Onefit
SWEAT AND JOY

Manual OBS Windows PC / Macbook

This manual is explains how to set up a livestream with the OBS system. You can download and install this system on your Windows PC or Macbook.

What do you need:

- Mac- / Windows computer or laptop with internet access, a camera and microphone;
- Good Internet connection
- OneFit server URL en Stream Key (which you can find in the Partner Portal).

All Dutch terms for the buttons are provided between brackets after the English name of the button. Please continue to follow the step-by-step plan for installing the system to create the livestream. **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 **OBS** on your device. **Download link:** https://obsproject.com/download.

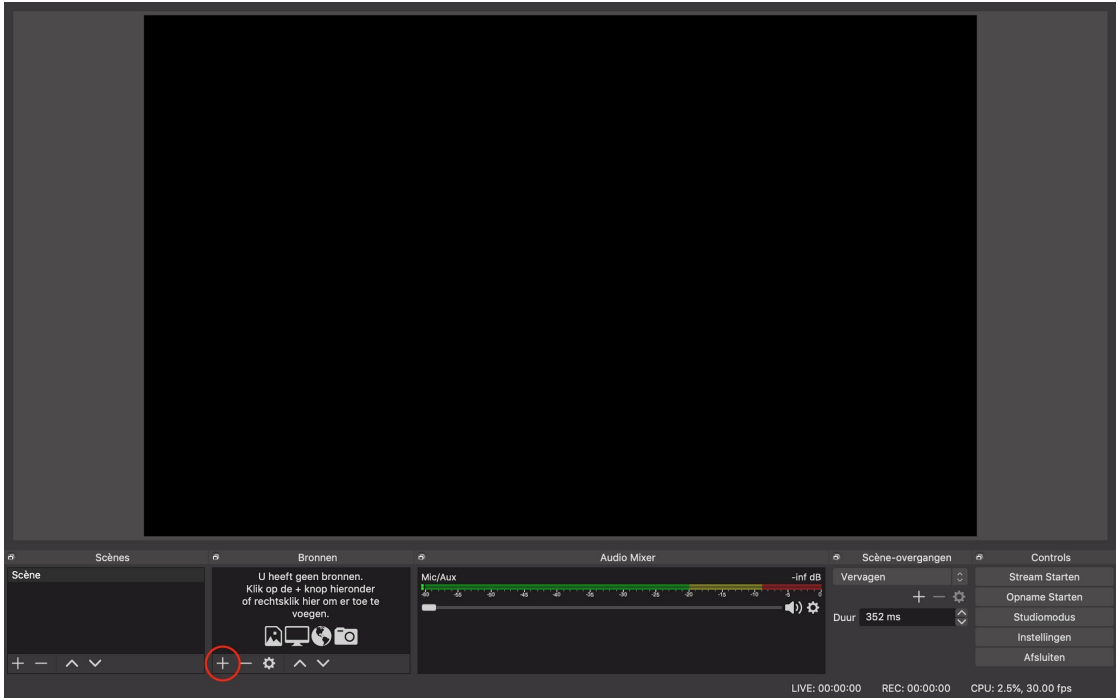
Make sure to install the right download for your software.

Step 2

Open the **OBS**-application.

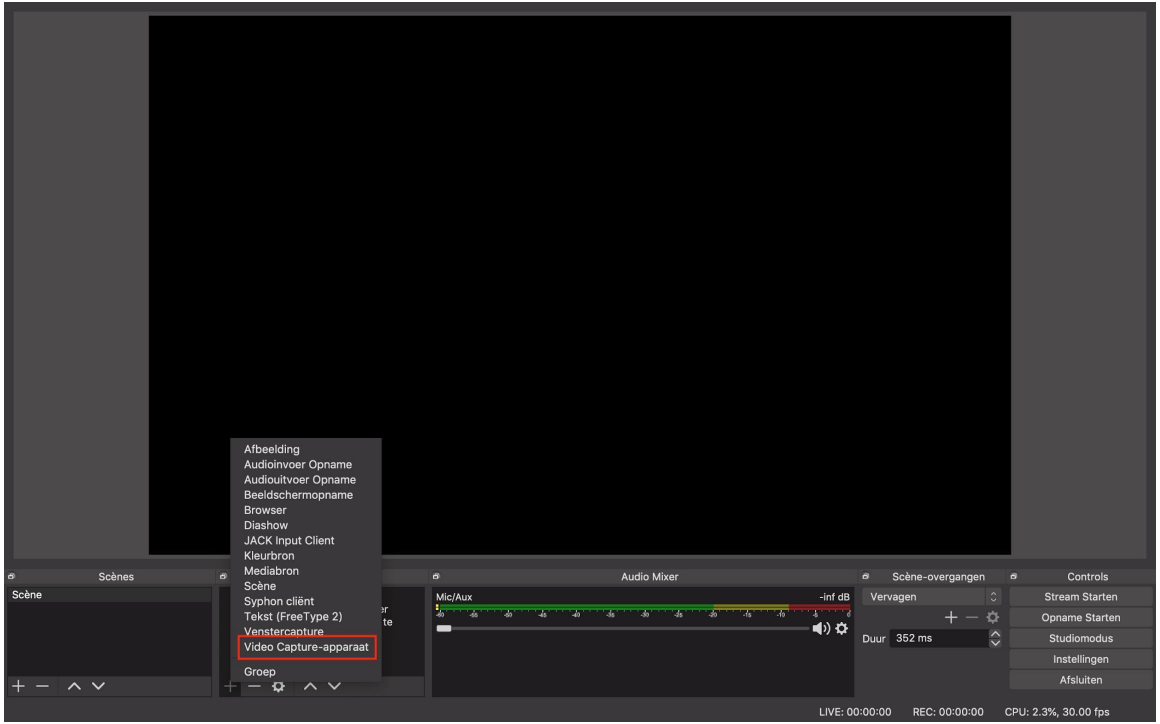
Step 3

Click on the ‘**+**’ button below ***Sources*** *(Bronnen)*



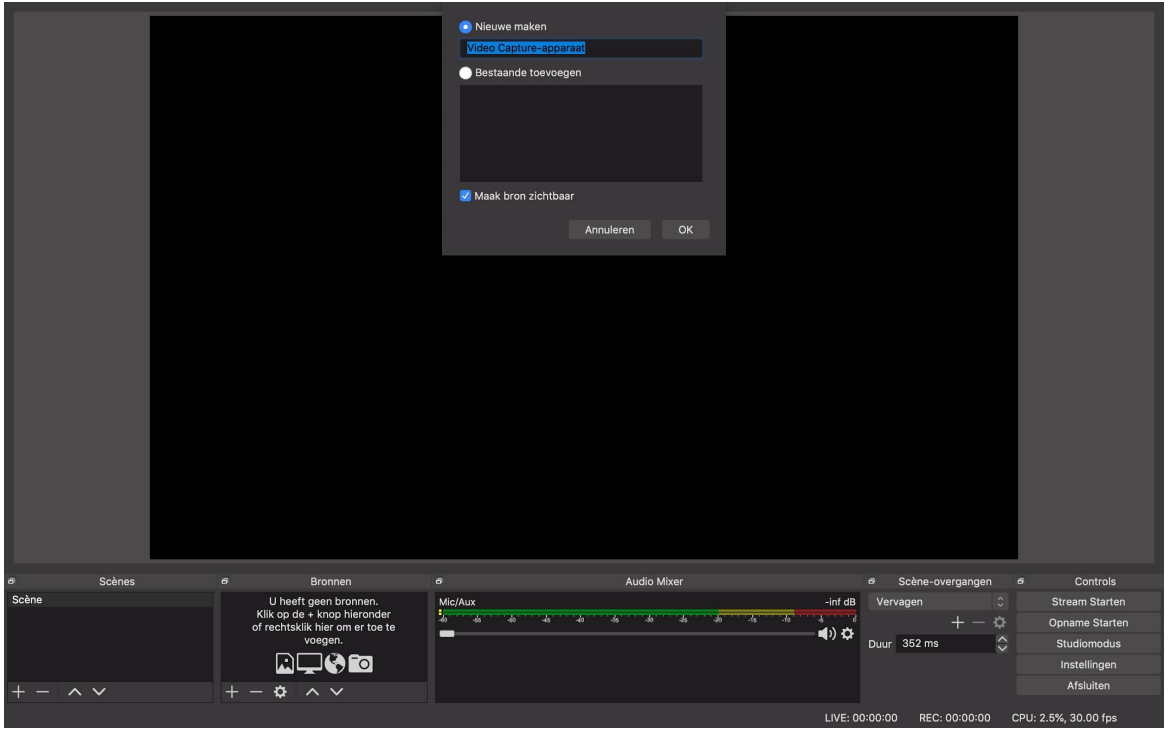
Step 4

Select ***Video Capture-device*** *(video-capture apparaat)*



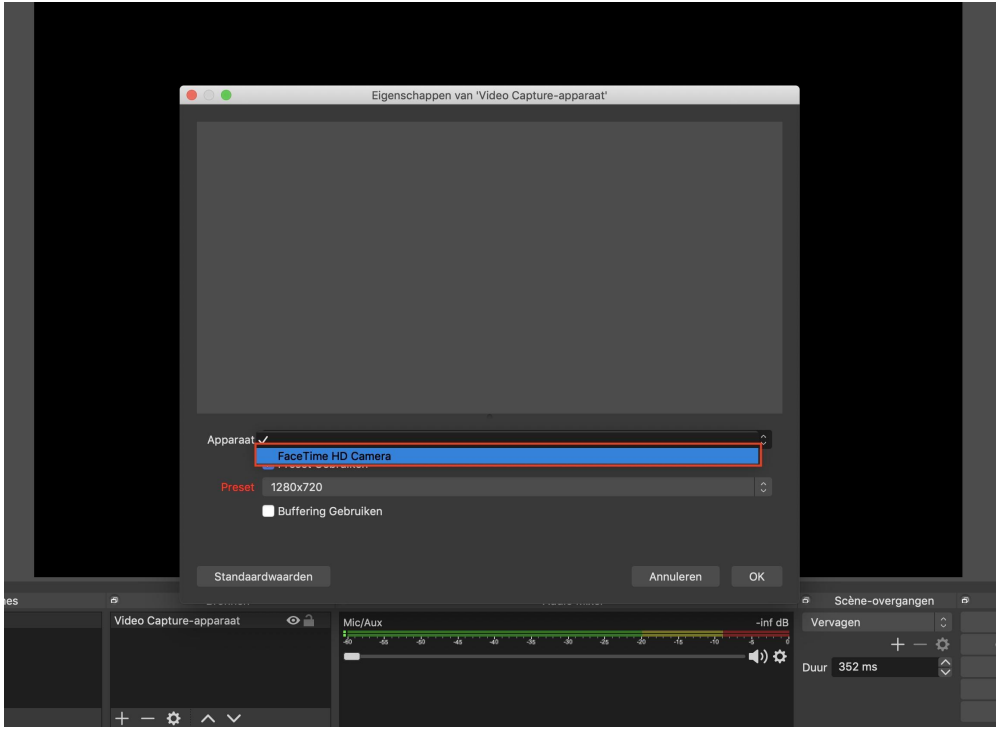
Step 5

Give the device a random name and click ***‘OK’***



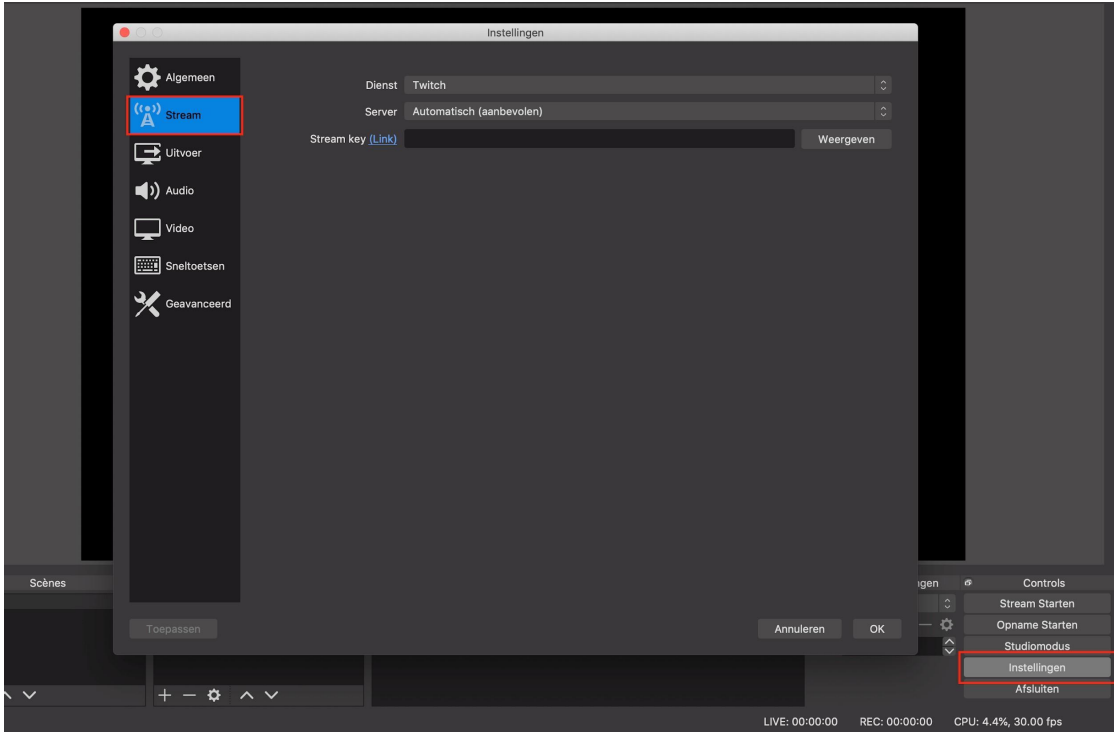
Step 6

Select the camera that you want to use and click ‘OK’. **Note:** please make sure that you allow OBS to access the camera and the microphone.



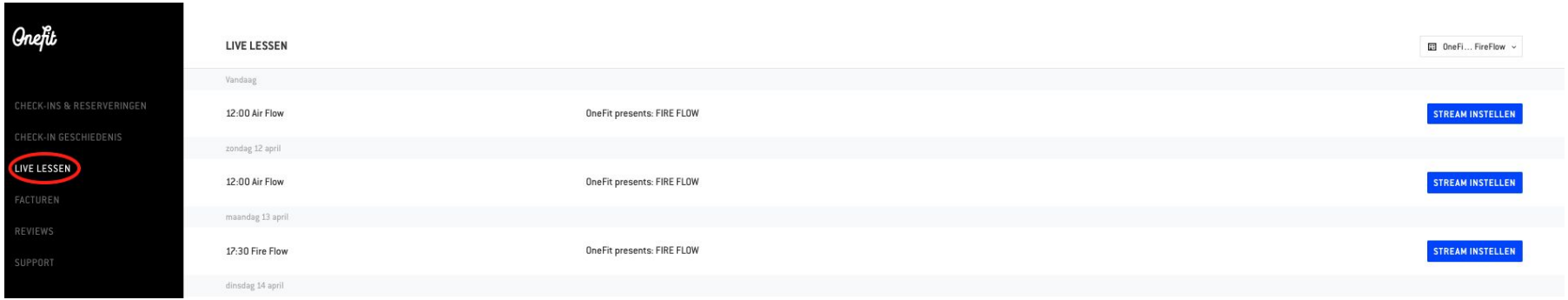
Step 7

Select ***'Settings'*** (*Instellingen*) on the right side of the screen and subsequently go to the tab **'Stream'**



Step 8

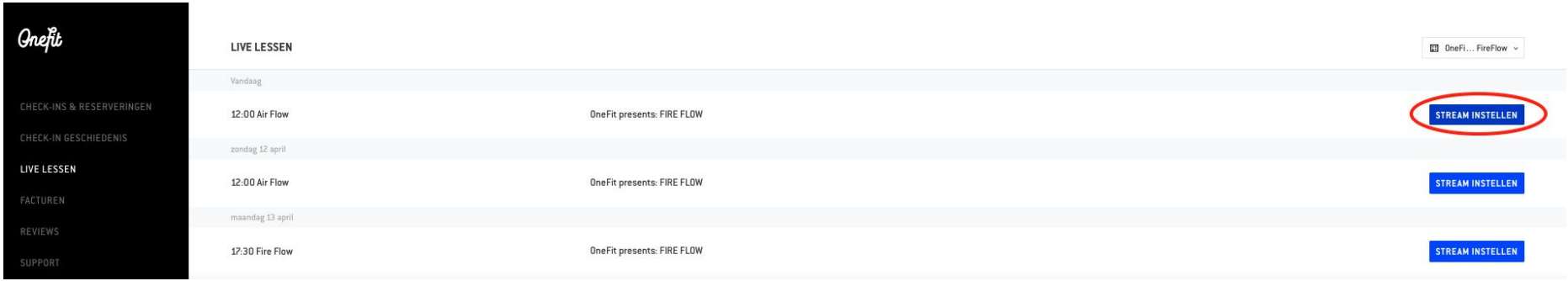
Open the OneFit Partner portal via partner.one.fit, login and select live classes.



Step 9

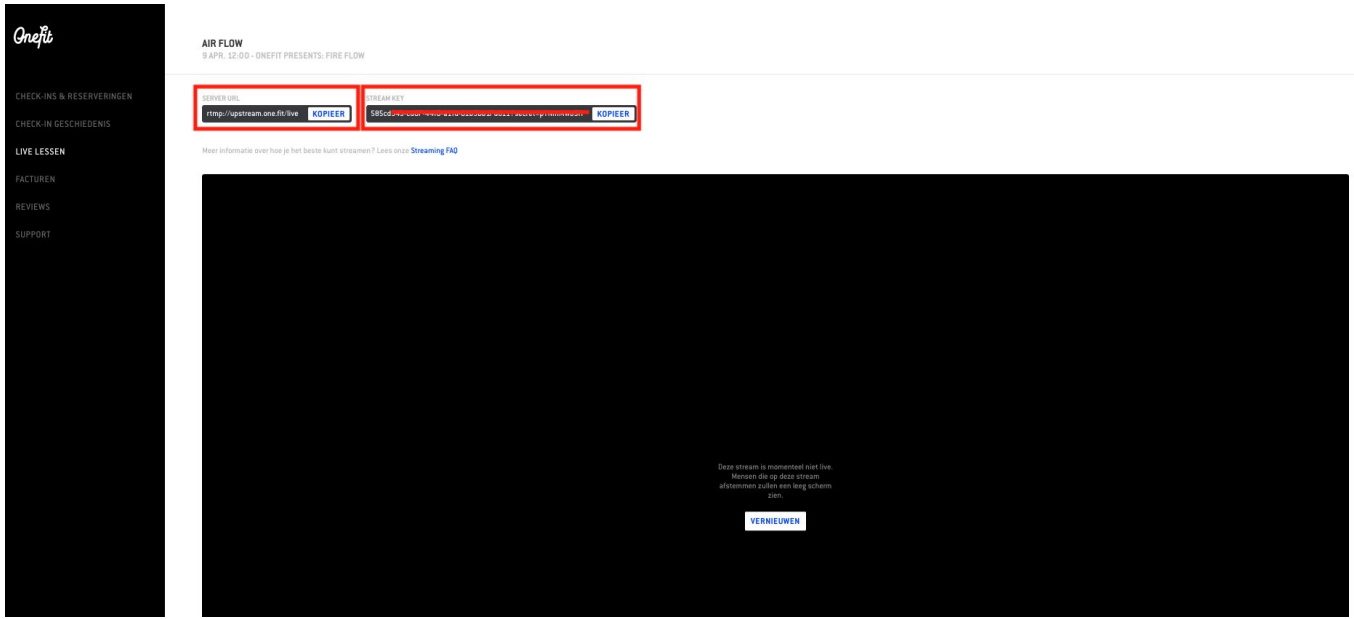
In the tab ‘Lives classes’ you will find all your live classes.

Select the class which you would like to stream by clicking on the blue button ‘Install Stream’.



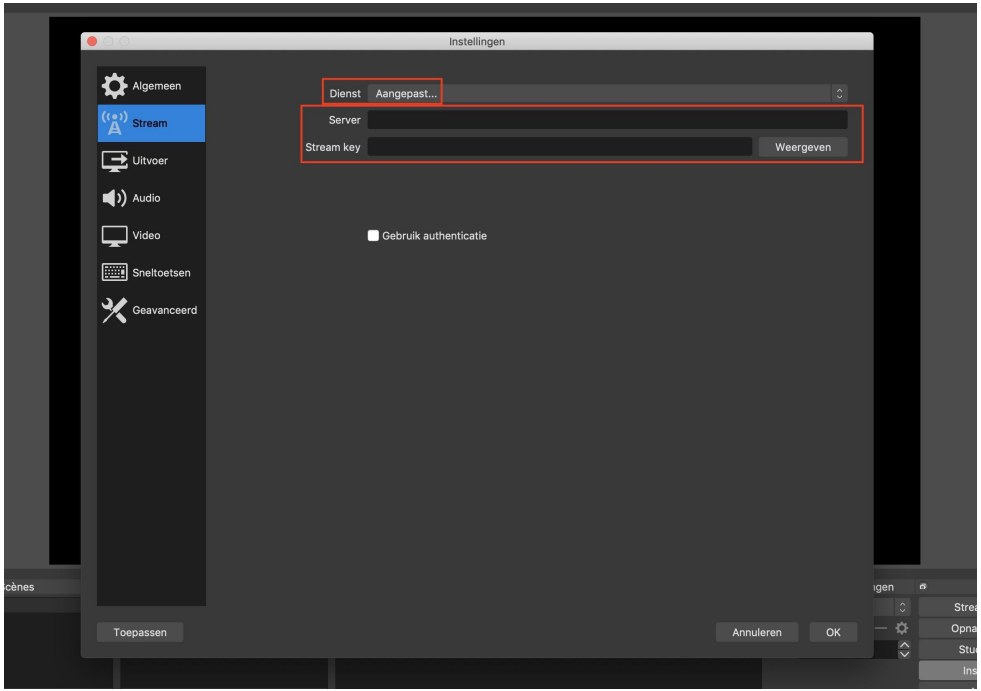
Step 10

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



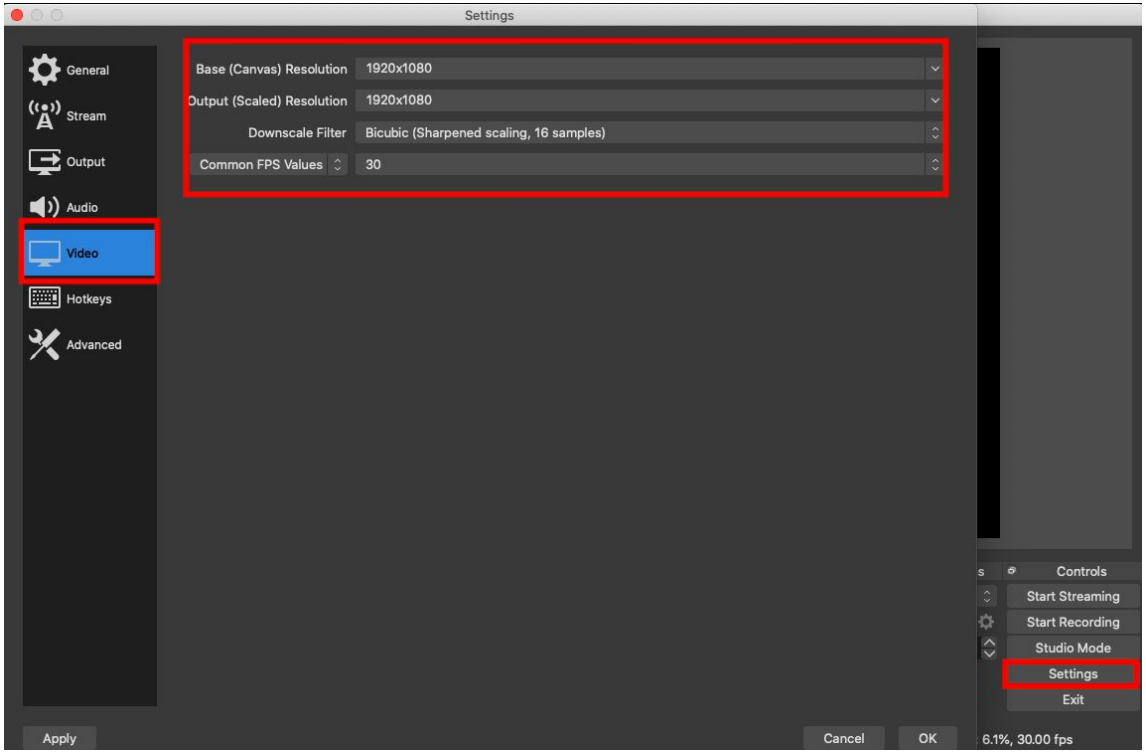
Step 11

Select as service (dienst) **‘*Adjusted*’** (*aangepast),* fill in the *server* ***URL*** en ***Stream Key*** as provided by OneFit and click **‘OK’ (Note:** Make sure you use the correct stream key, every class has its own unique **Stream key**)



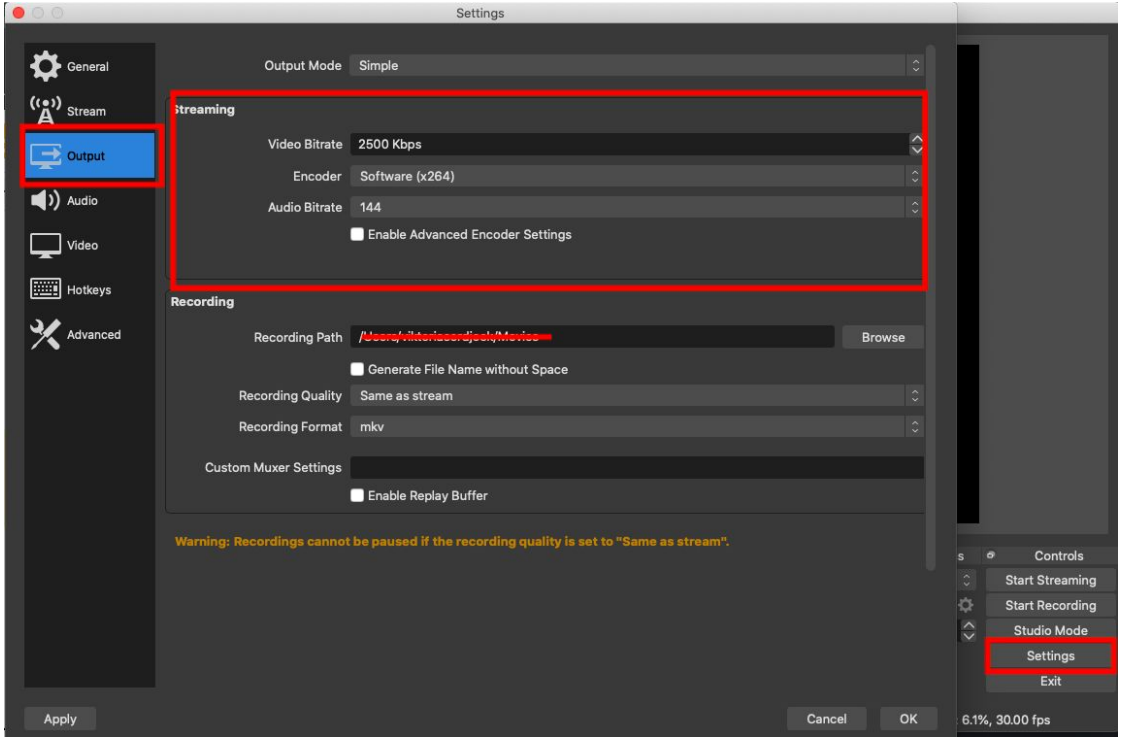
Step 12

Select ***'Settings'*** (*Instellingen*) on the right side of the screen and subsequently go to the tab **'Video'**. Make sure the settings are set exactly as below shown.



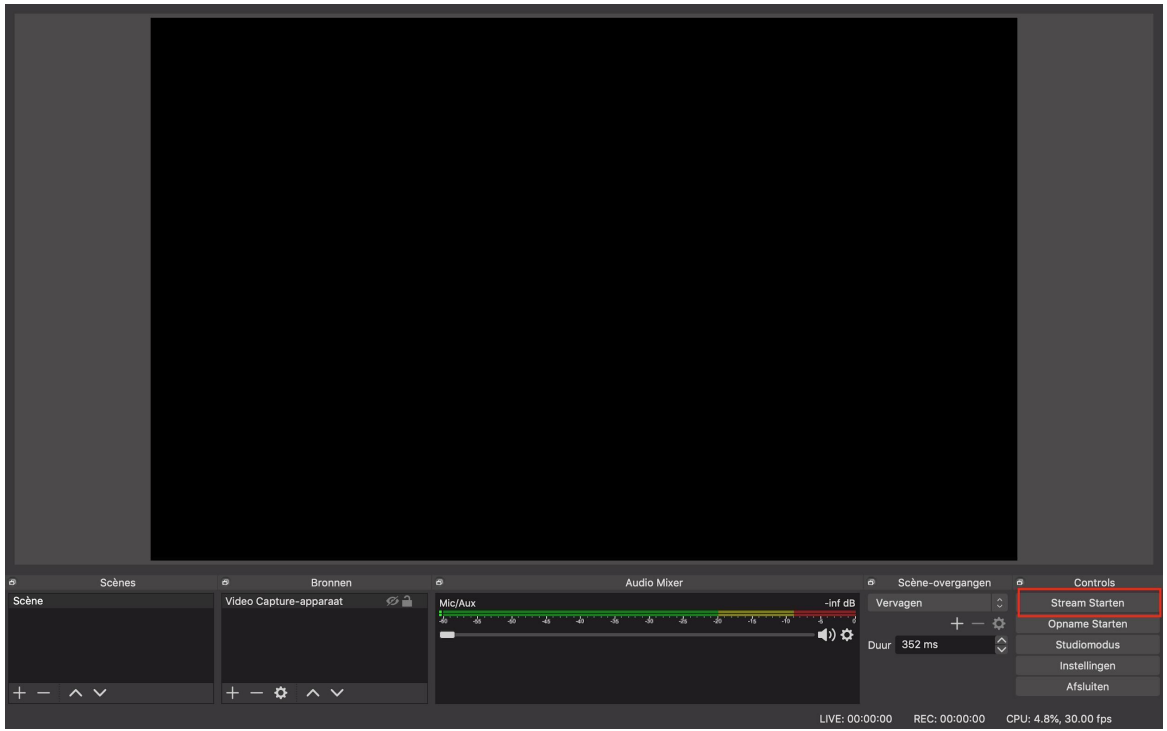
Step 13

Select ***'Settings'*** (*Instellingen*) on the right side of the screen and subsequently go to the tab '**Output**'. Make sure the settings are set exactly as below shown.



Step 14

To start streaming, select ‘**Start stream**’ (stream starten). You are live!



Stap 15

In the partner portal you can test in advance whether the live stream works. This is always possible and nobody else will see this. Just note that members can see you if you do this within 30 minutes before start of the class.

So make sure to test the live stream well in advance.

It may be that the live stream is not immediately visible in the partner portal, there is a delay of 5 to 10 seconds. During these 10 seconds, try to refresh the stream in the portal a few times first. If you see an error message, it is advisable to refresh the entire page once (Command + R).

If you still see nothing after a number of refreshes, please contact us via Whatsapp with our Live stream Support Team: +31 20 299 3697

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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