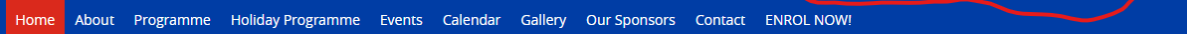


Instructions for how to access the online videos and resources

1. Go to www.tristar.org.nz
2. Login using your email and password

A login form with a red circle highlighting the input fields and the sign-in button. The form is titled "Login" and contains two input fields: "Email address" with an envelope icon and "Password" with a lock icon. To the right of the fields is a blue circular button labeled "Sign in". Below the fields is a link that says "Forgot password?".

3. You are now logged into your Tri Star profile. In this profile you can see and change your personal details, as well as any fees, membership and class details. And now you can see your online content, all saved there in one place for you.
4. Click Resources



5. You should be able to see all the videos and other resources that your coach has uploaded for you.