

Transcript – Thrive Gym Mash Up

Thrive logo appears on the left-hand side of the screen

Text appears on screen top left “Virtual Classes Live”

Text appears on screen bottom right “Coming Soon, #ThriveLive”

Image appears on screen of woman lying on an exercise mat with one leg held to her chest

Intense music plays in the background

Woman appears on screen with arms stretched out

Camera zooms in on her

Man, in a blue cap appears on screen with his fists up and ready to do some boxercise

He starts to jab, and the footage is then sped up and zooms in on him

Man dressed in black appears on screen sitting down on an exercise mat with his arms and legs stretched out

Camera zooms in on him and he bends to touch his right leg

Woman dressed in black appears on screen sitting down on gym floor and has dumbbell in her hands as she moves from side to side

Camera zooms on in her

Woman appears on screen dressed in black and she is jabbing with her hands, the camera zooms in, her reflection appears in the mirror

Woman dressed in navy appears on screen sat on a blue chair, she has her arms stretched horizontally and then leans back onto the chair as the camera zooms in, she points to her chest

Thrive logo then appears on screen top left, alongside an image of a woman lying on an exercise mat with one leg held to her chest

Text appears on screen top left “Virtual Classes Live”

Text appears on screen bottom right “Coming Soon, #ThriveLive”

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