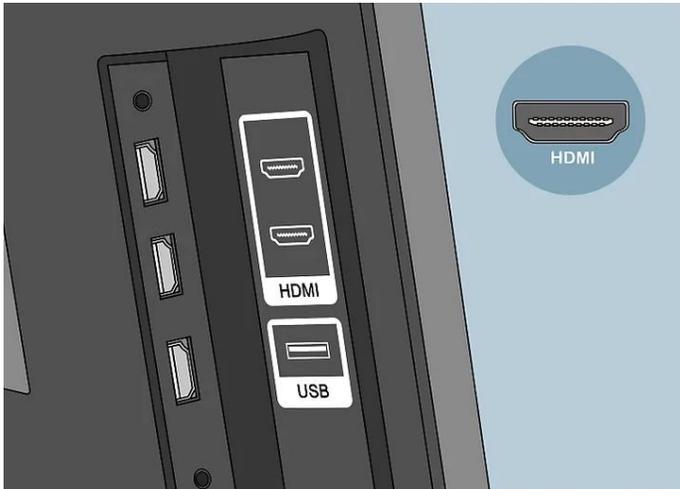
1. Pull up www.growyoungfitness.com on your phone or tablet and login to your account.
2. Plug the smaller end of the cord into your android phone or android tablet and the bigger end of the cord into your TV's HDMI port.
3. The HDMI port is located at the back of the TV and usually looks something like this:



4. Turn your TV on and click the source OR input button on your remote.
5. Navigate to HDMI 2 and your workouts should appear on the screen!
6. If they do not show up, try navigating to HDMI 1 or 3 by clicking the source or input button again.

LIGHTNING ADAPTER

1. Pull up www.growyoungfitness.com on your iPhone or iPad and log in.
2. Plug the small end of the white Lightning Adapter into the charging port of your iPhone or iPad.
3. Take your HDMI cord and plug one end into the bigger end of the white Lightning Adapter.
4. Take the other end of the HDMI cord and plug it into your TV's HDMI port.
5. The HDMI port is located at the back of the TV and usually looks something like this:



6. Turn your TV on and click the source OR **input** button on your remote.

7. Navigate to HDMI 2 and your workouts should appear on the screen!

8. If they do not show up, try navigating to HDMI 1 or 3 by clicking the **source** or **input** button again.