

TAKEGOODCAREFITNESS



optimal on demand viewing pro tips

- stream from a lap top
- stream from an android phone
- use chrome browser
- update your browser to the most recent version!
- disable any browser extensions or ad-blocking software
- strong internet connection (check your speed here!)
- end or pause activities on your network that might be consuming a lot of bandwidth (Netflix, online games, other uploads or downloads, etc.)
- clear cache & cookies