

## Descriptive Transcript

0.00 - a Yellow and black logo with the text Technogym appears on screen

0.01 - A yellow logo appears with the text my wellness appears on screen

0.03 - A blue logo with the text Thrive appears on screen

0.04 - Logo changes from blue to white and then an animated mobile phone appears on screen with the logo set against a blue background

0.06 - text appears on screen "Thrive Live on demand workouts" with the words on demand in blue and the rest of the text in white

0.08 - Animated mobile phone appears on screen with Thrive Live on the screen with a blue background

0.09 - A male appears on screen who is jogging on the spot dressed in all black

0.11 – Animated mobile phone shows the class options on screen on the left hand side whilst on the right hand side of the screen a close up of the male gym user and text appears on screen with the words "Easy to book Thrive Live classes" part text in white and part text in blue

0.14 – Animated mobile phone shows a calendar option on the screen and an icon where gym users can click to book onto a class or the option to delete their space on the class

0.16 – Animated mobile phone shows male gym user completing a virtual gym class

0.18 – Text appears on screen "Join Your Instructor Live" part in white and part in blue

0.23- Text appears on screen "Enjoy Your Workout" part in white and part in blue, animated mobile phone screen still showing male gym user completing gym class and doing various movements

0.27 – Animated mobile phone screen shows text written in white and blue "Virtual classes on demand" against an all blue background and DCC logo appears bottom right of phone screen

0.28 – Text appears on screen "Virtual Classes on Demand" with male gym user completing Pilates class in background

0.31 – Animated mobile phone shows Thrive app screenshot with shows various class options for users to book and in the background is a woman with a dumbbell

0.33 – Text appears on screen "Choose your class"

0.34- Animated mobile phone screen shows class option for Yoga

0.35- Animated mobile phone screen shows female gym user starting a yoga class

0.37 – Text appears on screen "Then Get Ready To Exercise" in part blue and part white and with a close of female gym member in the background

0.43- Text appears on screen "Workouts of the Day" in part blue and part white with three animated phones each with different text against a blue background first being "Easy" Second with "Medium" and third with "Pro"

0.45- Animated mobile phone screen appears with workout options and challenges for users

0.48 – Text appears on screen “Choose Your Level Select Exercise, Follow Video” in part blue and part white

0.51- Animated phone screen shows different exercise options for gym users

0.54 – Text appears on screen in black “Lateral Lunge”

0.56 – Male gym users appears on screen with hands behind his head

0.57 – Text appears on screen “Take a wide lateral step with hands clasped behind head, flex at the ankle, knee and hip. Hips are behind the lunge foot with both feet parallel, toes forward

1.00 – Text appears on screen “ Maintain a neutral spine and push through heel of lunge foot to return to starting position” Male gym user completes movement

1.04 – Text appears on screen alongside animated mobile phone screen image of lunge set “Complete the reps for the exercise” part blue part white

1.06 – Animated screen shows other exercise movement gym users can complete

1.08 – Text appears on screen “ Select next exercise” part blue part white

1.10 – A timer appears on animated mobile phone screen which counts down gym user to next set of exercises

1.16 – Screen fades to black

1.17 – Text appears on screen “ Register and Download App Get Started!” part blue part white

1.21 – Website address in white appears on screen [www.durham.gov.uk/technogym](http://www.durham.gov.uk/technogym) alongside text “For More Info” in blue

1.23 – Three logos appear across bottom of screen (Thrive logo, Durham County Council logo, and Technogym logo

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