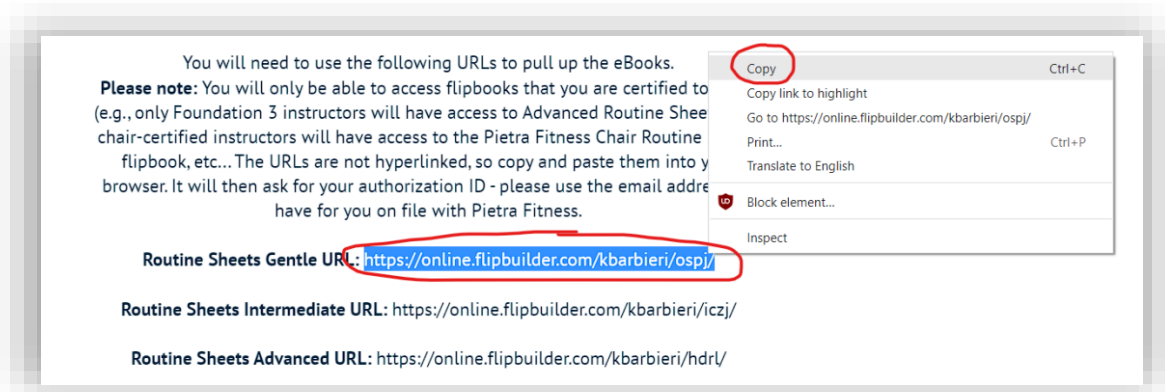


Pietra Fitness Flipbooks

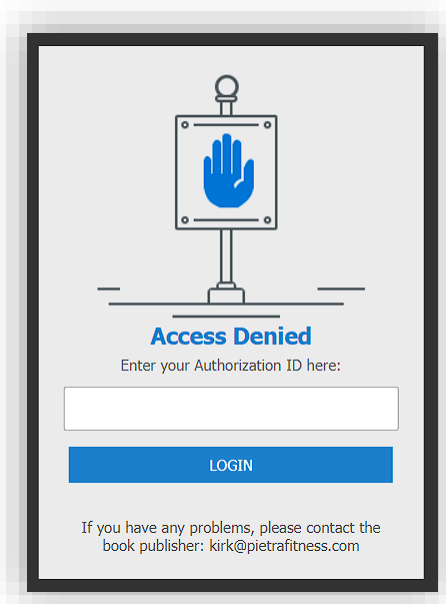
How-To

You can find relevant Pietra Fitness flipbooks (Meditations, Routines, etc.) in your **Instructor Portal** under [View Meditations](#) and [View Routine Sheets](#).

You will see non-hyperlinked **URLs that you can copy and paste into your browser** to access each specific flipbook. (The URLs are not linked in order to prevent potential discoverability online. Make sure you are copying the URL entirely and nothing extra.)

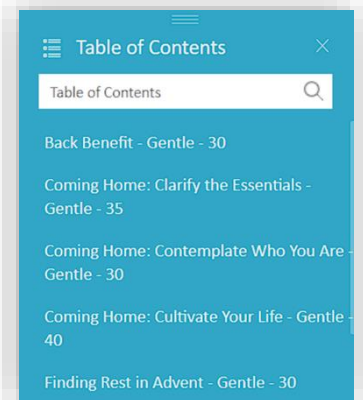


You will be prompted to **enter your Authorization ID** (the email you use for Pietra Fitness) and click LOGIN. You will only be able to access flipbooks that you are certified to teach (e.g., only chair-certified instructors will have access to the *Pietra Fitness Chair Routine Sheets* flipbook). If you believe you should have access to a specific flipbook, email instructors@pietrafitness.com.





1. **Navigation** – Move through the flipbook by clicking the left/right arrows on the sides of the screen, at the bottom, or by scrolling.
2. **Panel View**
3. **Table of Contents** – Scroll or search for a specific page and click to jump there.
4. **Zoom**
5. **Bookmark** – Create your own bookmarks to save and easily access your favorite routines/meditations.
6. **Toggle Page Sound Effects**
7. **First Page/Last Page**
8. **Print** – All Pietra Fitness flipbooks and content are copyrighted and not allowed for distribution. **It is prohibited to download or screenshot.** Instructors with access to a flipbook may print for their own use.
9. **Home** – Return to the flipbook cover.
10. **Flipbook Information**
11. **Fullscreen**
12. **Magnifying Glass**
13. **Search** – Enter keywords to search entire flipbook for matches. The Table of Contents search bar will search just for titles, this search bar will search for anything in the entire flipbook's text.



Printing

To avoid any printing issues, ensure the following:

- Use Google Chrome, Microsoft Explorer, or another internet browser that is compatible with Flipbuilder and its printing function. (Some browsers, such as Brave do not yet work with the print function.)
- Click the print icon in the bottom righthand corner, rather than using Ctrl+P.



- If the text appears small, edit the margins under additional settings in the print dialogue box.

