



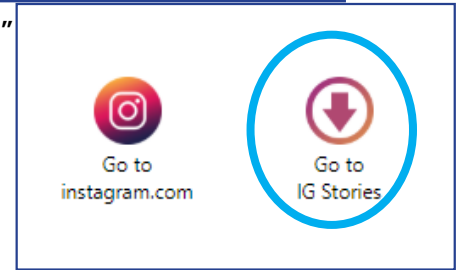
# How to watch Instagram **LIVE Fitness** classes on desktop:

Step 1: You must use Google Chrome internet browser.

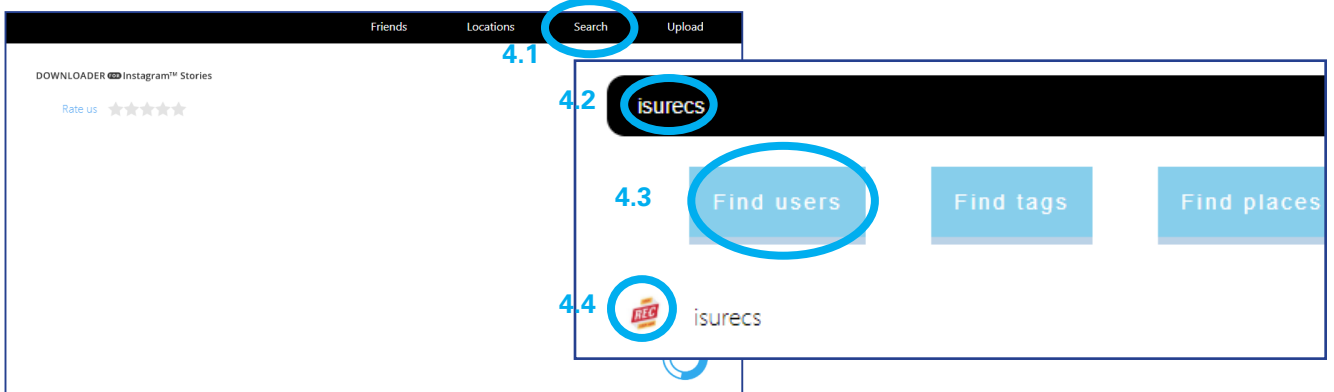
Step 2: Download this Chrome extension: [IG Stories](#)



Step 3: After download is complete, click on extension and select "Go to IG Stories"

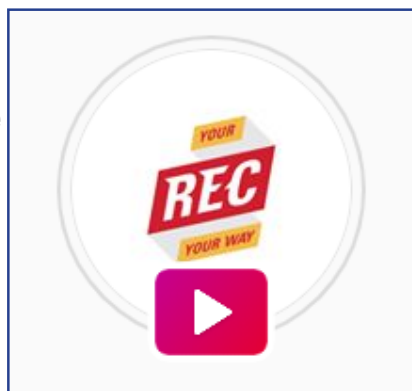


Step 4: This screen may show a blue circle loading. Go to "Search" and type "ISURECS" and hit "Find Users"



Select our logo and go to our page

Step 6: Click on our profile picture (We recommend bookmarking this page so you can get to classes faster)



Step 7: Select "Watch LIVE video"

- You are now able to view our classes starting with the earliest available.
- Hit the right arrow to skip ahead to different classes.
- They will remain available for 24 hours. Tell your friends.

