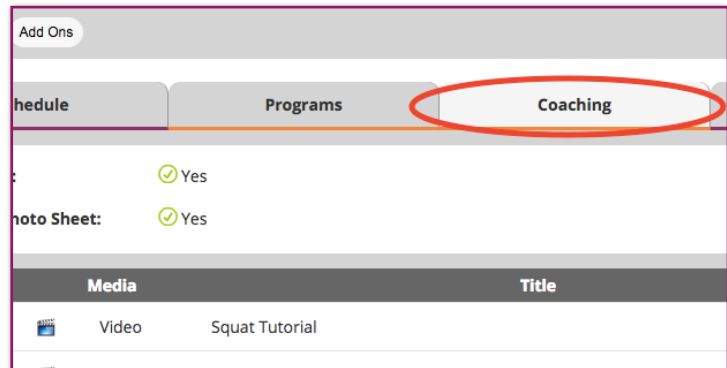
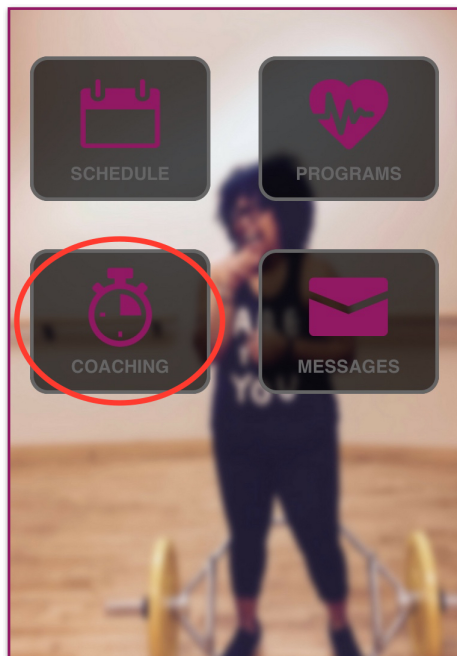
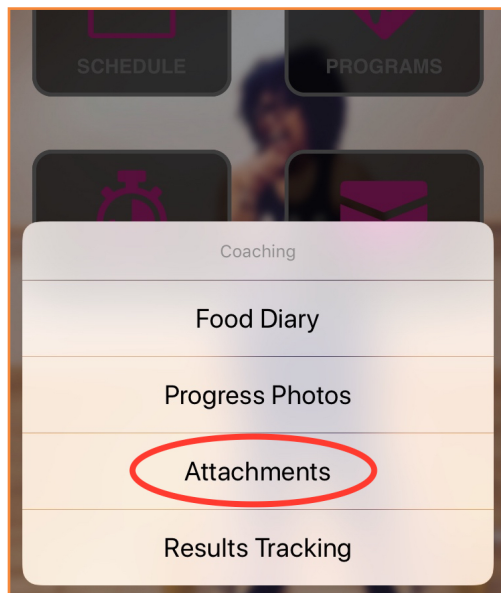


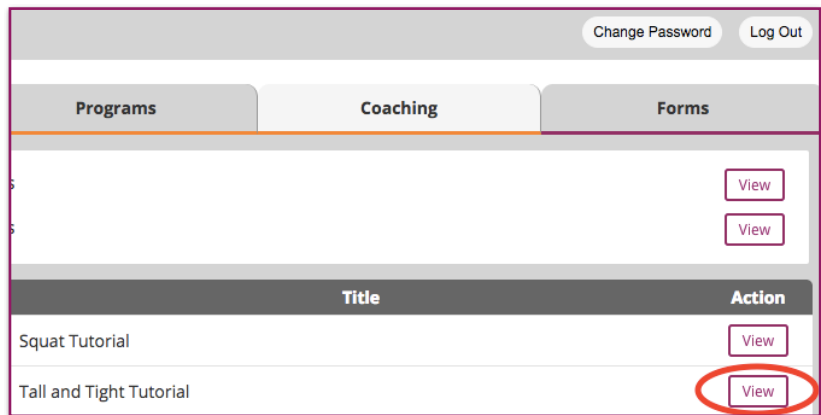
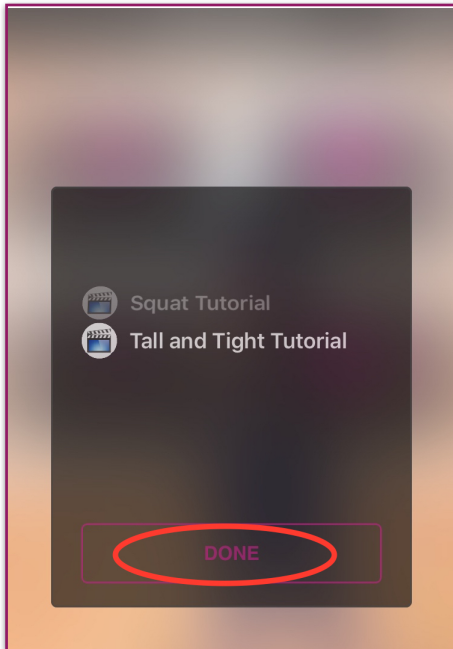
### Step 3: Access Your Tutorials!



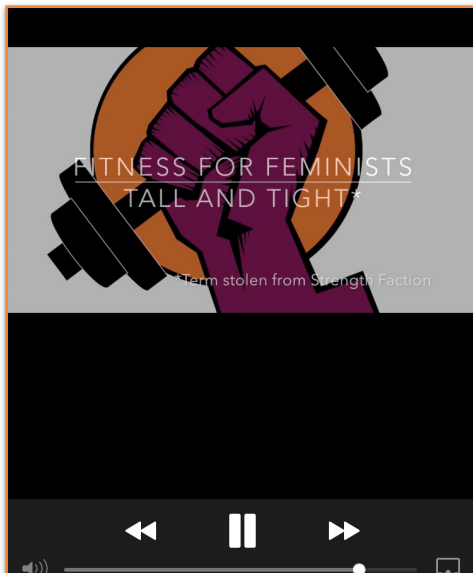
You can access your tutorials from the app or from the website. If they are not on your schedule, you can find them in the “Coaching” tab.



If you're on the app, you'll need to select “Attachments” to open your tutorials.



I'd recommend starting with the "Tall and Tight Tutorial" first. It will be referenced in many of the other tutorials. Simply click "View" on the website or scroll down to "Tall and Tight" and then hit "Done" in the app.



This should automatically load the tutorial's video (or PDF). On the website, you'll need to click play. On the app, the video should automatically play. If you're on the app and you can't hear the video, make sure your phone's ringer is not on silent.