# How do I watch video streams on my TV?

Below are some suggestions for projecting video streams onto your TV!  Please note that all approaches below are based on mirroring the screen or browser of a computer or a mobile device (system requirements apply, see page 3 of this document).

## Mirror through a mobile device - iPhone / iPad device owners

- Option 1 - If you also own an Apple TV, you can use AirPlay to wirelessly mirror your device's screen and audio.  Note: if you can see video but don't hear audio after following the steps in the guide, try these two troubleshooting steps.

- Option 2 - Connect with a cable.  Use one of Apple's Digital Audio/Video (AV) Adapters to connect your device to a TV via any standard HDMI cable (e.g. AmazonBasics).  Links to the two adapters are provided below (make sure the top of the adapter matches the cable that you currently use to charge your iPhone/iPad device).

Apple Lightning Digital AV Adapter          Apple 30-pin Digital AV Adapter

## Casting from a mobile device - Android device owners

- Primary option: If you also own a Chromecast, you can cast your Android screen by following these instructions.

## Mirroring from a laptop / desktop / PC

- Option 1 - Connect with a HDMI cable.  Most laptops, desktops, or PCs have a HDMI port that looks like the following:

If you have one of these ports, it's as simple as connecting a HDMI cable (e.g. AmazonBasics) to your TV!

If your MAC has a Thunderbolt 3 / USB-C port, then you can purchase a USB-C Digital AV Multiport Adapter to mirror your screen to a TV via a HDMI cable.

If your MAC has a Thunderbolt 2 / Mini DisplayPort, then you can purchase a Mini DisplayPort to HDMI Adapter to mirror your screen.

- Option 2 - If you are a Windows user, use the Chrome browser, and own a Chromecast device, you can cast from the Chrome browser directly.  See this webpage for more details.

# What are the system requirements for watching video streams?

We support browser-based video playback on most computers and mobile devices. Log in to the virtual platform on a browser of your choice (e.g. Chrome or Safari), click on the live or on-demand class you want to watch, and the video should start streaming!

For specific system requirements, please see below:

## Supported Browsers

- Google Chrome version 37 or later on Windows 8.1 or later, Mac OS X 10.10 (Yosemite) or later, and Android device 4.0 or later
- Internet Explorer 11 or later on Windows 8.1 or later
- Microsoft Edge on Windows 10
- Mozilla Firefox version 47 or later on Windows 8.1 or later and Mac OS X 10.10 (Yosemite) or later
- Safari on Mac OS X 10.10 (Yosemite) or later, or iOS 6 or later

## Speed Recommendations

Below are the Internet download speed recommendations for watching each video stream.

- 0.5 Megabits per second - Required minimum connection speed
- 1.5 Megabits per second - Recommended broadband connection speed
- 3.0 Megabits per second - Recommended for SD quality
- 5.0 Megabits per second - Recommended for HD quality

Please note, higher quality video uses more bandwidth than lower quality video.

If your service provider applies a bandwidth or data cap to your Internet service, you can change the video quality settings (lower right-hand corner of the video player window) to a lower quality to consume less data.