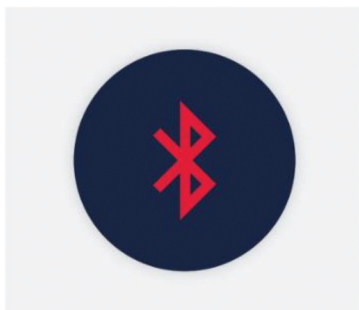


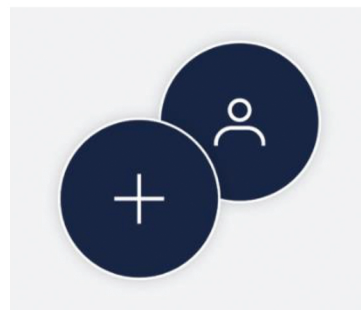
# How to set up your JRNY™ account, including a Free 1-year Trial



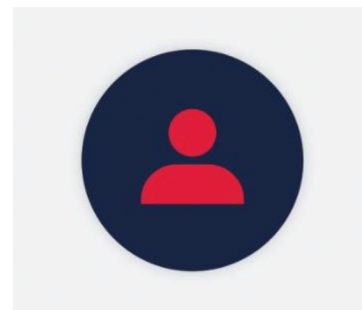
1. Use your smartphone or tablet to download the **JRNY™** app from the App Store or GooglePlay Store.



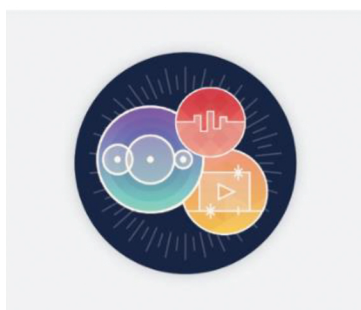
2. Open the app and follow the steps. Please note that machines with an embedded JRNY console will not show on the App Compatibility page. This is supposed to happen.



3. Create a Profile and follow the registration steps.



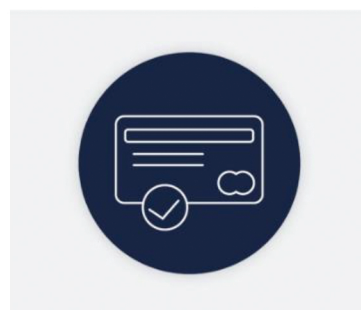
4. Once logged in, go to **Profile** and press **Membership**.



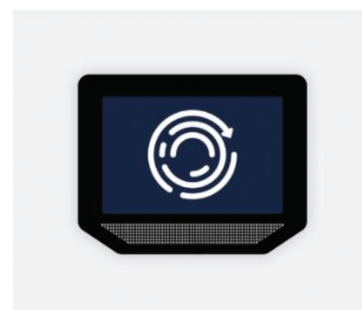
5. You will now have the option to **Sign Up For Free Trial**.



6. Select a **Monthly** or **Annual** subscription\*.



7. Confirm your purchase in the App Store or Google Play Store.



8. Use your account to log in on the embedded screen on your Bowflex machine.

\* The subscription automatically renews at your selected subscription rate unless canceled at least 48 hours before the end of the trial period.

## How to cancel your JRNY™ Membership Free Trial

### iOS:

1. On your iOS device, go to **Settings > Apple ID > Subscriptions**.
2. Select **Bowflex JRNY™**, tap **Cancel** and follow the instructions.

### Android:

1. On your Android phone or tablet, open the **Google Play Store**.
2. Tap **Menu > Subscriptions**.
3. Select **Bowflex JRNY™**, tap **Cancel** and follow the instructions.