



ALJ Endurance Firestick Install and Vimeo Instructions

Before Install the following will need to be set up as well as information needed:

- Wifi network and Password
- Amazon account (email address and password should only be associated with the firestick, create a new one through Gmail)
- Account for Vimeo: aljendurance.vhx.tv (go to this website and create an account, use the new Gmail account for Amazon as your email and password) You will get sent a link verification code upon registering

Install Instructions:

- Unpackage, plug into outlet and choose HDMI Port
- Click English
- Connect to Network
- There may be an update/can take awhile
- Need to create or have an amazon account (email address and password should not be associated with an personal accounts)
- Bypass promotional apps
- Download Amazon Silk Web Browser
- Enter aljendurance.vhx.tv in the search bar
- Enter account information and then bookmark

Vimeo Instructions:

- When you create your Vimeo account you will need to enter a credit card for the monthly charges (use a discount code if provided)
- One you have your account set up, you will need to purchase the equipment package. Just one equipment package is needed for the 10 bed group home/board and care. This includes the firestick, 2 mesh bags for storage, 10 balls, 10 bands and 10 noddles, and 1 ball pump

aljendurance.com
480-292-4651



ALJ Endurance Firestick Install and Vimeo Instructions

Once Installed:

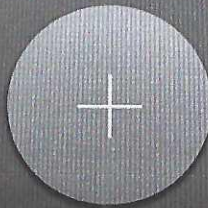
- Turn TV On
- Using TV's remote go to the Fire TV Stick App
- Once in App use Firestick microphone and say "Hey Alexa open Amazon Silk Browser"
- Click Internet
- Click Bookmarks—if bookmark is already on home screen then click on the **aljendurance.vhx.tv** saved website
- Once in the App click on **ALJ Endurance Group Homes/Board and Cares**
- Next Click **Content**
- Next Click on the **Month Workouts** you'd like to play
- And Enjoy!!!

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Sign in with Your Amazon Account



Have an account
Sign In



New to Amazon?
Create a Free Account

Press  to go back

Sign In Online

Using your mobile device or computer, follow the steps below to register your device. This screen will automatically refresh after you enter the activation code.

STEP 1
Sign in to your Amazon account at
amazon.com/code

STEP 2
When prompted, enter this activation code to register your device
ARVCLS

OR

Sign In with QR Code

Use your camera app or a QR code reader on your mobile device.

STEP 1
Scan the QR code with your mobile device.

STEP 2
Sign in to your Amazon account. The activation code will be entered automatically.

Press to sign in using your remote.

Welcome, Annalisa LaJeunesse!

This Amazon Fire TV Stick HD has been registered to your account.

Change account

Continue

By clicking "Continue", you agree to Amazon's Conditions of Use found at www.amazon.com/conditionsofuse and all the terms found at www.amazon.com/devicesupport or here. [...](#)

View Amazon's Privacy Notice found at www.amazon.com/devicesupport or here. [...](#)

Amazon processes and retains audio, interactions, and other data in the cloud to provide and improve our services. Alexa allows purchasing by voice using your default payment and shipping settings. You can require a speakable confirmation code, turn off voice purchasing, and see product and order details in your Alexa app or on alexa.amazon.com. Learn more. [...](#)

VIZIO

Save Wi-Fi Passwords to Amazon?

Wi-Fi passwords entered on this device will be saved to Amazon to help you connect your compatible devices. To learn more, visit www.amazon.com/devicesupport.

You can enable or disable this feature in Settings > Network > Wi-Fi Passwords.

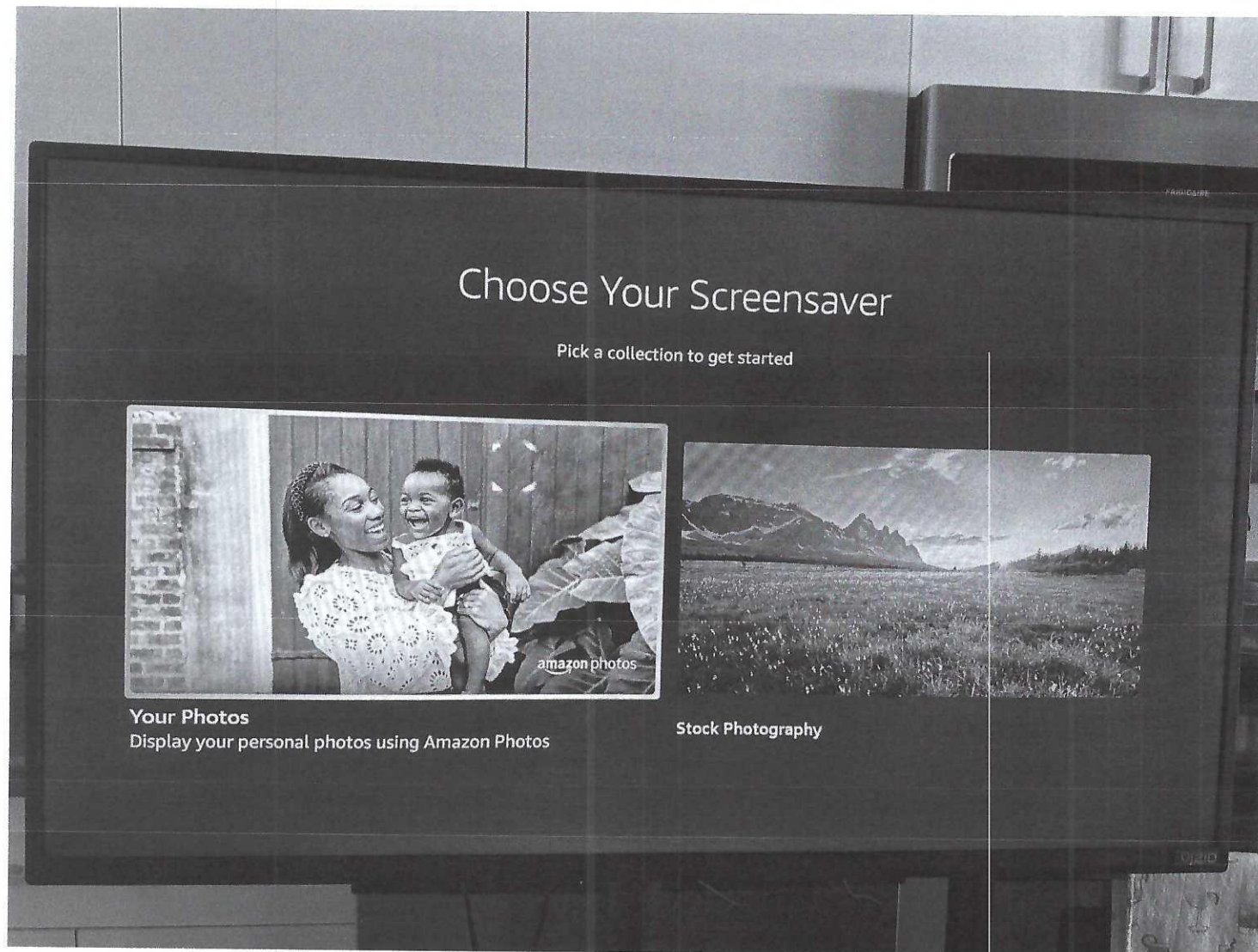
No

Yes

By clicking "Continue", you agree to Amazon's Conditions of Use found at www.amazon.com/conditionsofuse and all the terms found at www.amazon.com/devicesupport or here...

View Amazon's Privacy Notice found at www.amazon.com/devicesupport or here...

Amazon processes and retains audio, interactions, and other data in the cloud to provide and improve our services. Alexa allows purchasing by voice using your default payment and shipping settings. You can require a speakable confirmation code, turn off voice purchasing, and see product and order details in your Alexa app or on alexa.amazon.com. Learn more...



Set up purchase and parental controls?

Never ☐

Require a PIN for digital content purchases (such as videos, apps, and games), as well as purchases through Amazon Shopping on this device*

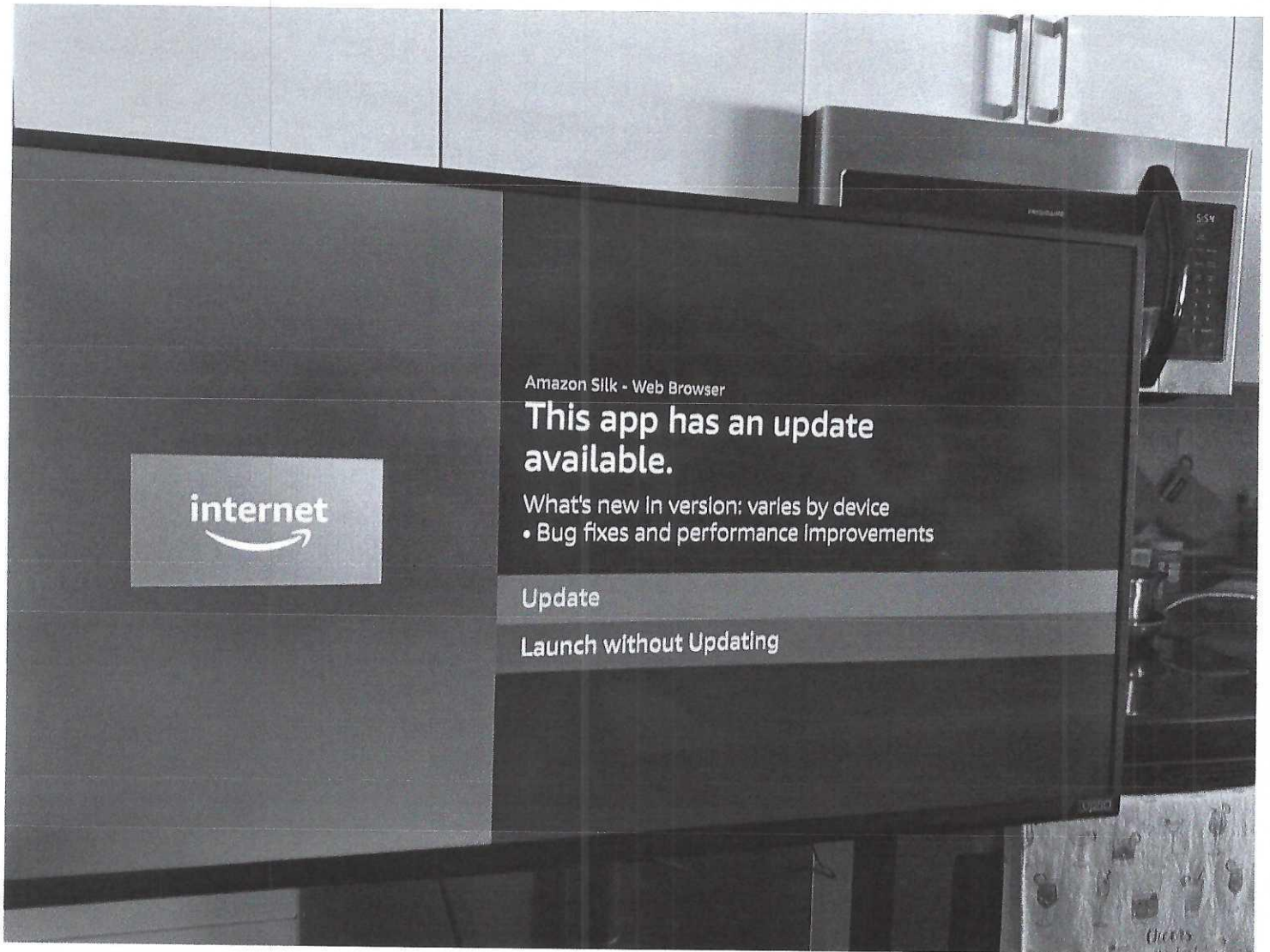
Never ☐

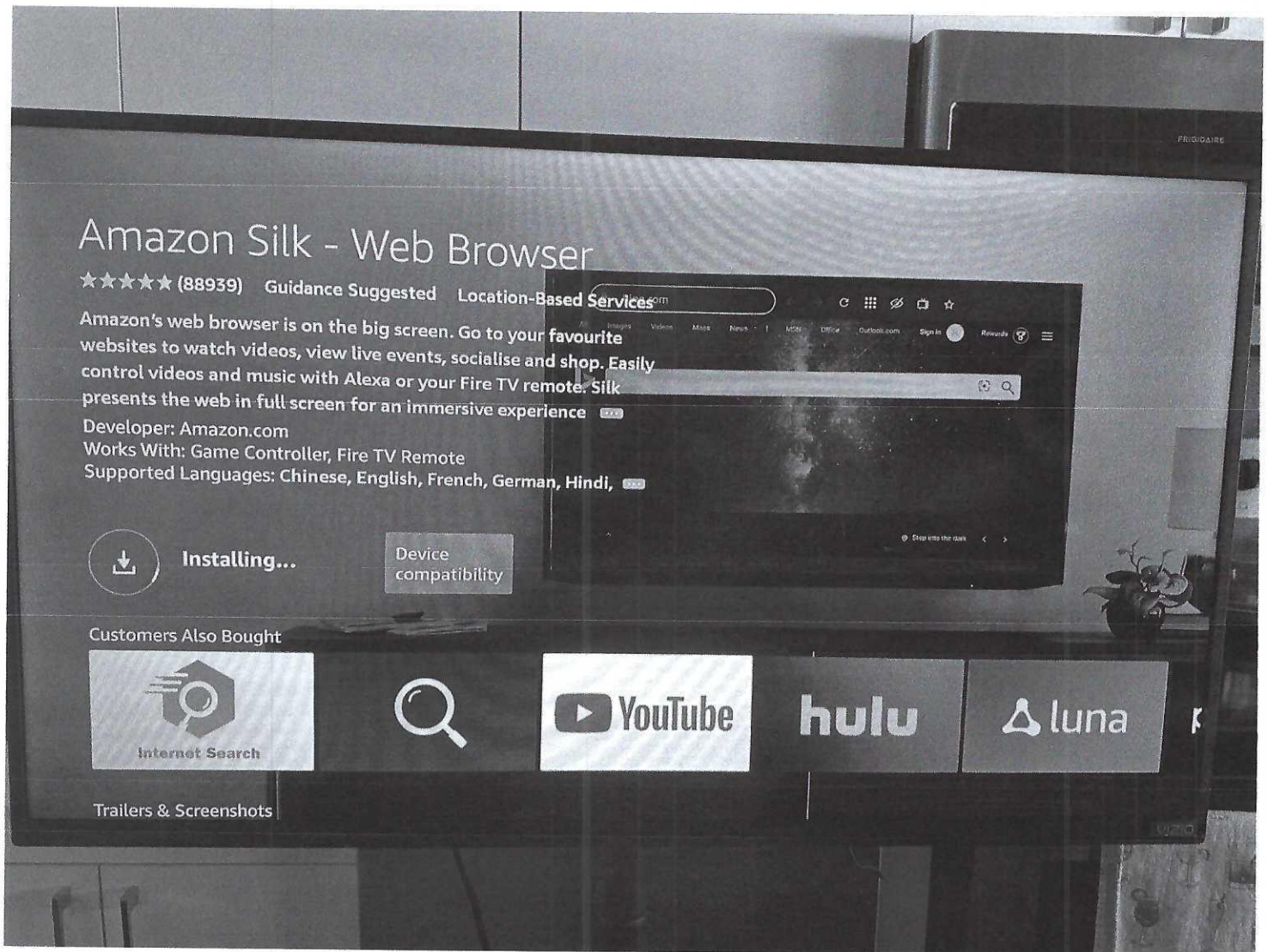
Require a PIN for other actions protected by the parental controls setting (such as launching apps and watching videos based on maturity ratings in Prime Video and over-the-air broadcast TV)

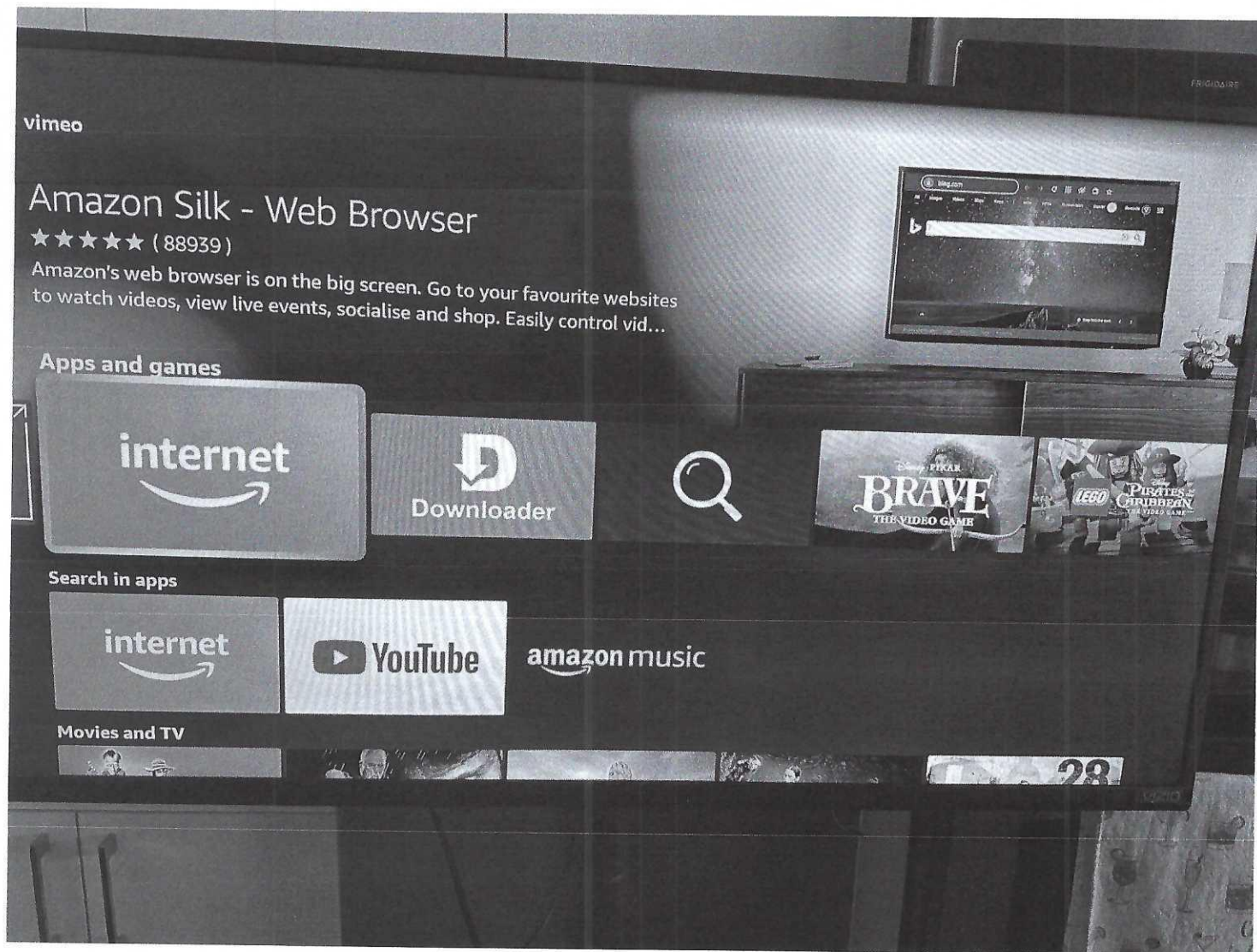
You can manage what content and activities are restricted or change your PIN anytime via **Settings > Preferences > Parental Controls**.

Continue

*This setting does not apply to voice purchasing with Alexa. To restrict voice purchases, go to the Alexa app or alexa.amazon.com







Search the web or enter URL

1	2	3	4	5	6	7	8	9	0
a	b	c	d	e	f	g	h	i	j
k	l	m	n	o	p	q	r	s	t
u	v	w	x	y	z	!	,	.	@
⌂	aA	#\$%	äçé	⌕ Space	⌕ Delete	Clear			
Cancel					Go				



It's easier to type on your phone. Use your phone's camera to scan the QR code.



amazon.com

Press and hold  to say words and phrases
Reopen last webpage

Bookmarks



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Next

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Most Visited

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Options

Private Browsing

Search the web or enter URL

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WATCH NOW
Welcome Back!

ALJ ENDURANCE SENIOR TRAINING PGRM

Producing the ALJ Endurance Senior Fitness Subscription Program for Group Homes Board-and-Cares

Length. Stability. Support – One Chair at a Time.

Most online fitness programs stop at streaming videos. This one goes further.

The ALJ Endurance Subscription Program is designed specifically for group homes and board-and-cares to provide seniors with safe, effective, and joyful movement opportunities that fit seamlessly into their daily lives.

What Makes This Program Different?

Chair-Based, Senior-Safe Workouts: Every session is created by a certified senior fitness specialist using simple tools (7-inch ball, foam pool noodle, Theraband). The routines are adaptable, engaging, and safe for every ability level. Stream Anytime, Anywhere: Staff can access guided video sessions on demand, making it easy to bring movement into the home with no complicated setup.

Human Connection: Unlike typical online-only programs, this subscription includes two in-person group sessions each month, led by a certified instructor right in your home. These sessions bring energy, accountability, and personal

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September 2025 Workouts
12 videos

September 2025 Workouts

- My list
- Resume Watching
- Share

