Onefit

SWEAT AND JOY

Manual Streamlabs IOS / Android

With this manual we will show you how to set up a livestream using Streamlabs on your phone or tablet. We will show you how to connect this stream to the OneFit app so all OneFitters can join your workout! (**Important:** Make sure you follow every step of this manual to ensure everything is set up well on your side.)

You will need:
- Streamlabs app
- iPhone/iPad or Android Device
- OneFit Partner Portal
- RTMP URL (OneFit Partner Portal)
- Stream Key (OneFit Partner Portal)

Tip! Make sure there is always an extra person available to fix the stream if something goes wrong while you're giving the class.

Step 1

Download and install the **Streamlabs** app on your device.
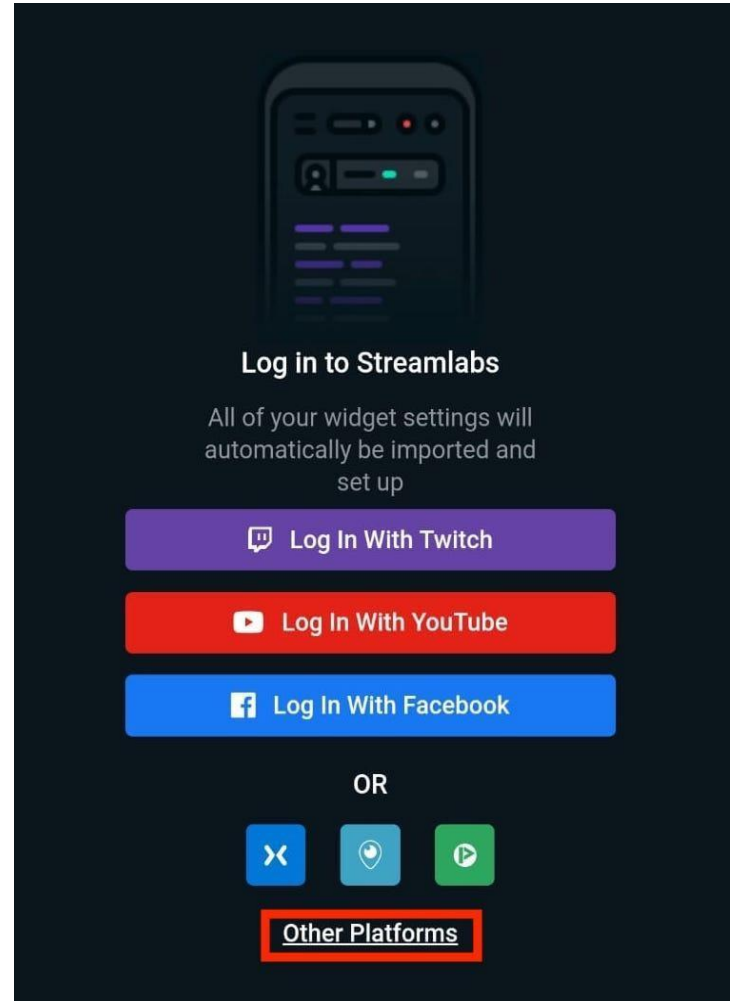
App Store: https://apps.apple.com/app/id1294578643
Google Play: https://play.google.com/store/apps/details?id=com.streamlabs

Step 2

Open the **Streamlabs**-application.

Step 3

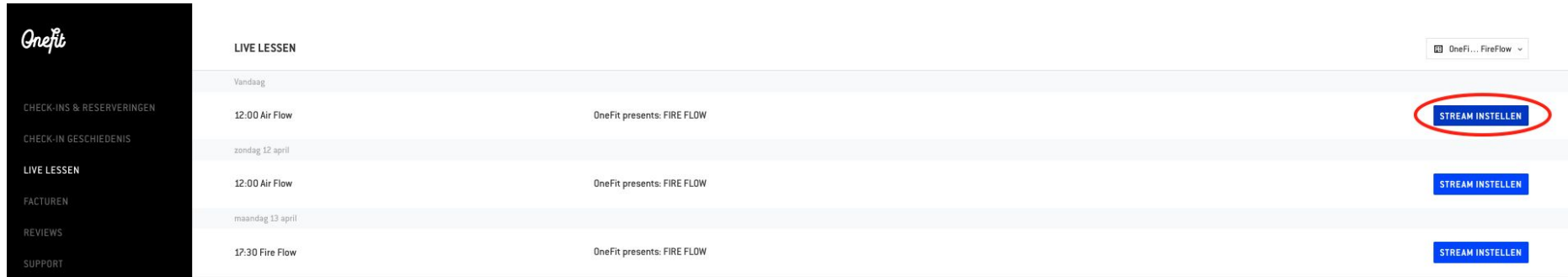Select '*other platforms*' at the bottom of the screen.

Step 4

Open the OneFit Partner Portal, login and select 'Live lessen'.

Step 5

The live classes tab shows all the live classes that are scheduled.

Choose the class you want to setup and select the blue button 'Stream Instellen'

Step 6

Copy the **Server URL** and **Stream Key**

Step 7

Fill in the **_Custom RTMP URL (Server URL) and Stream Key_** that you've just copied in the OneFit Partner Portal. Then click on **_'continue'_**.
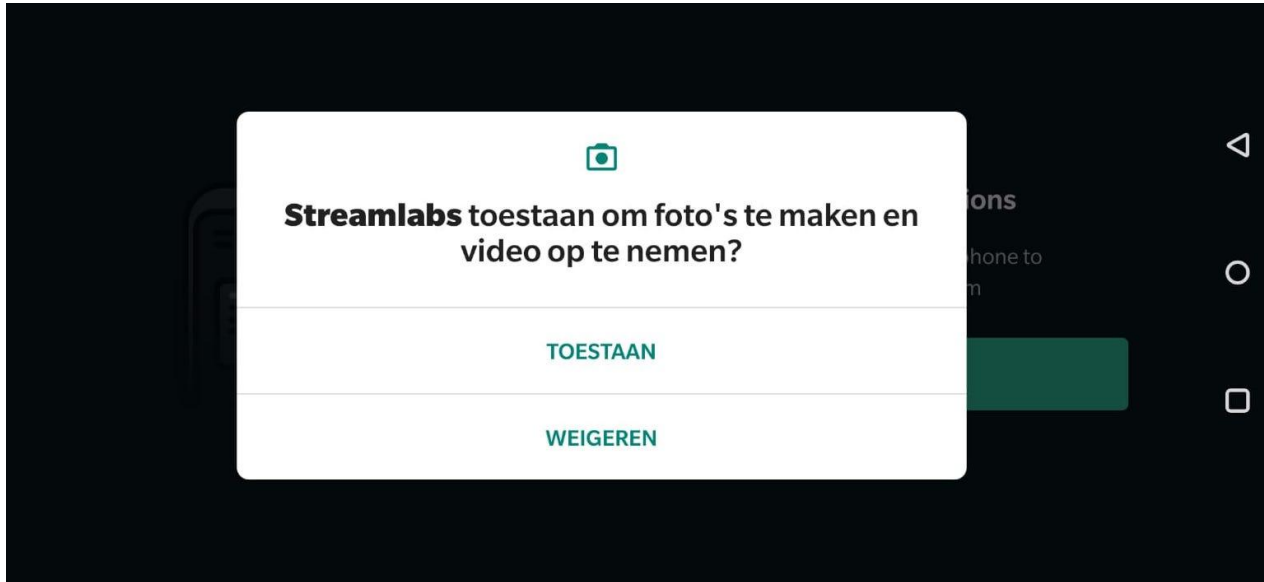
Please setup Custom RTMP.

RTMP URL

Stream Key

BACK

CONTINUE

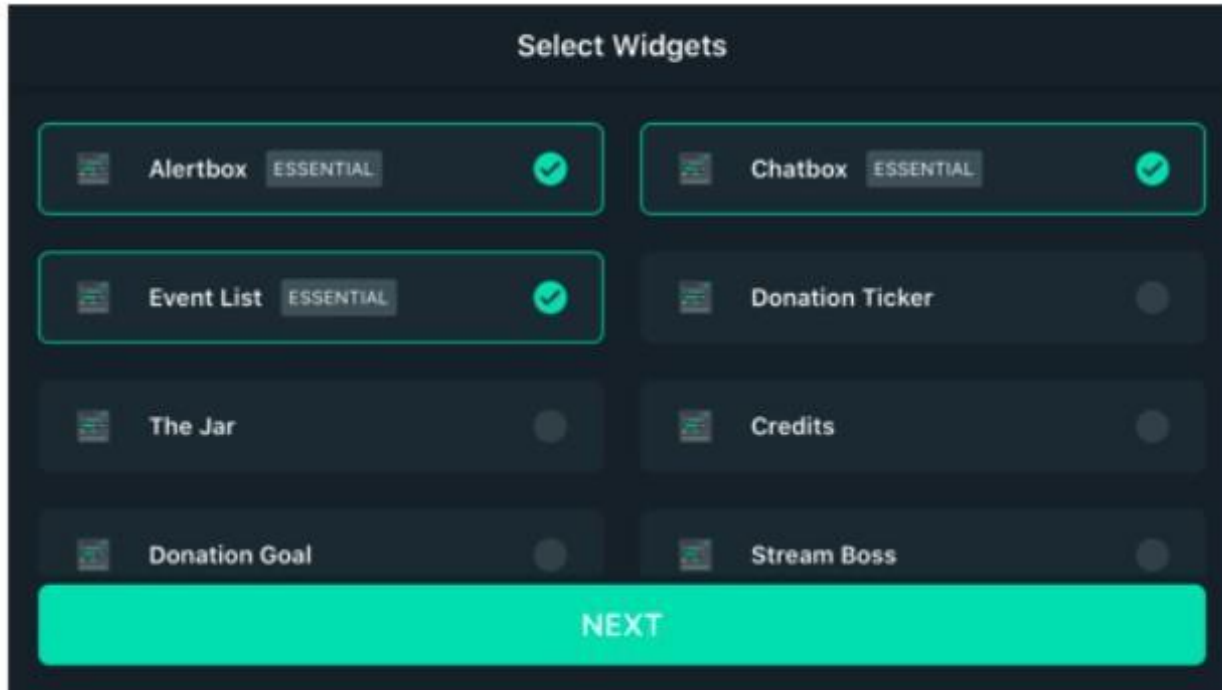**Important**: Make sure there are no spaces in the URL or Stream Key

Step 8

Give Streamlabs access to the camera and microphone of your device.
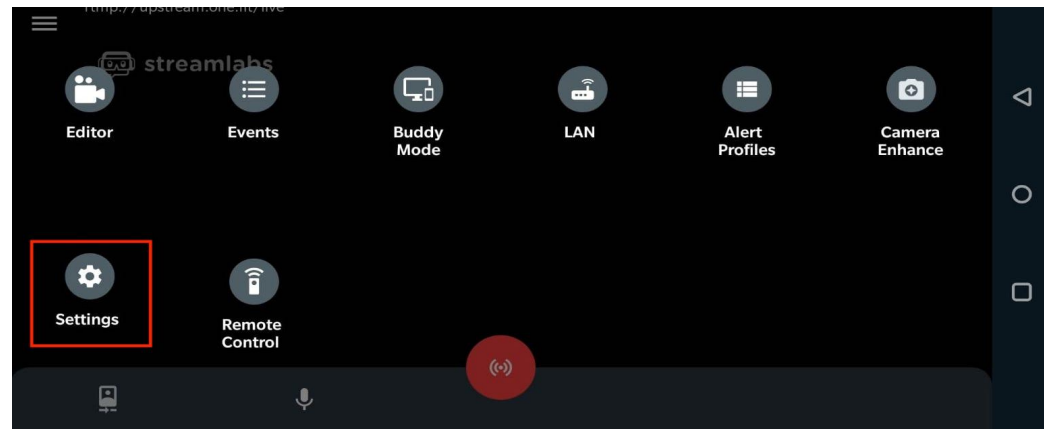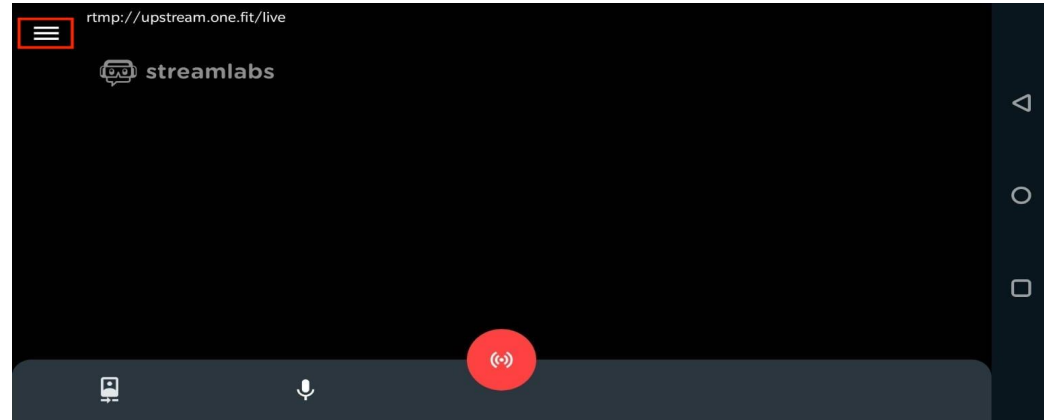
Step 9

Uncheck all boxes and click *next*.

Step 10a

Before the stream can start, there are a couple of settings you will need top reset. Click on the '**hamburger**' at the top left and then on '**Settings**'.

Step 10b

Click on '**Broadcast**' and add the following specifics in the settings:

- Output resolution: **1080p**
- Expected Frame rate: **30 fps**
- Max video bitrate: **8000 kbps** (It works from >2500kbps)

Important: The Output Resolution has to be 1080p, if this is 720p or below the stream won't work.
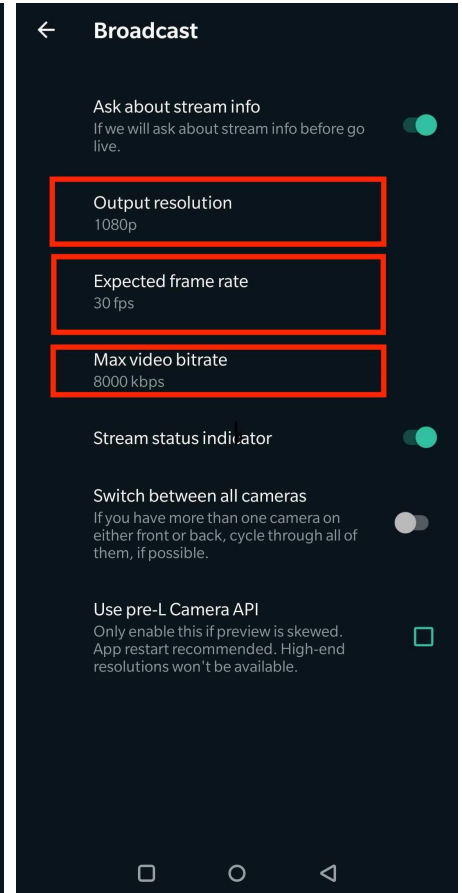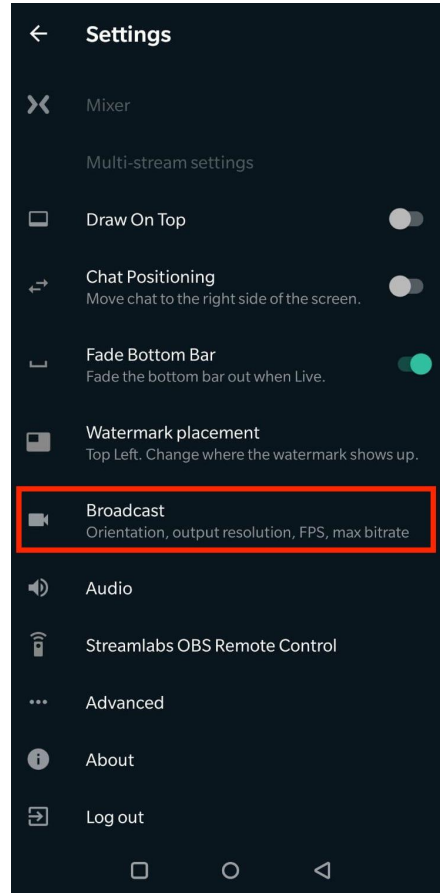
Step 11a

Do you work with an Android than it's very important to give the app permission to your camera and microphone.

- You can do this by clicking on the **'hamburger'**.
- Click on *Editor*.
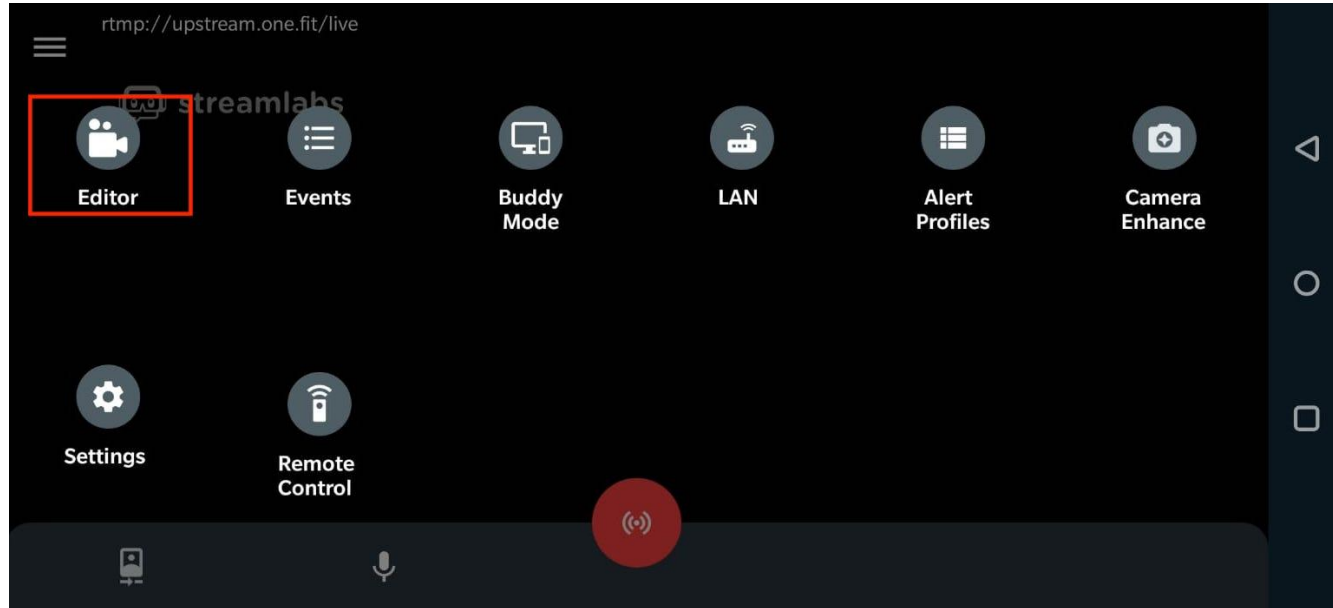
Step 11b

Click then on the '**+**' icon.
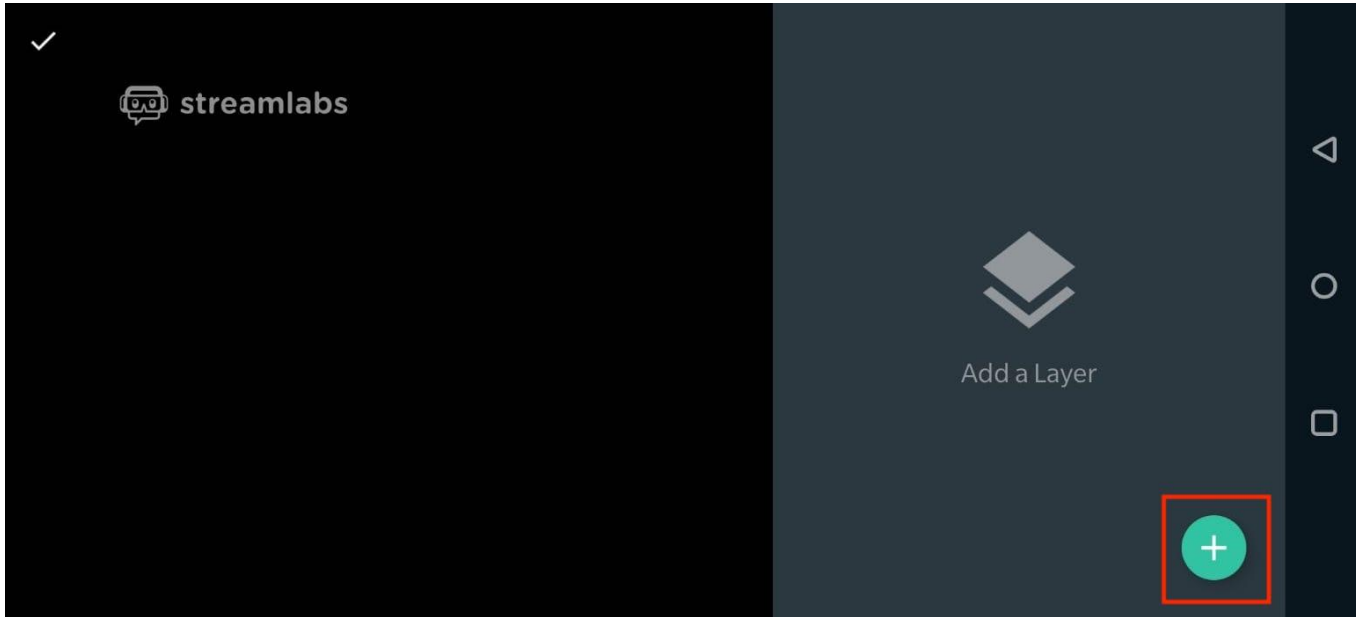
Step 11c.

- And lastly on '**Add camera**'.

Step 12a

Close *Settings* and go back to the stream-screen. You should now be able to see the image. Press the red recording button and start your livestream. Are you finished with streaming? Make sure to close the stream by using the same button again.
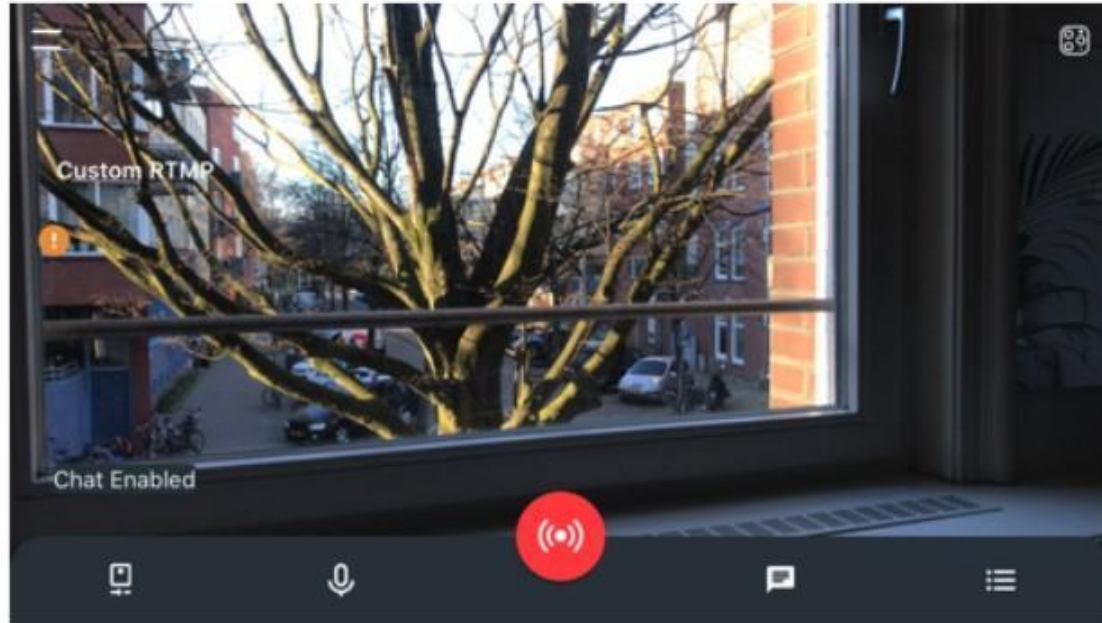
Step 12b

In the partner portal you can test your live stream to see if everything works. You can test this at any moment and nobody will see this but you. Be aware, if you try this within 30 minutes of your class the members will be able to see you.

So make sure you test the live stream well ahead.

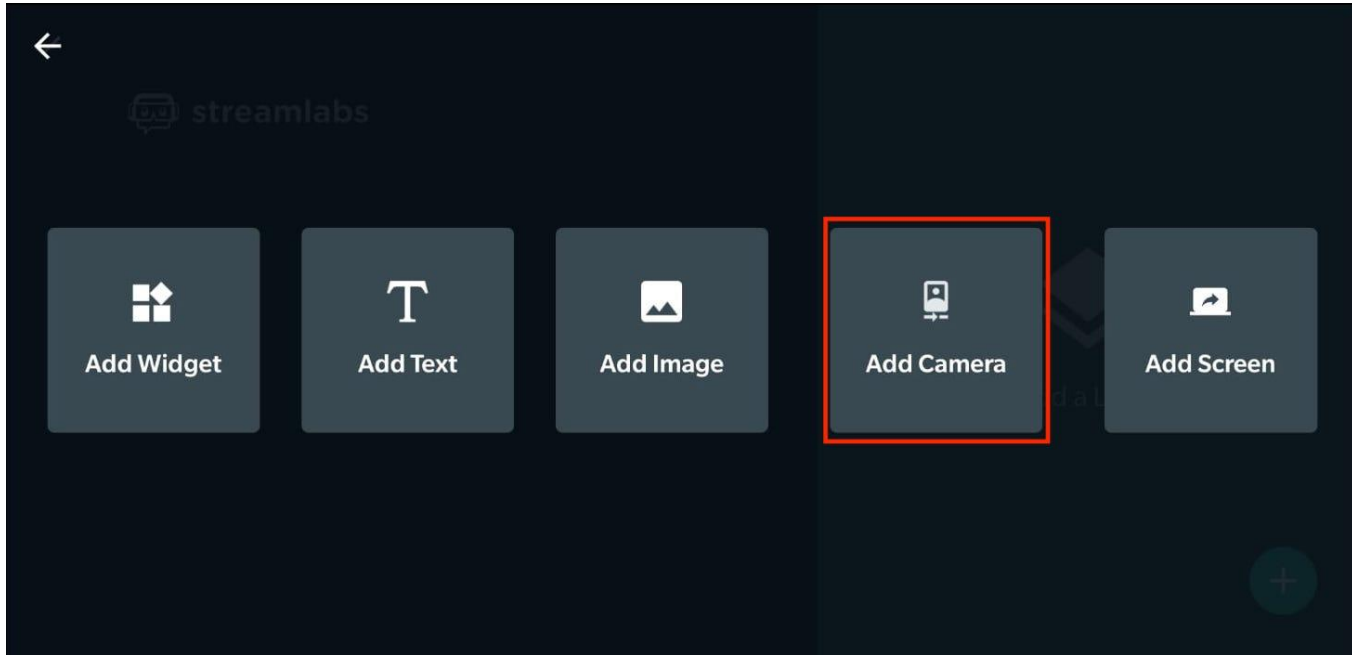It could be that the live stream in the partner portal isn't visible immediately, there is a slight delay of 5-10 seconds between the actual livestream and the stream in the portal. Please renew the page a couple of times during this 10 seconds. If you get an error message please renew the whole page (Command+R).

Not seeing anything after doing all of the above? Contact out Live stream Support Team via Whatsapp:+31 20 299 3697

Step 12c

Step 13a

If everything is set up and the test goes well, you're ready to go live and teach your class! With the green indicator below you can check if your connection is good enough while streaming.

If the indicator is green and shows the 30fps and 8000kbps the connection should be fine.
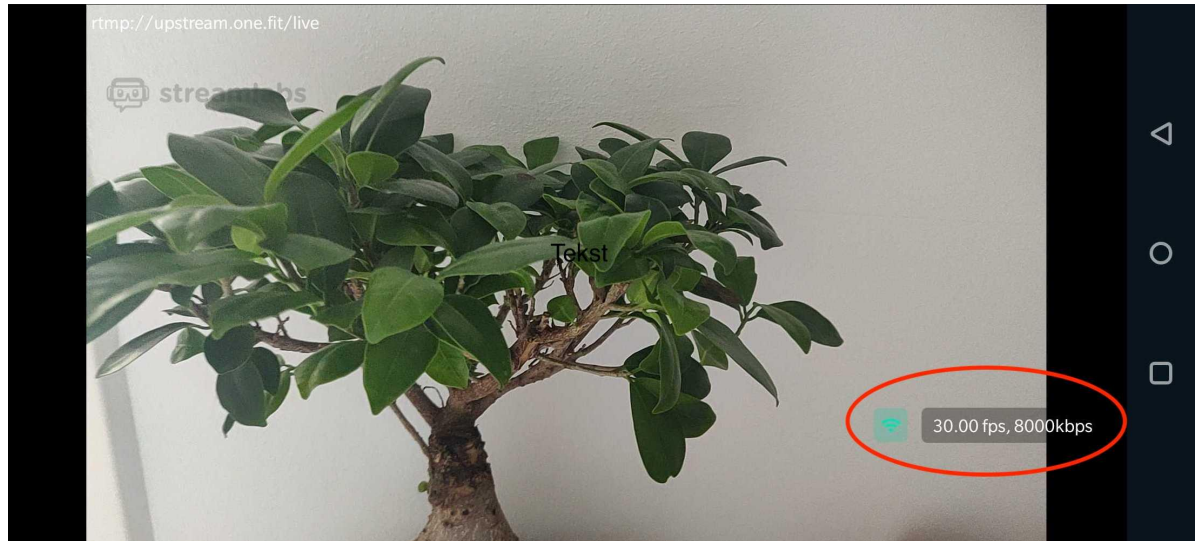
Step 13b

If the indicator isn't visible at all it might be that it isn't activated. To do this go to the Hamburger-menu-> Settings->Broadcast and activate 'stream status indicator'.

If the indicator still isn't showing while you're live, it might be the case that your connection isn't stable enough at the spot that you're streaming from. Please try to get closer to the wifi-router or switch to 4g to test if the connection gets better and the indicator starts showing.
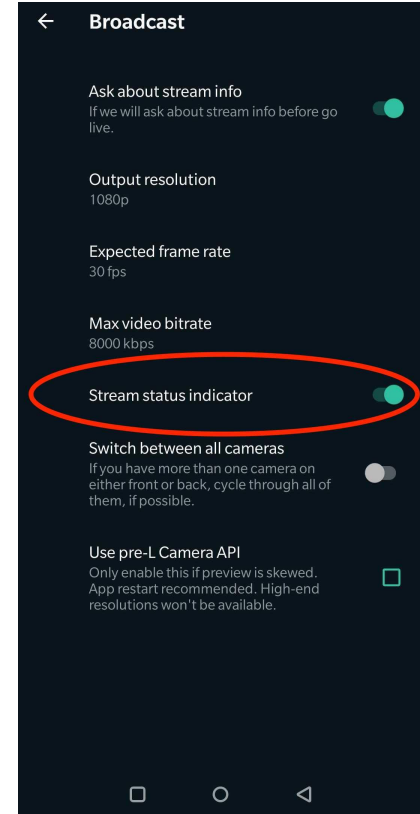
Step 14a

If you have a new live stream the coming day(s), you must enter a new **Stream Key** that is linked to your next live class. Follow the next steps to learn how to adjust the *Stream Key.* Click on the "**hamburger".**
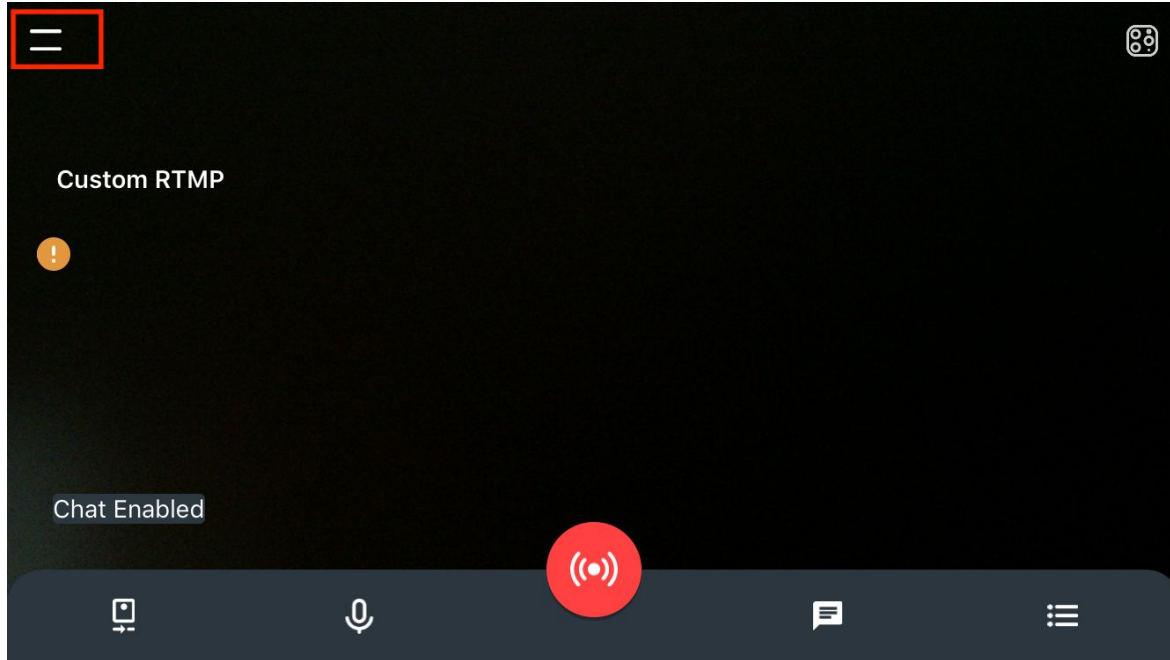
Stap 14b Click then on **Settings**
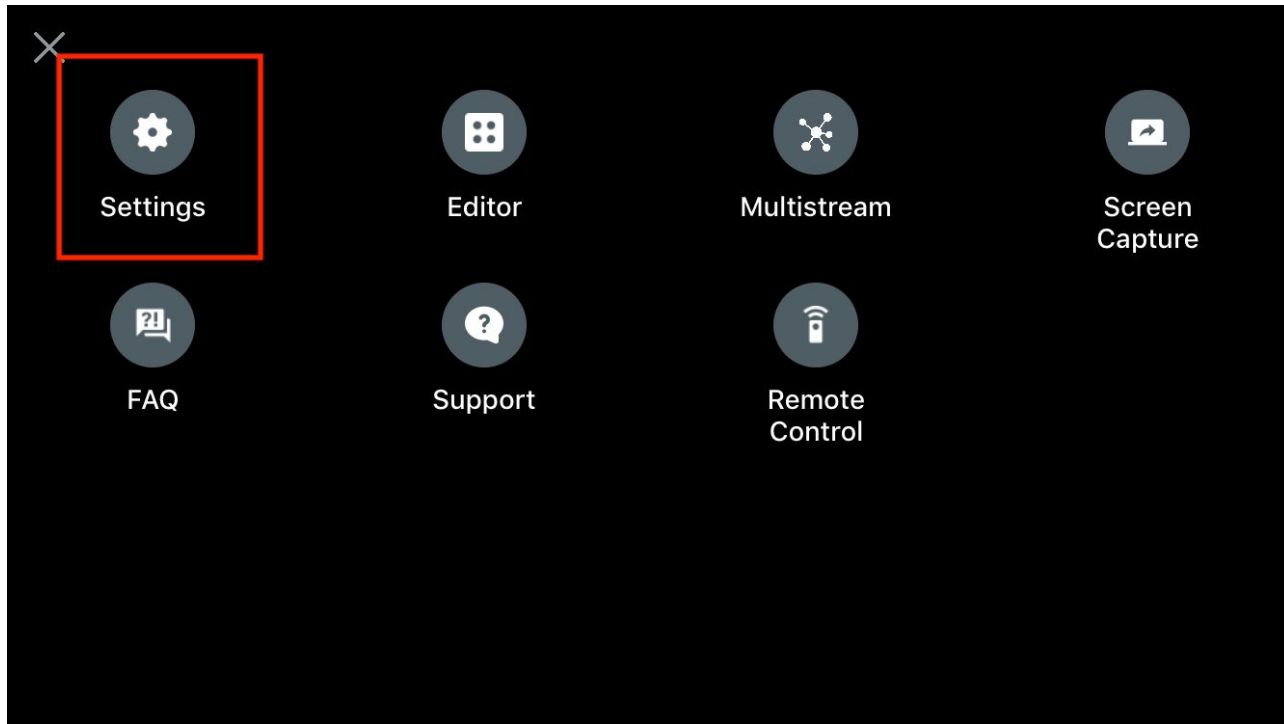
Stap 14c Then on **Streaming Platform**

Settings

Streaming Platform
Custom RTMP Server

Disconnect Protection
Keep your stream alive when connection drops

Twitch Preferences

Mixer Ingest
US: Dallas, TX

Broadcast
Output resolution, fps, max bitrate
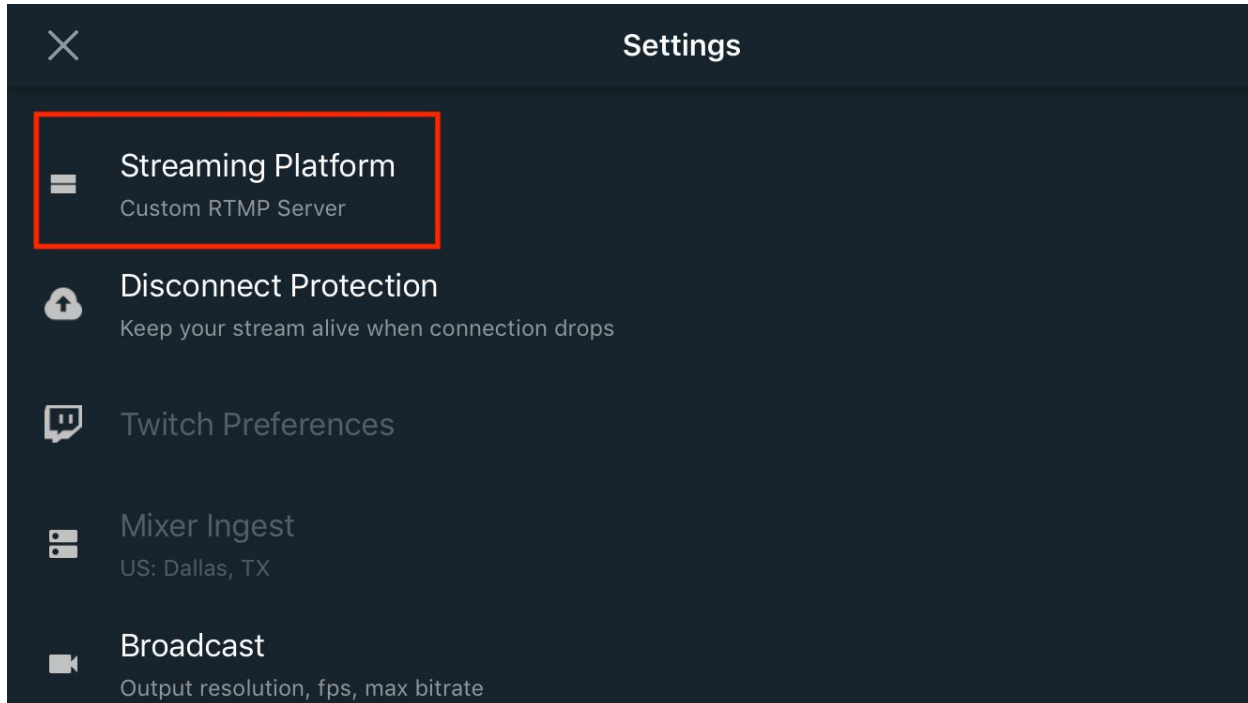
Stap 14d Lastly on **Custom RTMP Server**

Settings

Streaming Platform

Twitch

YouTube

Mixer

Facebook

Custom RTMP Server
upstream.one.fit ✓

Close
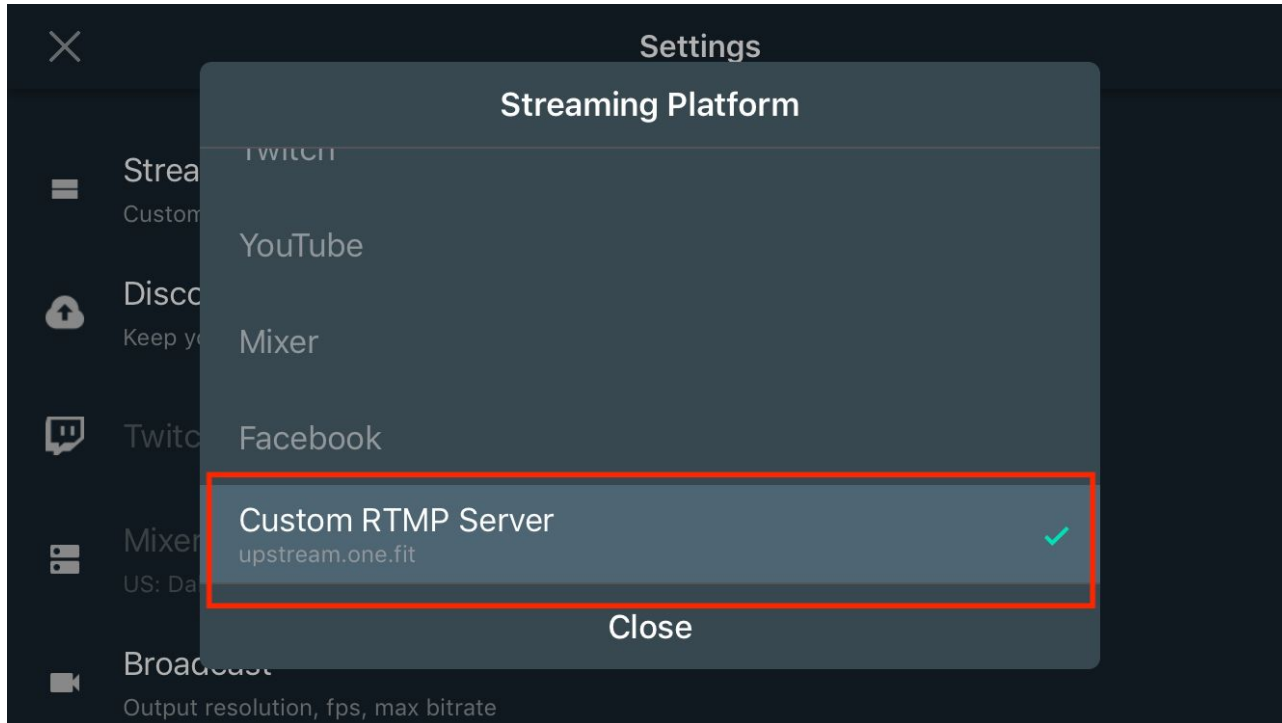
Stap 14e

You are now able to adjust your **Stream Key** and to continue with your next livestream!

Custom RTMP

Please fill to setup Custom RTMP:

rtmp://upstream.one.fit/live

7c1b20ee-3ebe-4f70-aa99-8335c60c8a2a?secret=ZuLcrsloj

CANCEL   SAVE

Keep in mind

- The audio is on by default. You can turn this on or off by clicking on the microphone.
- Make sure you use the correct Stream key, every class has its own unique Stream key.
- It is not possible to see who is present in the live stream and who is leaving.
- If the image is not shown, check if the eye-icon is enabled next to your 'video capture device'
- For now, it is also not possible to have a live interaction with the members. There is no chat available to communicate with the members.
- The live stream opens half an hour before the start of the lesson for members. Make sure you checked and tested if the stream works before this.
- Turn the livestream on at least 5 minutes before the class starts, so that early members can see that the stream works. During this time, you can put on some music so the members can get in the mood for the workout.

Keep in mind

- Please indicate in the class descriptions:
  - what language the class is taught in
  - what kind of props the member needs (e.g. a mat, weights, pole for poledancing class etc.)
  - what is expected of the member during the workout (e.g. does the class involve jumping exercises? If so, please offer an alternative for members who have neighbors)
  - the intensity and difficulty level of the class
- Make sure that the you are not wearing dark clothes in combination with a dark background. The lighter your clothing and background, the clearer you appear on screen.
- Make sure that there is no background noise during the class.

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