



# LES MILLS CONTENT PORTAL USER GUIDE

Updated June 2025

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# INTRODUCTION

The Les Mills Content Portal provides access to the videos you subscribe to.

We support several methods for distributing this content on your website or app:

- Streaming Video Embed Code –  
You can create an embed code to place a single video anywhere on your website.
- Playlist Embed Code –  
This allows you to create a playlist of multiple videos that can be streamed in an embeddable web player, and placed on a single web page.
- API access –  
Allows you to access the list of videos programmatically so that you can automate management of your content (requires advanced development support on your team.)

# PREREQUISITES

Displaying the Les Mills Content videos requires a way to share them with your users.

Examples of this include:

- A website or blog where members can log in (Drupal, Wordpress, etc.)
- A website or mobile app editor that can display embedded videos
- Your own app or streaming solution that can import videos or streams

You will need to work with your own internal or external technical resource to develop a solution if you do not have one. Les Mills can provide support solely on the implementation of Les Mills Content.

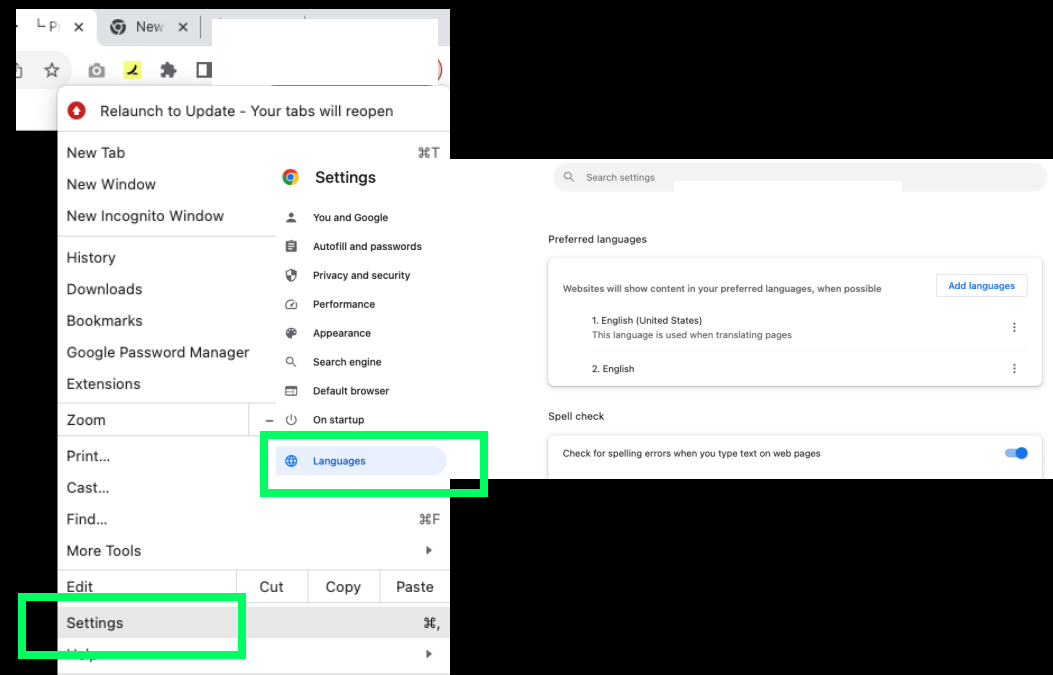
We are unable to provide custom tech development strategy or advise on your club's IT infrastructure.

# LOGGING IN

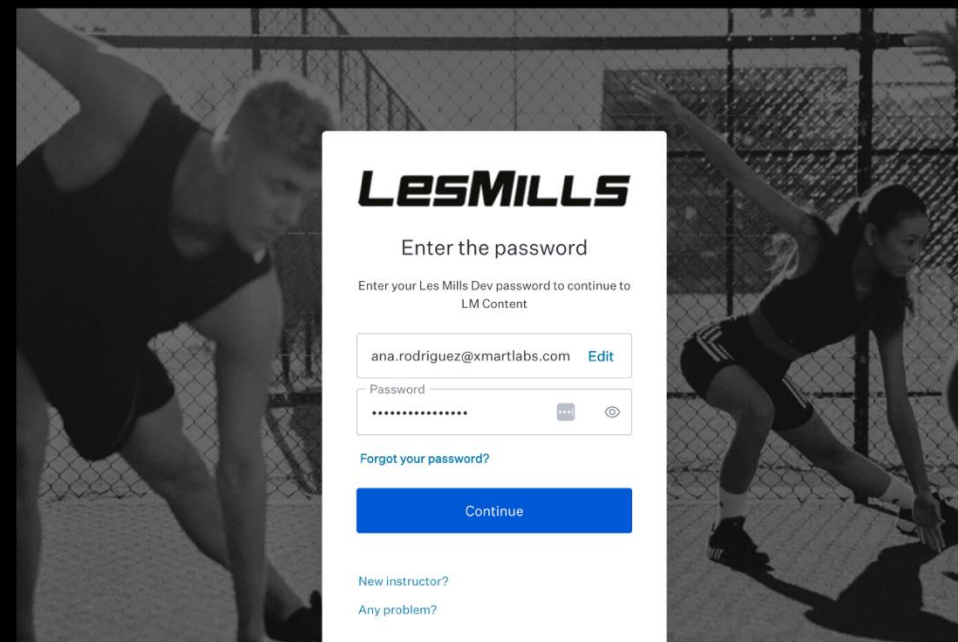
**Note: The Content Portal is in English.**

For auto-translations, we recommend going into your Google Chrome browser.

1. Click SETTINGS > LANGUAGES
2. Then under PREFERRED LANGUAGES, add your local language preferences
3. Scroll down. On the same page, under GOOGLE TRANSLATE, make sure the toggle is switched on.
4. Scroll down further. Under AUTOMATICALLY TRANSLATE THESE LANGAUGES, add your local language preferences.



- 
1. Use a desktop or laptop with a keyboard, as you will need to copy and paste embed codes, etc.
  2. Access the portal using a web browser at <https://portal.content.lesmills.com/>
  3. Your login credentials and instructions should have been automatically generated and emailed to you. If you do not have them, click on the “Forgot Password” option or contact [lmcontent@lesmills.com](mailto:lmcontent@lesmills.com)
  4. Do NOT share your login. If someone else needs access, contact your Les Mills CXM to create another user.

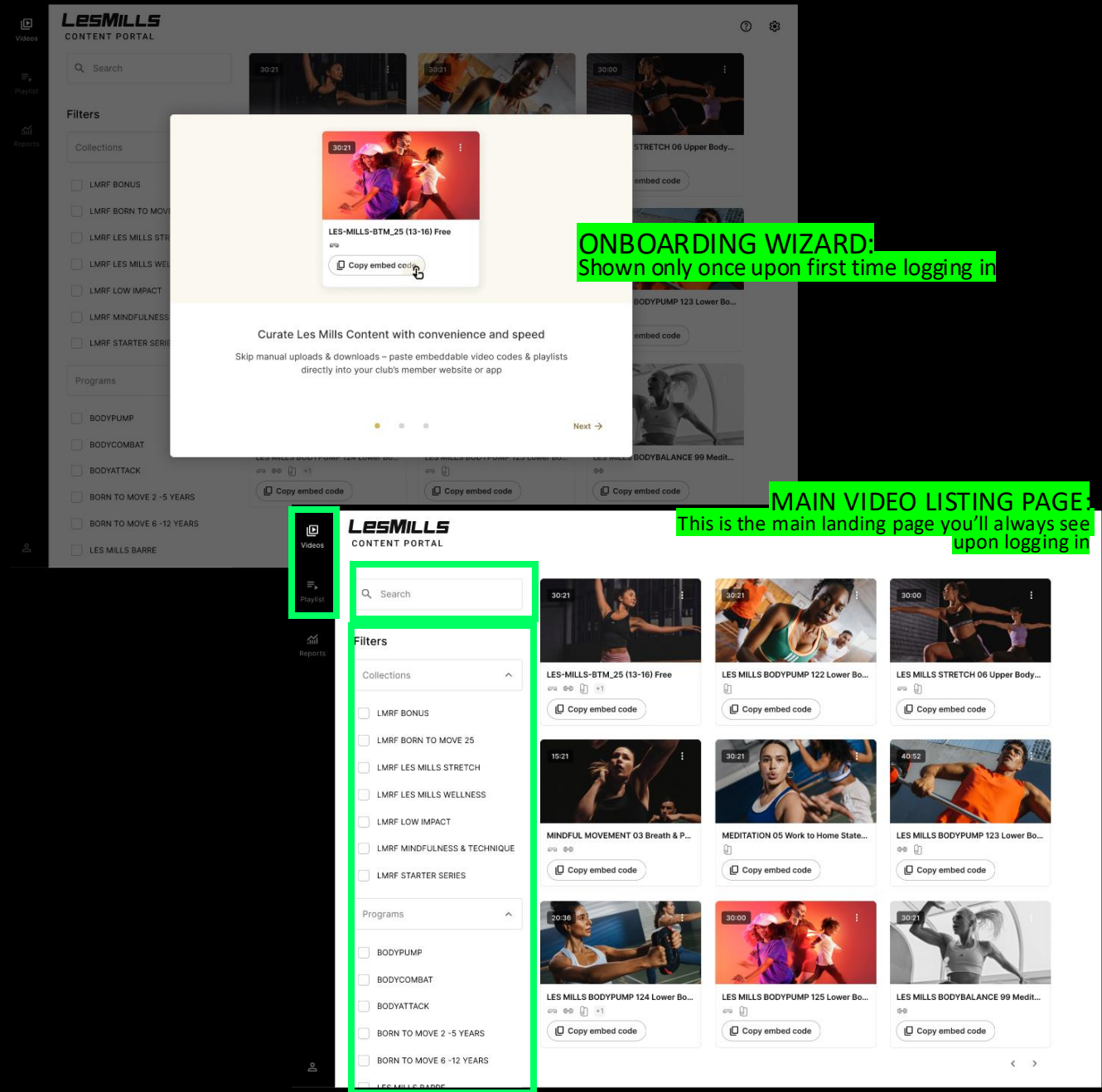


# PORTAL INTERFACE

After logging in, feel free to explore the portal.

Here are some key areas:

1. Videos – Browse all the videos. Clicking a video opens a video detail page where you can copy video embed codes, descriptions and details of each workout.
2. Playlists – A tool to create a playlist of videos. Once a video playlist is created, there is a custom web player embed code that you can copy and paste into any webpage. Movers can select videos from the playlist from wherever the web player is displayed.
3. Search – Easily find specific videos or use the Filters selectors to limit by Collections, Programs and Duration.

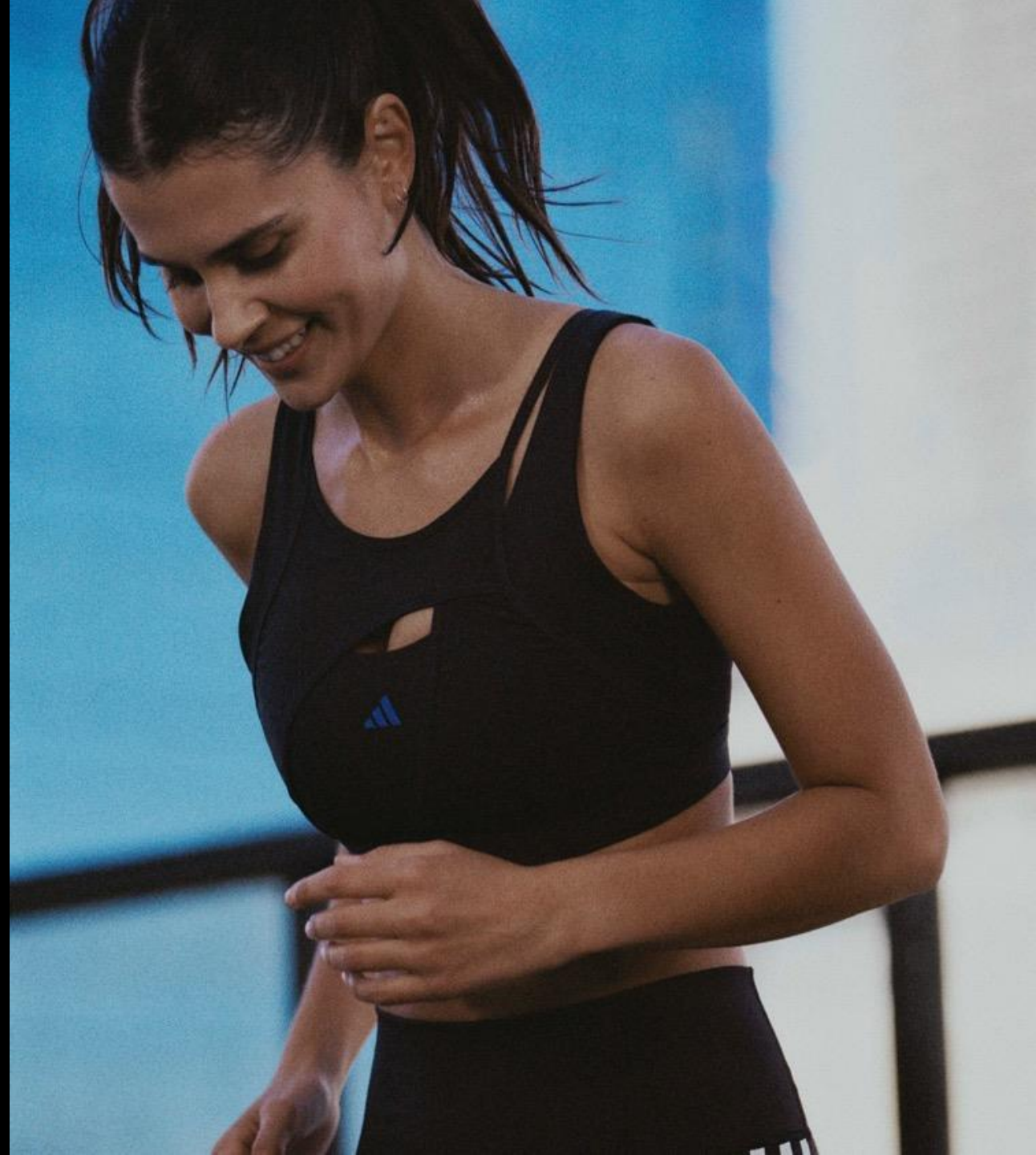




*LES MILLS*

# VIDEO EMBED CODES

CHOOSE HAPPY



# VIDEO DETAIL PAGE

Embed codes in general are the ultimate low-tech, customizable option if you like to curate and tailor your Les Mills Content.

The embed codes look very similar to a Google ad tag or YouTube embed code.

We offer two types of embed codes: div and iframe. While div is the default for most users, some applications such as Microsoft Sharepoint, Oracle Fusion and others will require iframe embeds.

To copy the embed code for an individual video, click the **"COPY EMBED CODE"** button and select **div** or **iframe**. Your computer will copy this onto its clipboard.

The metadata for the video will be connected to the embed code, so you will not need to individually copy/paste each meta data but the option is there if you need it.

Then you can quickly paste to your website backend editor. The video will show up and play on your club member website.

The screenshot shows the Les Mills Content Portal interface. On the left is a sidebar with icons for Videos, Playlists, Reports, and Account. The main content area displays the video title 'LES MILLS CORE MIX Ab Blast (15min)' with a thumbnail image of a man performing a core exercise. Below the title are buttons for 'Play', 'Copy embed code', 'Thumbnails', and 'Options'. The 'Copy embed code' button is highlighted with a green box, and a green arrow points from the text 'select div or iframe' to the 'Copy div embed code' option within this box. Below the video player, there are sections for 'General information', 'Workout information', 'Short description', 'Long description', and 'Category tags'. The 'General information' section includes fields for Collection (LMRF BONUS), Program (LES MILLS CORE), Release (LMRF CYCLE [Q123]), Language (English), and Expiration Date (---). The 'Workout information' section includes fields for Duration (15 min), Equipment (Hand Weights), Intensity (Med-High), and Instructors (Dan Cohen, Kylie Gates). The 'Short description', 'Long description', and 'Category tags' sections each have a dropdown menu with options for English, German, and Spanish.



**LES MILLS**

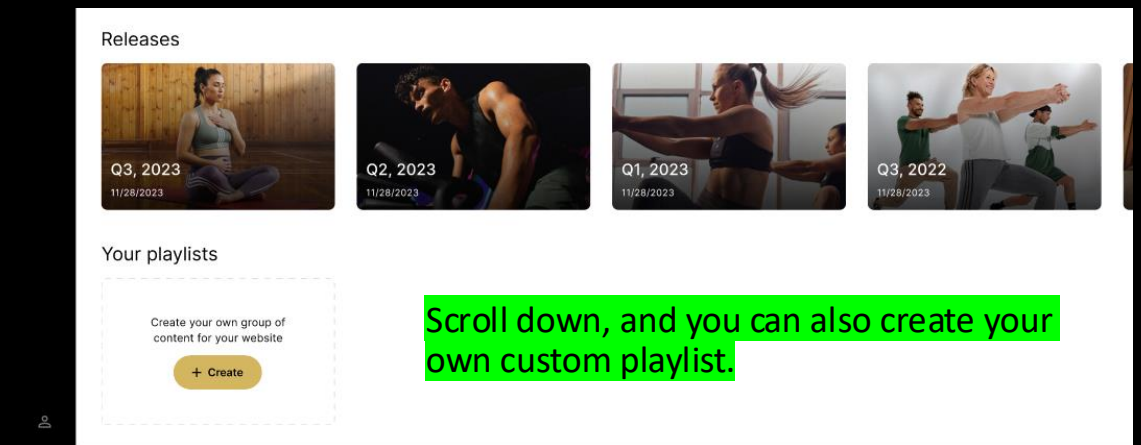
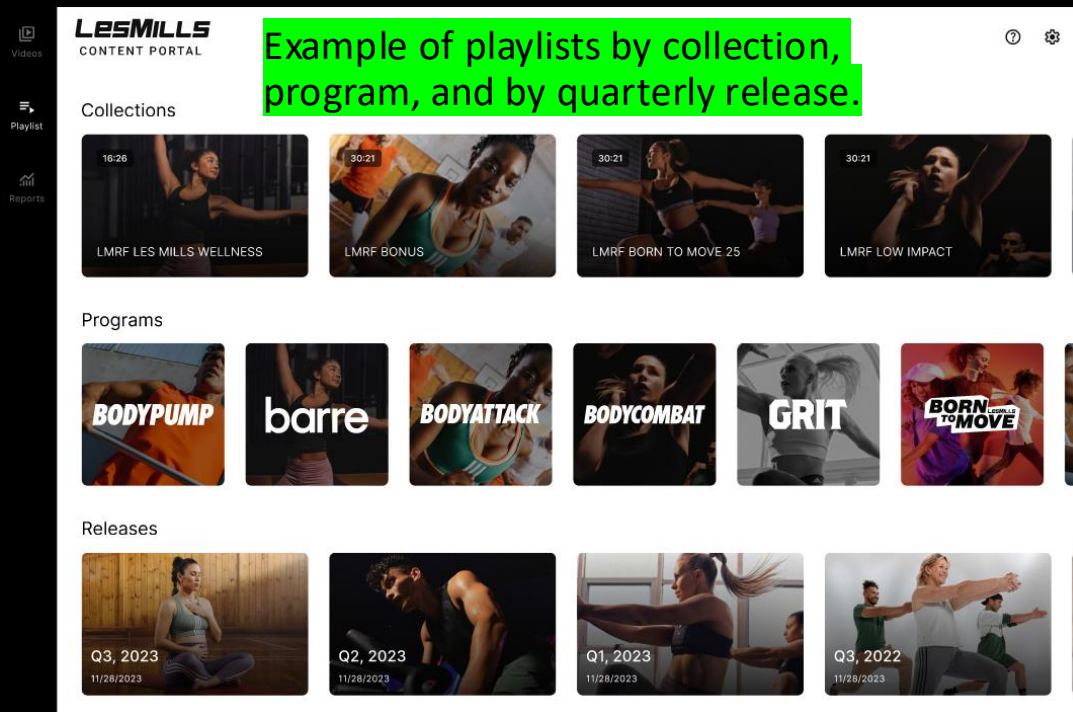
# EMBEDDED WEB PLAYER

CHOOSE HAPPY



# EMBEDDED WEB PLAYER

You can browse pre-defined lists of playlists, organized by themed collection like WELLNESS, by program like BODYPUMP, or by quarterly release.



# EMBEDDED WEB PLAYER

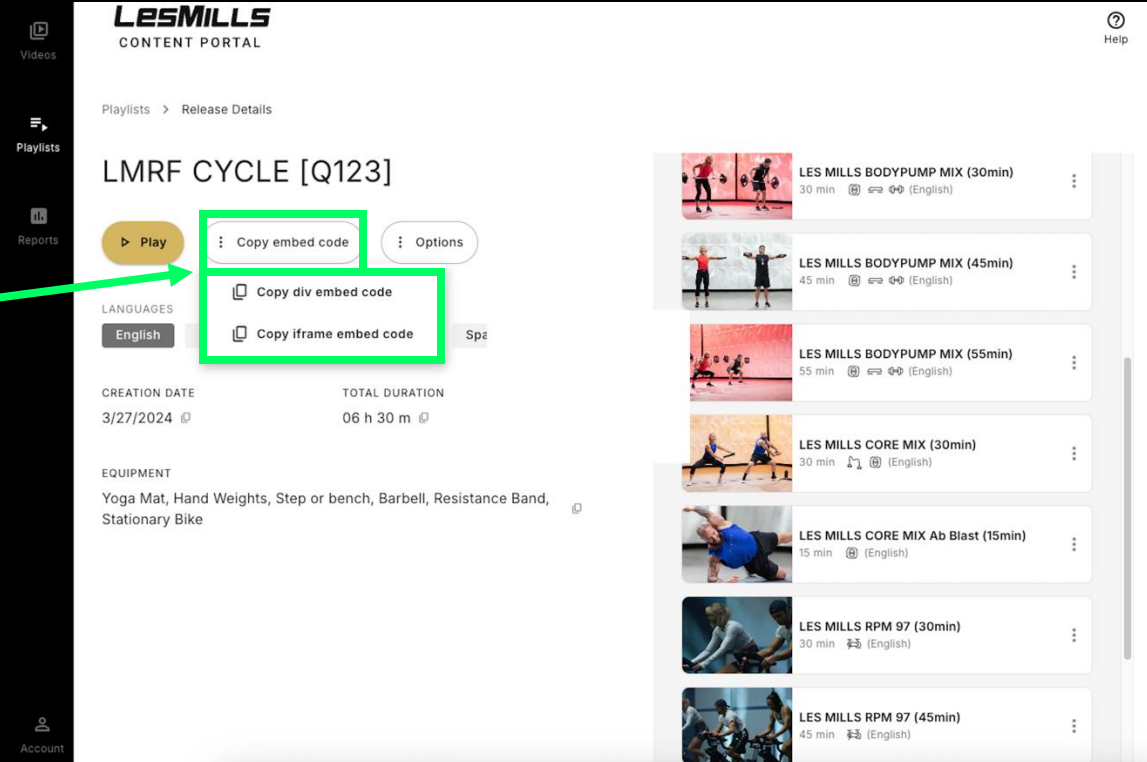
To embed any playlist:

A playlist embed code can be implemented on any website. It is implemented similarly to a Google ad tag, or a YouTube embed code.

Simply click the “**COPY EMBED CODE**” button, then select div or iframe embed and it will automatically copy the embed code to your computer’s clipboard.

Then you can quickly paste to your website editor.

Once implemented into the backend, LM Content will display on the webpage where the embed code was implemented.



# PLAYLIST CREATION

You can also customize playlists within the Content Portal.

Here are some examples:

A) if you would only like to have a playlist that only plays BODYPUMP and BODYBALANCE, you can select those videos only, and generate a unique embedded web player code for those two programs.

B) Or, if you just want to curate a “cycling only” playlist, you can select RPM, SPRINT, and THE TRIP videos and generate a unique embedded web player code for those three programs.

TO CREATE YOUR OWN PLAYLIST FROM SCRATCH:

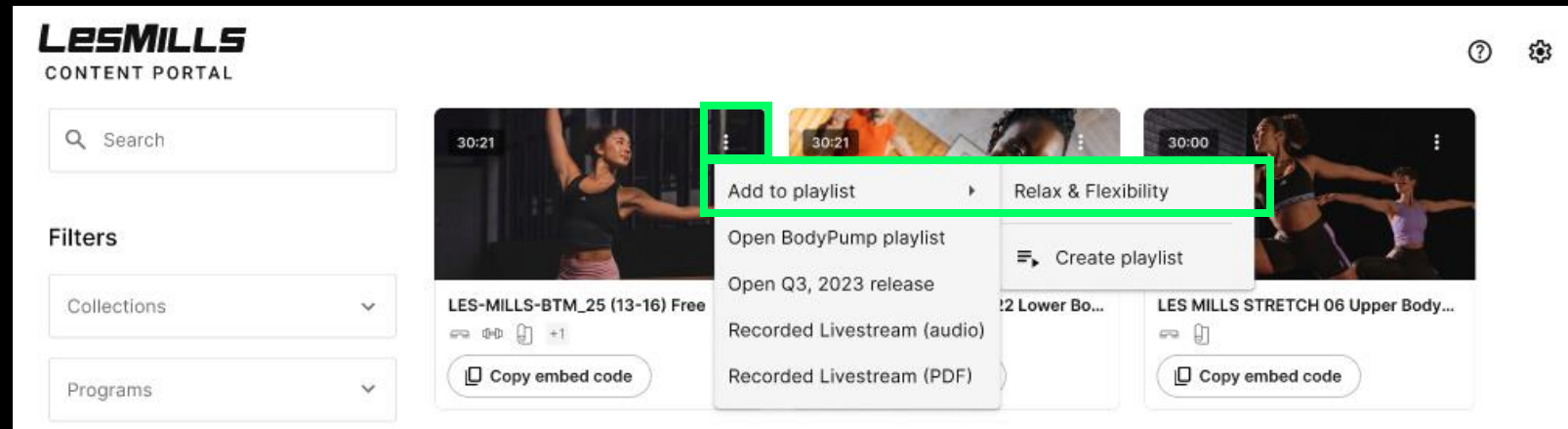
In the example here, you can add releases that promote relaxation and flexibility.

Click CREATE PLAYLIST, enter the name and description.

The image displays two screenshots from the LESMILLS CONTENT PORTAL. The top screenshot shows the 'Releases' section with a 'Create playlist' modal open. The modal has a text input for 'Name' containing 'Relax & Flexibility' and a larger text area for 'Description' containing 'Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.' Below the modal, a '+ Create' button is highlighted with a green box. The bottom screenshot shows the 'Playlist details' page for 'Relax & Flexibility'. It includes a 'Play' button, a 'Copy embed code' button, the creation date '11/28/2023', and the same description. To the right, a sidebar shows the 'Videos' section with a 'Go to the video section on the left menu' instruction.

# PLAYLIST CREATION

To add videos to a playlist, go to the main video listings page, select “ADD TO PLAYLIST” on any video you’d like to add by clicking on the 3-dot icon in the upper right corner of a video thumbnail – from here, you’ll see the custom playlist you created, or you can create one directly from that point.



When you go back to your playlists page, you will see that the video was added to your custom playlist.



# PLAYLIST CREATION

Your new custom playlist will look like this. You can re-order your videos at any time using the slider icon.

To place your new custom playlist in your club member website backend, copy the playlist embed code here.

Videos can be removed by clicking on this upper right icon.

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CONTENT PORTAL

Playlists > Playlist details

Relax & Flexibility

Play

Copy embed code

CREATION DATE

11/28/2023

DESCRIPTION

Workout series designed to strengthen and tone the core muscles of the body, including the abdominals, lower back, obliques, and deep stabilizing muscles.

TOTAL DURATION

22:34

EQUIPMENT

Yoga mat, band

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

LES MILLS BODYPUMP 124 Lower Body...

30:21 min

+1

Remove from playlist

Go to video



*LES MILLS*

# HOW TO USE EMBED CODES

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# HOW TO USE EMBED CODES

An embed code is a short piece of programming that will load and play your video playlist or an individual video on your website. We offer both div and iframe embed codes. The majority of users will require div embed codes while some applications like MS Sharepoint and Oracle Fusion require iframe. When in doubt, default to div.

The code will look something like the below when pasted  
(this is just an example – embed codes are unique to every partner and user and no strip of code is the same)

div example:

```
HTML
1 <div id="lm-player"><script type="text/javascript">async function getSrc() {
2   const res = await
3   fetch('https://d1py79hhldaaph.cloudfront.net/v0/public/asset/embedded_player', {
4     method: 'GET',
5     cache: 'no-store',
6     headers: {
7       Authorization: '',
8     },
9   });
10  const lmPlayerHTML = await res.text();
11  const lmPlayer = document.createRange().createContextualFragment(lmPlayerHTML);
12  document.getElementById('lm-player').appendChild(lmPlayer);
13  start('6bb09506-096b-4d55-80ce-06c379eb3daa', ['002eed5-d55d-48a6-8d9b-a7e4ff8e7861']);
14  getSrc()}</script></div>
```

iframe example:

```
HTML
1 <iframe
2   width="1920"
3   height="1080"
4
5   src="https://api.uat.content.lesmills.com/v0/public/asset/embedded_iframe_player?
6   params=H4sIAAAAAAAAAAwXB0w6DMBAFwLtsnZW88IxsbsABUqEU3o8lqkg4pIlyd2Z%2B5McZ9rnGc
7   8RJK0G6hcIZZomhWbj15lzhbVGLMkulB30Pj%2Ffmg9adIouXKJlr92CkBNZlBkvpCYpm05Tp9b8B8
8   sWw1WsAAAA%3D"
9   frameborder="0"
10  allowfullscreen>
11 </iframe>
```

It works identically to a YouTube or Vimeo embed code.

Do not modify the code in any way or your videos may not load correctly.

# HOW TO USE EMBED CODES

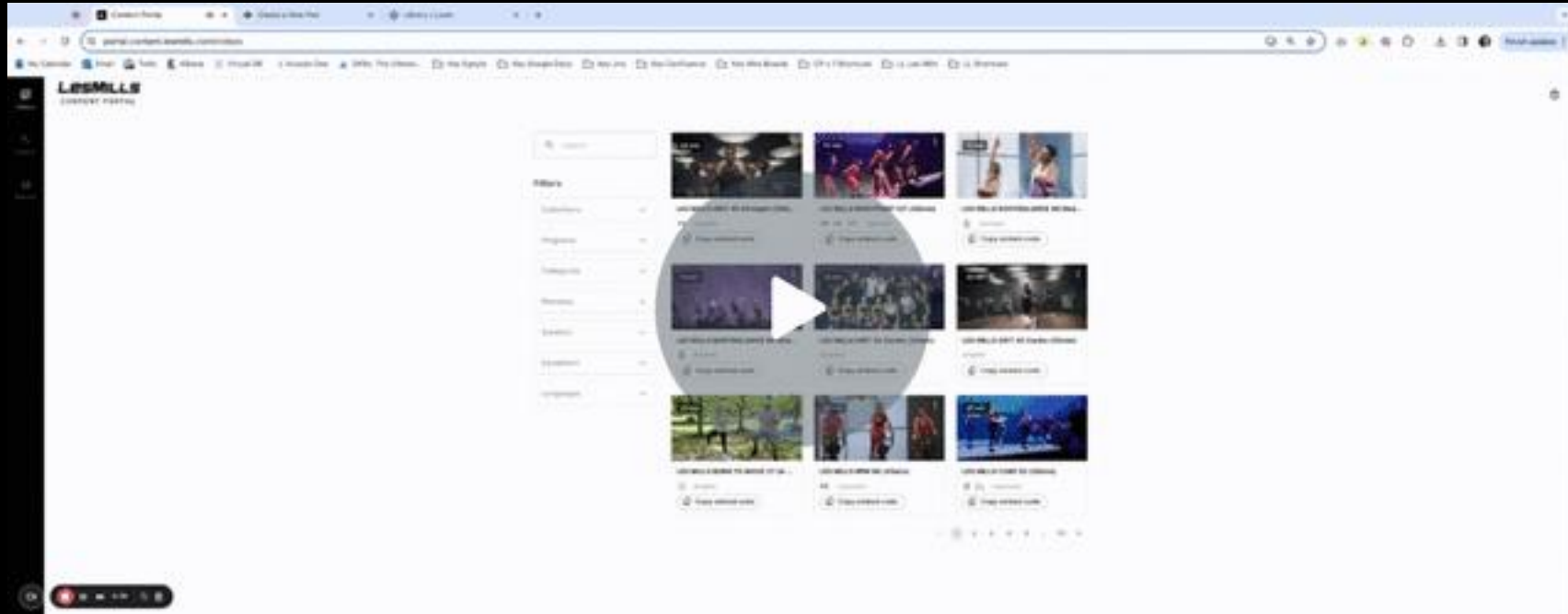
To paste embed code on your website, you typically need to follow these steps:

1. **Access your website's editing interface:** Log in to your website's content management system (CMS) or website builder platform. This could be platforms like WordPress, Wix, Squarespace, Sharepoint or any other you're using.
2. **Create or edit a webpage:** Navigate to the webpage where you want to embed the code. You can either create a new page or edit an existing one.
3. **Insert an HTML or embed block:** Most website builders offer an option to insert custom HTML or embed code. Look for options like "Custom HTML," "Embed," "HTML Block," or similar.
4. **Click on it to add this element to your page. Paste the embed code:** Once you've added the HTML or embed block, paste the embed code you have into it.
5. **Save and preview:** After pasting the code, save your changes and preview the page to ensure the embedded content displays correctly.
6. **Adjust settings (if needed):** Depending on the platform you're using, you might have options to adjust the size, position, or other settings of the embedded content. Make any necessary adjustments.
7. **Publish the page:** Once you're satisfied with how the embedded content looks and functions on your webpage, publish the page to make it live on your website.
8. **Remember that the process may vary slightly depending on your website platform, so be sure to consult the platform's documentation or support resources for specific instructions if needed.**

# HOW TO USE EMBED CODES

Once you paste either a video embed code, or a playlist web player embed code, to your website backend editor, the video will appear on the website.

The result looks like this:

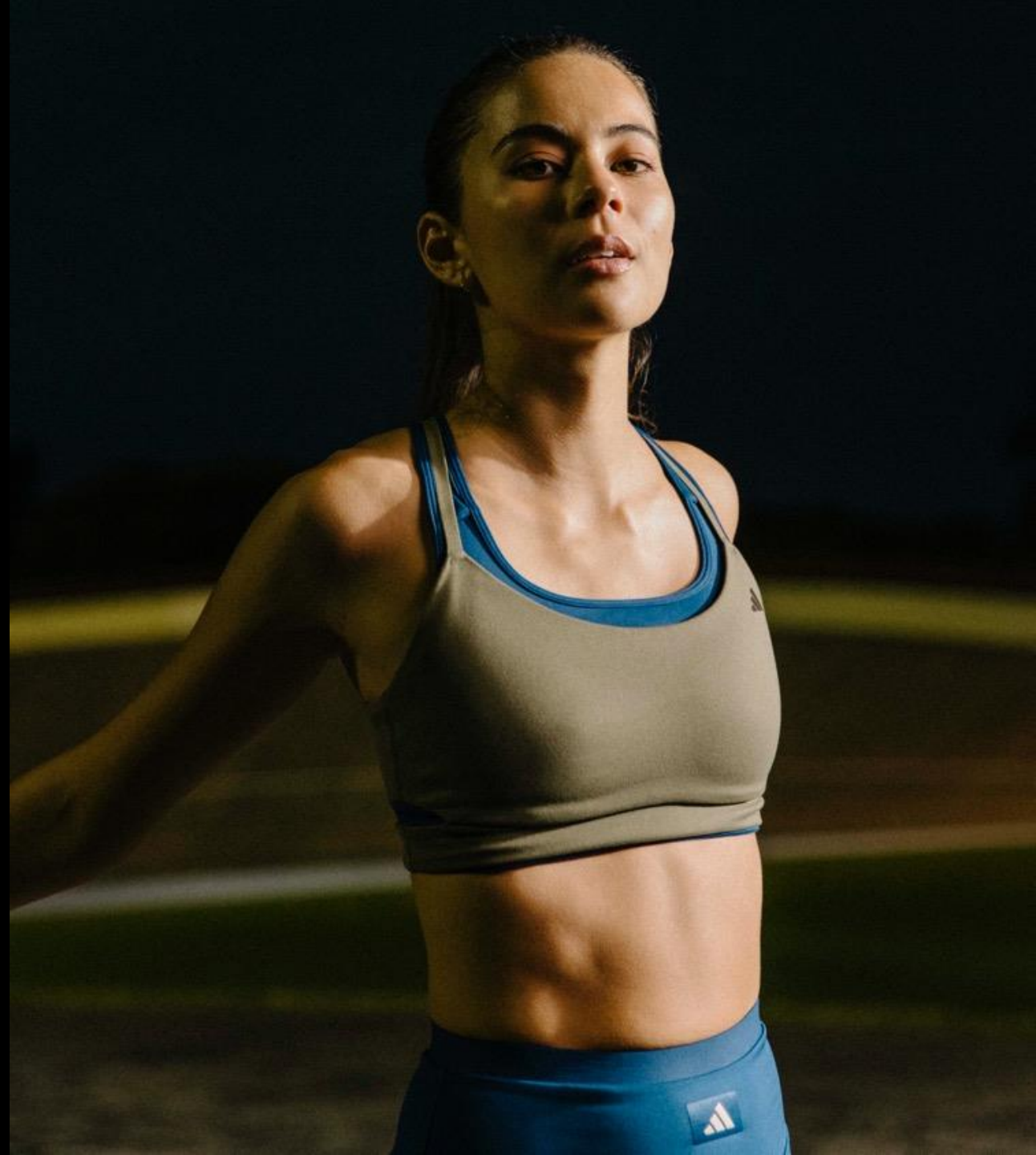


Again, do not modify the code in any way or your videos may not load correctly.

*LES MILLS*

# THUMBNAIL DOWNLOADS

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# VIDEO DETAIL PAGE

Thumbnails can be downloaded on the Video Details page.

To reach a video detail page click on any chosen video in the Video Listing page.

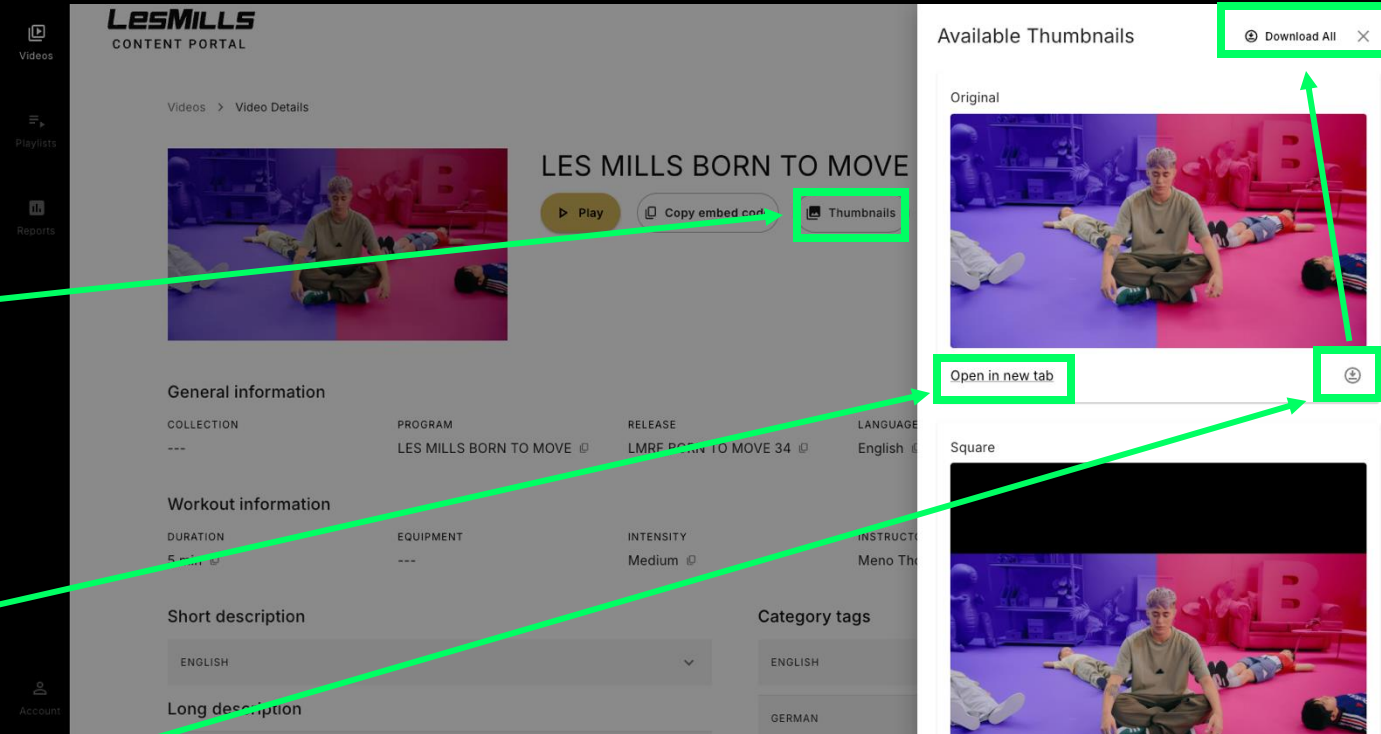
Once in the Video Details page click on “Thumbnails” to open Available Thumbnails.

Thumbnails are available in the following formats: Original, Square, Square (cropped), 4:3, 4:3 (cropped), 16:9, 16:9 (cropped), 21:9 and 21:9 (cropped).

To view a thumbnail individually, click “Open in new tab.”

To download thumbnails you can click the download icon next to the format of your choosing, or click on “Download All” to retrieve all sizes at once.

Once you have clicked on a download option, the thumbnails will begin downloading to your default download folder.

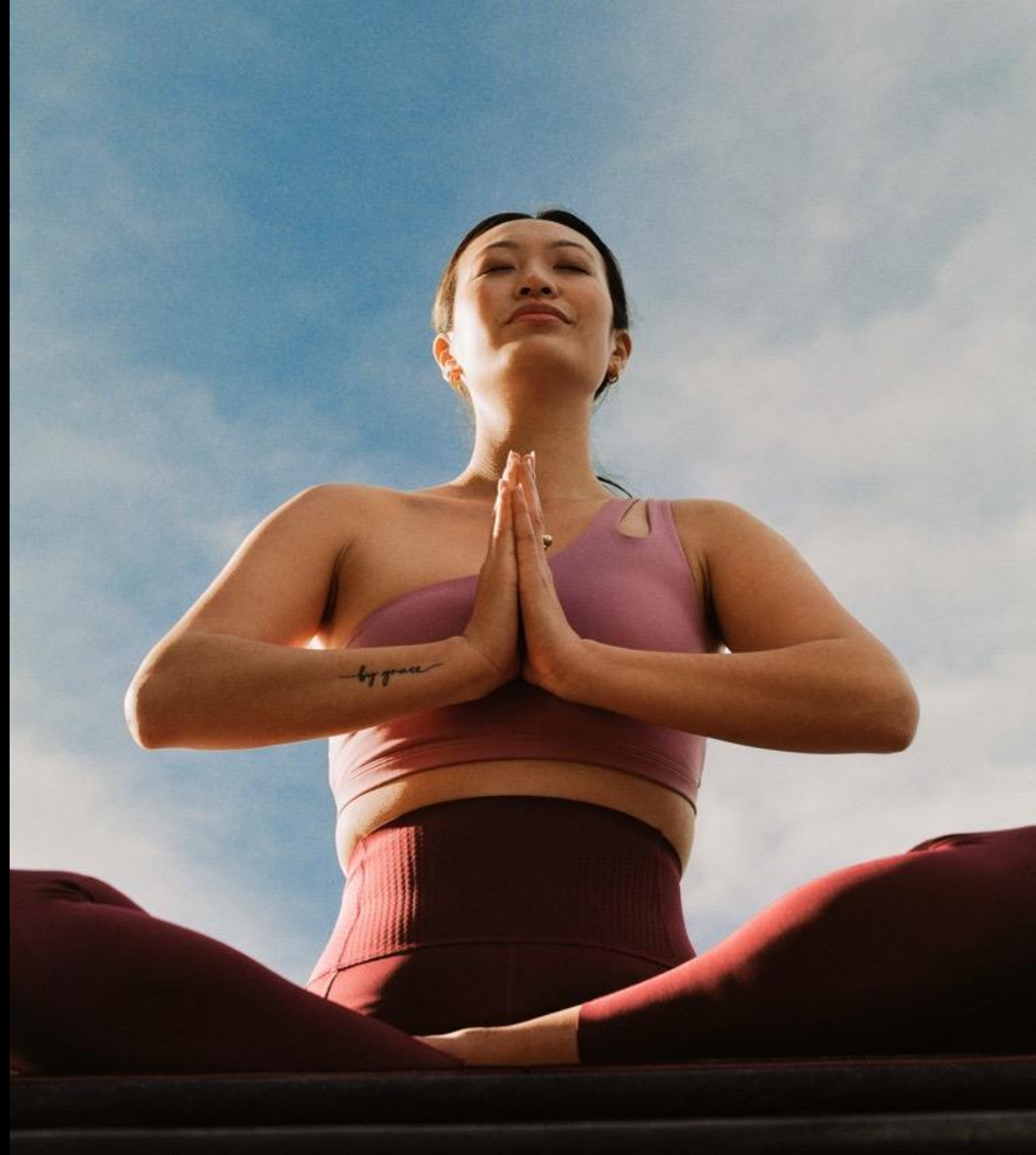




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API

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# API OVERVIEW

You can access a list of videos programmatically by making requests using our API, retrieving data in a structured JSON format. This allows for seamless integration of videos into your applications or websites.

- The API requires an access token which can be retrieved via the Content Portal and must be securely handled
- Our API is available in REST or GraphQL format
- API access requires programming on your side to implement

If you are unfamiliar with APIs and the explanation above, we strongly suggest using a more user-friendly option such as the embeddable web player or individual video embed codes.

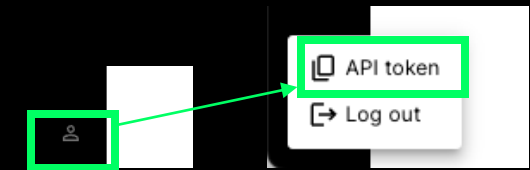
Important: The API is for server side use on a periodic basis. It should not be used on any user facing systems due to rate limits. The API provides a way to sync available content to your own system and is not designed to power an application.

# HOW TO IMPLEMENT API

API access is designed for partners with advanced tech resources and capabilities, by way of either having an internal IT/tech team, or external IT/3P partners to implement. This method allows users to generate an API token, which pulls the list of programs, video files, embed codes, meta data, thumbnails etc. This is the most technical method of the three in the Content Portal.

How this works in the Content Portal:

1. Click the person icon in the lower left corner, and there will be an option to click on “API Token”
2. Generate the API key, unique only to your club, by clicking on API Token. It will state “API Token copied to clipboard”, with a green check mark.
3. Take the API key and implement it into your own software backend (such as a video hosting service, a custom video application, or a JavaScript player)
4. Once implemented, the software can query the Content Portal’s API for new quarterly releases



The API method requires installation once into the backend. Once integrated into the backend, the user will have to hit “refresh” on the API quarterly to check for new videos in the Content Portal unless you have created additional code to automatically check for updates each quarter. Once complete, you can customize with the new content based on club needs, or the needs of the club partners you service (in the case of 3P providers)

An important note: API tokens are generated on a *user* basis. If your team has multiple web admins who require access to the Content Portal, that means each web admin will have their *own* API token. If your team develops and programs against a user’s token and that user departs your team, that means what you built against that user’s API token could risk breaking. Because of this, if you have concerns, we recommend provisioning and designating a single admin user account for your team.

# API ENDPOINTS

The simplest way simplest way to test your connection to the API is to request the list of available videos via the API, and to hit the following endpoint:

[https://cms.content.lesmills.com/items/Video/?access\\_token=<YOUR\\_TOKEN>](https://cms.content.lesmills.com/items/Video/?access_token=<YOUR_TOKEN>)

See the full technical documentation of available endpoints at <https://api.content.lesmills.com/docs/>

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# ANALYTICS GUIDE

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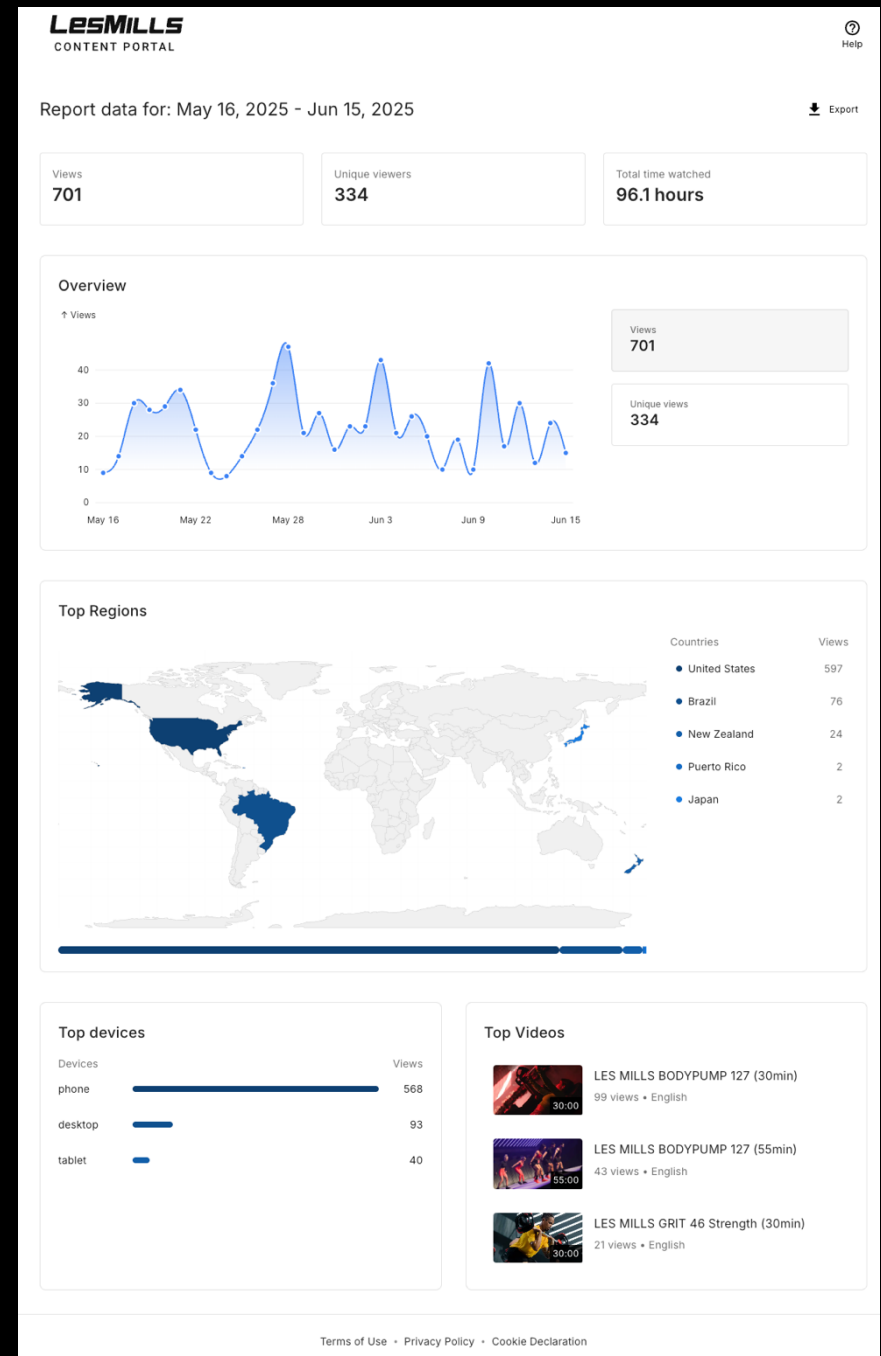


# OVERVIEW

Analytics Dashboards are provided to Content Portal users delivering via Embed Codes and Streaming URLs and contain the following information on their account's usage:

- Views
- Unique Viewers
- Views by Region
- Top Devices
- Top Videos

Metrics are gathered on a rolling 30 days from multiple sources such as: Content Portal, Embed Codes, and Streaming URLs, normalized in our streaming solution and displayed in Content Portal under *Reports*.





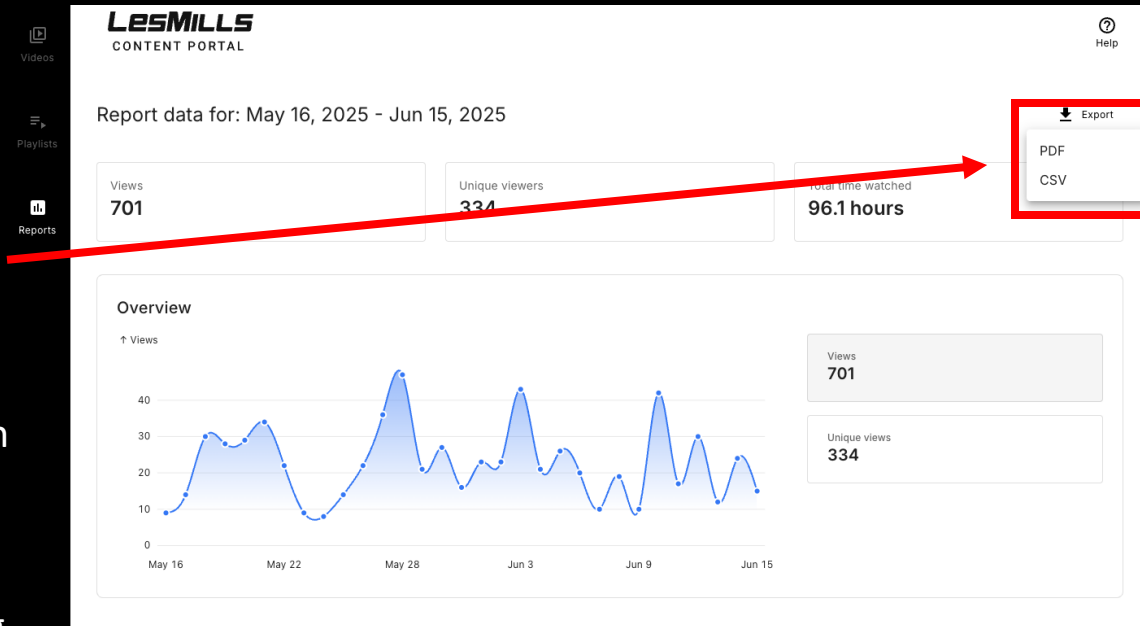
# EXPORTING REPORTS

For ease of consumption, sharing and integrating into other reporting dashboards, reports can be exported in either PDF or CSV format

To export, click on the “Export” button within Reports and select the preferred format

PDF exports are graphically reflective of the visual dashboard as seen on the Content Portal while CSV exports provide the underlying data

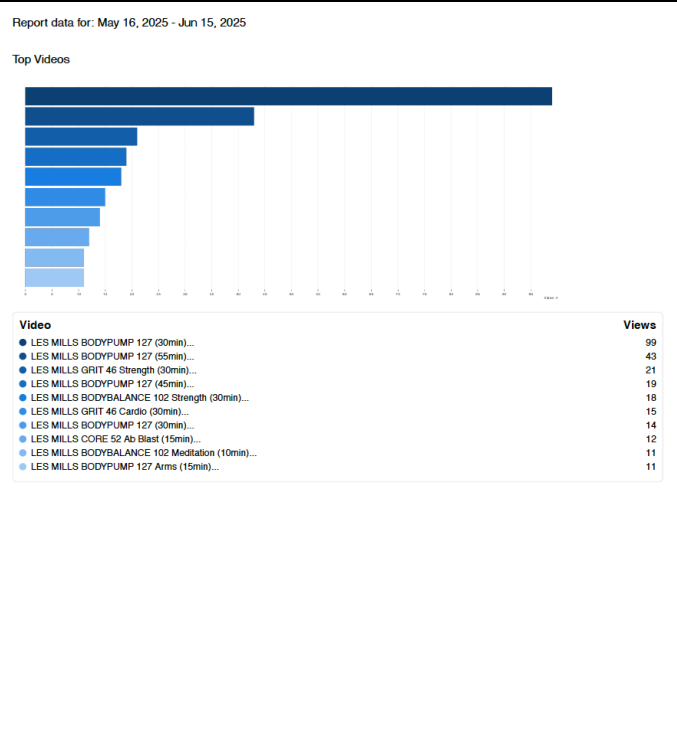
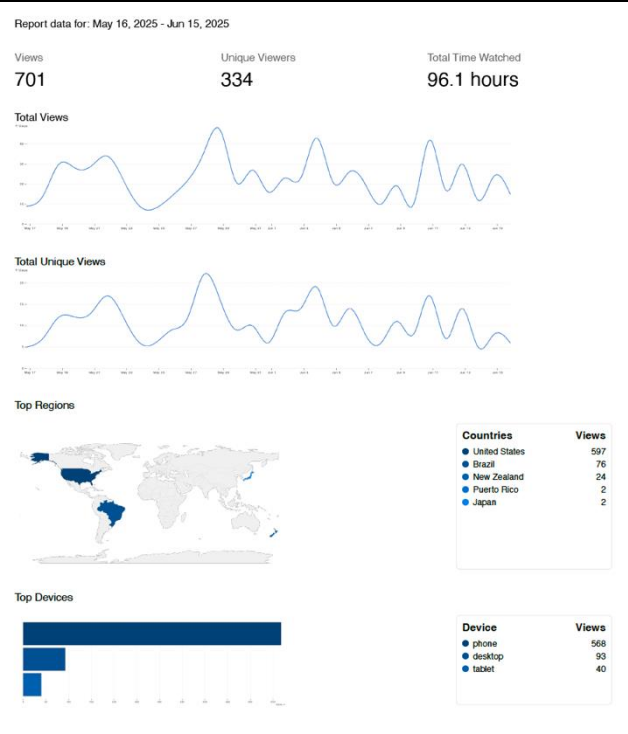
Examples of both PDF and CSV exports are provided on the following page



# SAMPLE EXPORTS

PDF

CSV



Report data for May 16 2025 - Jun 15 2025			
SUMMARY			
Metric	Value		
Total Views	701		
Total Unique Viewers	334		
Total Watch Time (Hours)	96.1		
OVERVIEW			
Event Date	Total Views	Total Unique Views	
	5/25/25	8	6
	5/30/25	21	9
	5/31/25	27	10
	5/26/25	14	9
	5/23/25	22	12
	6/1/25	16	6
	5/19/25	30	12
	5/21/25	29	13
	6/3/25	23	14
	6/13/25	30	14
	5/27/25	22	12
	6/14/25	12	5
	5/18/25	14	7
	5/17/25	9	5
	6/9/25	19	11
	6/16/25	15	6
	5/20/25	28	12
	5/29/25	47	16
	5/24/25	9	6
	5/28/25	36	22
	6/10/25	10	8
	6/4/25	43	19
	6/11/25	42	17
	6/12/25	17	7
	5/22/25	34	17
	6/5/25	21	10
	6/7/25	20	8
	6/2/25	23	13
	6/15/25	24	8
	6/8/25	10	6
	6/6/25	26	14
TOP REGIONS			
Country	Views		
United States	597		
New Zealand	24		
Brazil	76		
Puerto Rico	2		
Japan	2		
TOP DEVICES			
Device	Views		
desktop	93		
phone	568		
tablet	40		
TOP VIDEOS			
Video Title	Video ID	Duration (seconds)	Views
LES MILLS BODYPUMP 127 (30min)	d4876425-47c2-4a1b-a17d-22554824343e	1718.24	99
LES MILLS BODYPUMP 127 (55min)	093fe049-1a40-4df2-8448-0bd9303af134	3257.12	43
LES MILLS GRIT 46 Strength (30min)	1df1d236-955d-4d2e-8823-71604e0e191e	1661.48	21
LES MILLS BODYPUMP 127 (45min)	cdd3edb5-97cf-4f58-ab8c-95adc8b4195c	2525.08	19
LES MILLS BODYBALANCE 102 Strength (30min)	214a550b-269b-414a-9476-960c9c075362	1773.08	18
LES MILLS GRIT 46 Cardio (30min)	52c2c244-e7b8-4f9a-8374-d9816b79bc33	1777.72	15
LES MILLS BODYPUMP 127 (30min)	lwo3q5ZWhHtSa4Tl02nXl10209ekEVhShBZp40047IShbg	1718.24	14
LES MILLS CORE S2 Ab Blast (15min)	dde75ca8-6025-4767-b717-12bd28470f84	867.92	12
LES MILLS BODYBALANCE 102 Meditation (10min)	d5e249f3-7c15-4ad9-b382-f9d6cfddefd	529.84	11
LES MILLS BODYPUMP 127 Arms (15min)	544eb039-6c20-4705-a088-fa874576251a	838.8	11

# UNDERSTANDING METRICS SOURCES

Metrics sources can be split into the following:

- **Embed Codes** - Using video playback metrics and metadata from the embed codes (Provided out-of-the-box)
- **Streaming Analytics** - Using video playback metrics and metadata from the customer's player (Requires integrated players to send metrics to Content Platform)

**NOTE:** To enable analytics for integrations where API is used to generate signed streaming URLs it is required for the integrated player to send metrics back to Content Platform. Content Portal and Embed Code analytics do not require additional client-side configuration.

# UNDERSTANDING METRICS

Analytics is comprised of sets of metrics as follows:

- Views
- Overall Viewer Experience
- Playback Success
- Startup Time
- Smoothness
- Video Quality

More details can be found in Mux documentation: <https://docs.mux.com/guides/understand-metric-definitions>

# HOW TO SEND METRICS FROM YOUR PLAYER

For Content Portal to gather, process, and display analytics for users - it's required to receive playback events and metadata from video player(s) that consume our streaming URLs. Under the hood we use Mux as a streaming service provider and Mux Data as a platform for gathering playback analytics.

Metrics are sent by players to **Mux Data**, processed by **Content Platform**, and displayed as **Reports** in **Content Portal**.

We recommend using [Mux Player](https://docs.mux.com/guides/player-core-functionality) as we do for **Content Portal** and **Embed Codes**. It infers the corresponding **Mux Data** environment based on provided signed streaming URL and begins tracking viewer engagement and quality of experience metrics without any additional configuration (see <https://docs.mux.com/guides/player-core-functionality> for details).

However, we recognize this is not always possible and each customer may have their own player. Depending on used player, implementation of events emission may vary. Mux supports wide range of players and provides an implementation guide for each one of them that can be found here: <https://docs.mux.com/guides/track-your-video-performance>.

In most cases playback analytics are gathered by default and you only need to send custom events to help us identify you as a customer.

## WHAT IF MY PLAYER IS NOT SUPPORTED?

Mux provides SDK for multiple languages that can be used to implement monitoring for events that can be sent back to Mux. For more details refer to Mux documentation: <https://docs.mux.com/guides/upload-video-directly-from-ios-or-ipados#install-the-sdk>

The following is the general pattern for adding analytics to players to be able to see it in Content Portal Reports:

- Send playback events from your player (Mux Player, or Mux Data SDK for other players)
- Add events where/if needed depending on your player
- Add events with custom metadata to allow us identify your player
- Use Environment key provided by Les Mills to push analytics to our Mux instance (if not using Mux Player)

# WHAT METRICS NEED TO BE SENT TO CONTENT PLATFORM?

The following is the metadata that is required by Content Platform to form reports:

Name	Metric/Metadata/Field Name	Source	Path	Description
Video Id	video_id	CMS API	<a href="https://cms.content.lesmills.com/items/Video/:id?fields=id">https://cms.content.lesmills.com/items/Video/:id?fields=id</a>	ID of a video in playback, can be retrieved from Content Platform API.
Video title	video_title	CMS API	<a href="https://cms.content.lesmills.com/items/Video/:id?fields=title">https://cms.content.lesmills.com/items/Video/:id?fields=title</a>	Title of a video in a playback, can be retrieved from Content Platform API.
Club Id	custom_1	CMS API	<a href="https://cms.content.lesmills.com/users/me?fields=partners.Clubs_id">https://cms.content.lesmills.com/users/me?fields=partners.Clubs_id</a>	Club id, can be retrieved from Content Platform API.
Salesforce Id	custom_2	CMS API	<a href="https://cms.content.lesmills.com/users/me?fields=partners.Clubs_id.salesforce_id">https://cms.content.lesmills.com/users/me?fields=partners.Clubs_id.salesforce_id</a>	Salesforce id, can be retrieved from Content Platform API.
Language	custom_3	CMS API	<a href="https://cms.content.lesmills.com/items/Video/:id?fields=language">https://cms.content.lesmills.com/items/Video/:id?fields=language</a>	Language of a video in a playback.
Application name	application_name	customer-specific	n/a	Customer's application name. Recommended approach would be to use type of application - web, mobile, ios, android, react...etc.
Application version	application_version	customer-specific	n/a	Customer's application version.
Player name	player_name	customer-specific	n/a	Name of used player f.e. HLS, React-native-player, MuxPlayer...etc.
Player version	player_version	customer-specific	n/a	Customer's player version.
Environment key	env_key	bvilh81avtf741hg2vnav0a5u	n/a	Environment key used by some players to associate analytics with Mux environment.

Environment key will be provided by Les Mills Content. It must be used to send metrics to the corresponding Mux environment.

# CODE SAMPLES:

## mux-player-react

```
1 <MuxPlayer
2   ...
3   metadata={{
4     video_id: videoId,
5     video_title: title,
6     custom_1: club_id,
7     custom_2: salesforce_id,
8     custom_3: language,
9   }}
10 />
```

## react-native-player

```
1 muxOptions={{
2   application_name: app.name,           // (required) the name of your application
3   application_version: app.version,     // the version of your application (optional, but encouraged)
4   data: {
5     env_key: 'YOUR_ENVIRONMENT_KEY',    // (required)
6     video_id: 'My Video Id',           // (required)
7     video_title: 'My awesome video',
8     player_software_version: '5.0.2',   // (optional, but encouraged) the version of react-native-video that you are using
9     player_name: 'React Native Player', // See metadata docs for available metadata fields https://docs.mux.com/docs/web-integration-guide#section-5-add-
10   metadata
11     custom_1: 'club_id',
12     custom_2: 'salesforce_id',
13     custom_3: 'language',
14   },
15 }}
```

Additional metrics will depend on the player. More information on metrics can be found here: <https://docs.mux.com/guides/mux-data-playback-events>

Note that some players can integrate with Mux Data and it may not be required to declare all the events individually. Refer to Mux documentation for details.



**LES MILLS**

# **FAQS & ADDITIONAL ASSISTANCE**

CHOOSE HAPPY



# FAQS

Please click this link for FAQs and other helpful articles

<https://lesmillsvirtualapp.freshdesk.com/en/support/solutions/36000176465>

# CONTACT INFO FOR ASSISTANCE

Please click here to submit a ticket to our Help Desk if you have any questions:

<https://lesmillsvirtualapp.freshdesk.com/en/support/tickets/new>

Please choose Les Mills Content Portal as the product you need help with and include exactly what you would like assistance with.

**Please note:**

Our API is designed to simplify access to LM content and resources while enabling the scheduled synchronization of content and video metadata with your backend systems. Les Mills provides support for the implementation of Les Mills Content only. For assistance with API integration or the development of custom solutions, we recommend working with your internal technical team or engaging external third-party technical resources.

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# APPENDIX

CHOOSE HAPPY



# USING THE EMBED CODE WITH WORDPRESS

1. Log in to WordPress: Go to your WordPress website and log in to the admin dashboard using your username and password.
2. Create or Edit a Post/Page: Navigate to the post or page where you want to add the video. You can either create a new post/page or edit an existing one.
3. Switch to Text/HTML Mode: In the post/page editor, there are two modes: Visual and Text (or sometimes called HTML). Click on the "Text" or "HTML" tab to switch to the Text/HTML mode. This allows you to directly edit the HTML code of the post/page.
4. Paste the Embed Code: Once you're in the Text/HTML mode, paste the embed code that you copied from the video hosting platform directly into the content area where you want the video to appear.
5. Switch Back to Visual Mode: After pasting the embed code, you can switch back to the Visual mode to see a preview of how the video will look on your post/page. You can do this by clicking on the "Visual" tab.
6. Preview and Publish: Preview the post/page to ensure that the video is displaying correctly. If everything looks good, you can then publish or update the post/page to make the changes live on your website.

# USING THE EMBED CODE WITH DRUPAL

1. Log in to Drupal: Go to your Drupal website and log in to the admin dashboard using your username and password.
2. Create or Edit a Content: Navigate to the content type where you want to add the video. You can either create a new content or edit an existing one.
3. Switch to Source Mode: In the content editor, there are usually two modes: Visual and Source (or sometimes called HTML). Click on the "Source" or "HTML" button to switch to the Source mode. This allows you to directly edit the HTML code of the content.
4. Paste the Embed Code: Once you're in the Source mode, paste the embed code that you copied from the video hosting platform directly into the content area where you want the video to appear.
5. Switch Back to Visual Mode: After pasting the embed code, you can switch back to the Visual mode to see a preview of how the video will look on your content. You can do this by clicking on the "Visual" tab.
6. Preview and Save or Publish: Preview the content to ensure that the video is displaying correctly. If everything looks good, you can then save or publish the content to make the changes live on your website.



# USING THE EMBED CODE WITH PRISMIC

To add a custom embed code or raw HTML, you will first need to set up a unique field or Slice specifically for this. Then you will need to add code to your website application to handle this new field.

## 1. Create a new field for the HTML: **You have two options, using a Key Text field or a Rich Text field**

### **With a Rich text field**

- We recommend you using a customized Rich Text field specifically for your custom code. You will need to configure the field to "Allow multiple paragraphs" and set the field only to allow preformatted text.

### **With a Key Text field**

- If you use the Key Text field, you can paste the code you need into it. Then it will output as plain text, which you can inject straight into your code. This option will appear as one big string in the Prismic interface.
- When using this option, your code might also be encoded when you save the document. Using this method, you will likely need to unencode the content before adding it to your pages.

## 2. Add the new field to your website application

The next step is to update your website code to handle this new field. You will need to output this field as plain text straight into your template.

Note: If you aren't a developer, then you will likely need help from your dev team for this step.

- In your project code, you will output the text as HTML.
- You can then build your page with Slices as so:
  - [ Text Slice ]
  - [ HTML Slice ]
  - [ Text Slice ]

# SWITCHING FROM VIMEO

**If you are currently using Vimeo to display your videos, you have two options:**

1. You no longer have to use Vimeo, as the embed codes can be pasted directly into your site instead of the embedded Vimeo video player. This will save your team time, and money as you will no longer need to store Les Mills Content files on a paid Vimeo Pro account.
2. To continue using Vimeo, you will need to use Drupal, Wordpress, or Prismic to create the "link" for the video for Vimeo to pull from.
  - You are likely already doing this in some way, but it will possibly require some changes to how your CMS is set up. For example, in Prismic you have to change from an uploaded file to an embed file.

# SECURITY NOTES

- Video streams require a special signed URL to play. These are automatically generated for you when using the embedded web player, this means you cannot copy the video stream URL from the web browser and use it somewhere else or it will not play.
- Embed codes for videos and playlists can only be loaded from domain names you have provided your Les Mills CXM. For example, if your website is xyzgym.com and you place the embed code on abcgym.com it will not function. If your organization operates multiple websites you must provide a list to your Les Mills CXM to ensure access.
- Downloaded video files may be protected by invisible video or audio watermarks that uniquely identify your organization. If shared elsewhere it is a violation of your license agreement. Always treat all downloaded files with extra care so they cannot be copied or shared to others.

# LICENSE AND LEGAL TERMS

1. **Confidentiality Notice:** All embed codes and API access tokens provided by our service are confidential and intended solely for the use of the authorized user. Do not share these codes or tokens with unauthorized individuals or entities.
2. **Password and Token Security:** Protect your account credentials, including passwords and API access tokens, associated with our service. Do not share your account login information or API tokens with others to prevent unauthorized access to your account and associated resources.
3. **Prohibited Sharing:** It is strictly prohibited to share embed codes and API access tokens obtained from our service with third parties without explicit authorization. Unauthorized sharing may result in legal action and termination of your account.
4. **Non-Transferable:** Embed codes and API access tokens issued by our service are non-transferable and may not be sold, traded, or otherwise transferred to another party without prior consent from our service.
5. **Responsibility for Usage:** You are solely responsible for the usage and distribution of embed codes and API access tokens obtained from our service. Any misuse or unauthorized sharing of these codes and tokens may result in account suspension or termination.
6. **Reporting Unauthorized Access:** If you suspect unauthorized access to your account or misuse of embed codes and API access tokens, promptly notify our support team for investigation and resolution.
7. **Termination of Access:** We reserve the right to terminate access to our service and revoke embed code and API access privileges for users found violating these terms of use regarding confidentiality, security, and responsible usage of codes and tokens.
8. **Excessive Video Streaming:** Excessive usage of video streaming resources that may adversely impact the performance of our service or violate our usage policy. We reserve the right to monitor and enforce limits on video streaming to ensure equitable access for all users.