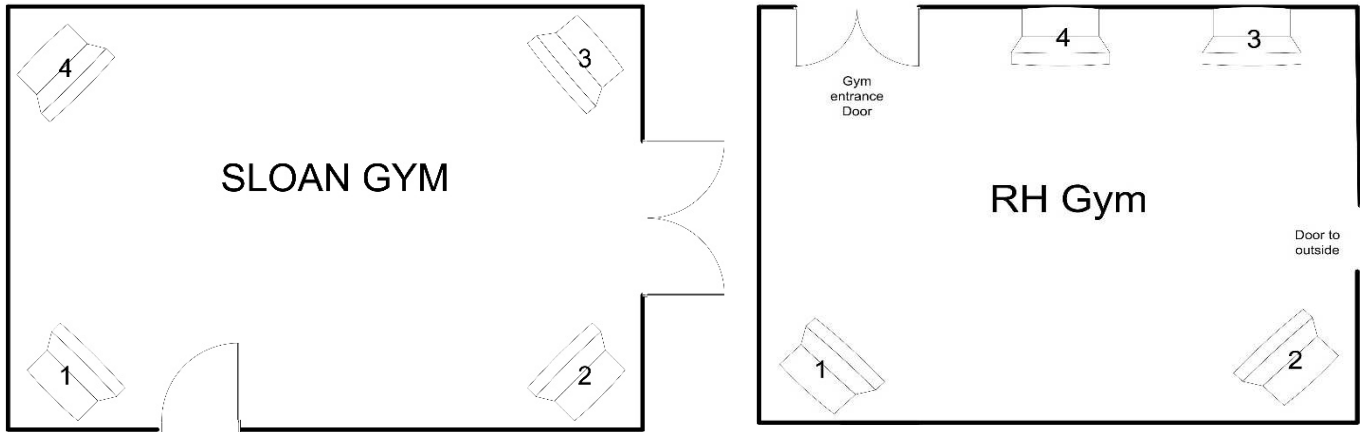


Watching TV on Roku Instructions

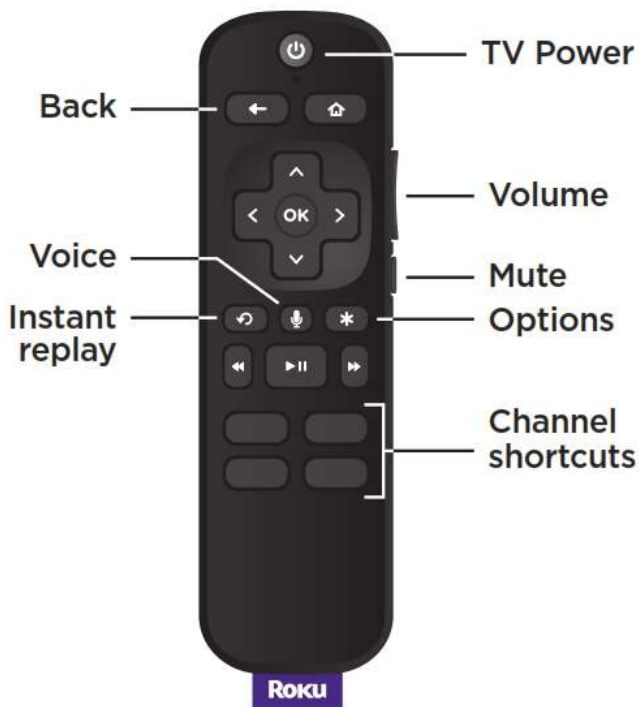
#1 – For Operating the TV’s in the Regency Gyms:



A. Each Roku Remote has been numbered and Paired with a particular TV as shown.

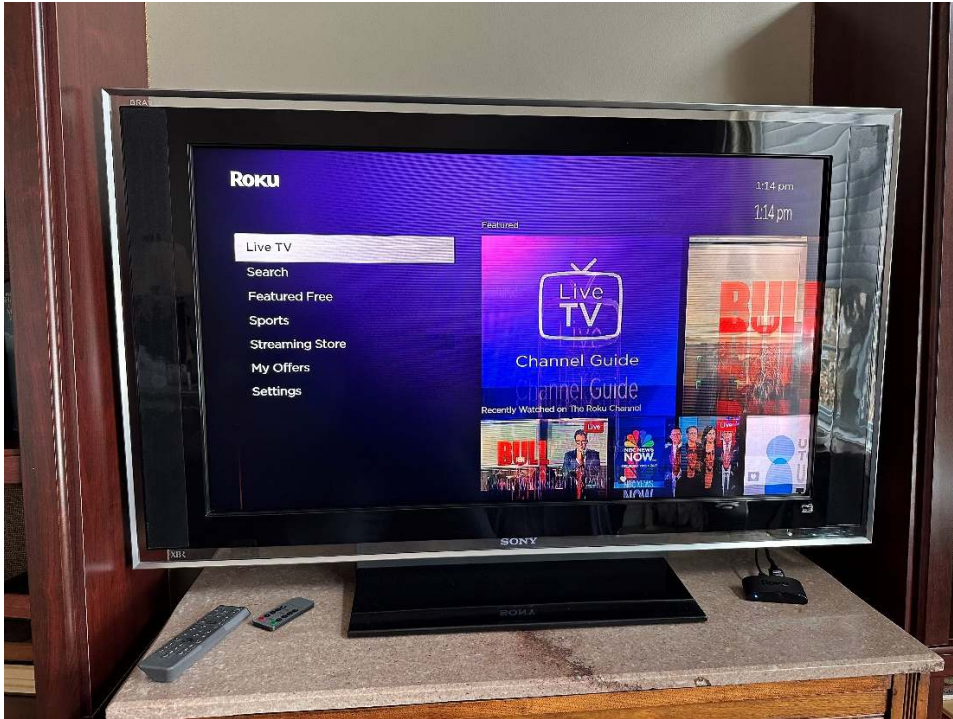
B. **Press the Power Button** on the remote while aiming DIRECTLY at the TV with which it was paired
(The remote may also turn on/off another TV at the same time – but the paired remote will only control the associated Roku)

C. **BE PATIENT – IT TAKES A FEW SECONDS FOR THE TV AND Roku POWER UP**

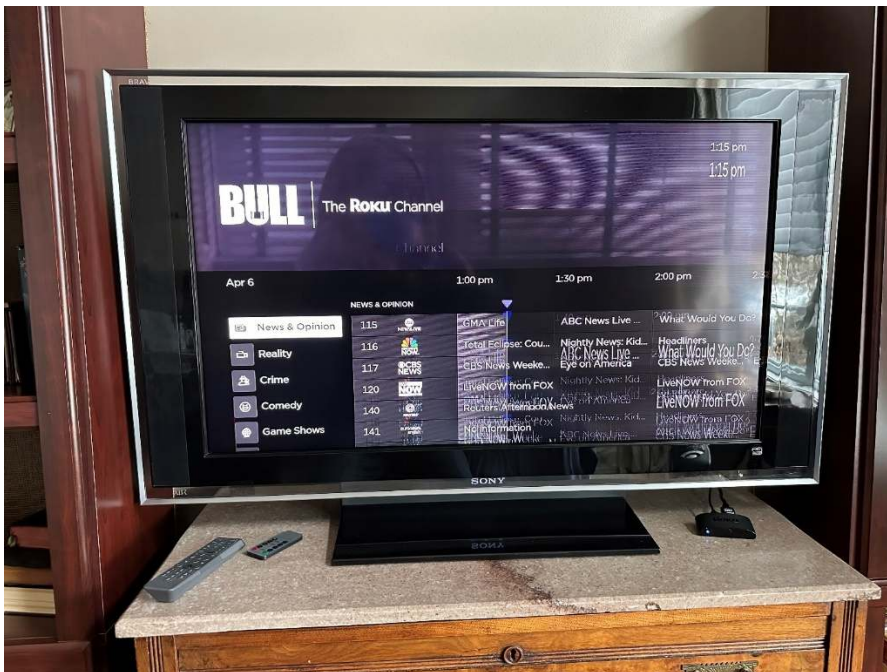


Remote
RC608

#2 – Select LIVE TV from the on-screen menu



#3 – Use LEFT arrow key on remote to see available LIVE TV Channels and SELECT Topic to filter channels – i.e. NEWS and OPINION. Press RIGHT arrow to see list of channels, Use the UP/DWN arrows to select and watch a particular channel.



#4 – EVEN IF YOU HAVE A ROKU ACCOUNT – PLEASE DO NO SUBSCRIBE TO YOURS OR ANY SUBSCRIPTION REQUIRED CHANNELS.

#5 – Turn Power back off from Remote when done viewing.