

# BOXNBURN

# FAQ's

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## Box N Burn Classes:

### **How long are the workouts?**

There are a bunch of different lengthed workouts, choose a length of time that works best for you! Classes range from 3 minutes (like a quick ab class) to 40 minute classes (like BNB HIIT or Equipment classes). Combine a few different workouts to get a full hour in! Start with a Warm-Up, try a BNB HIIT, get a quick Core class in, and end with a Stretch & Mobility!

### **Do I need equipment?**

You do not need any equipment. If you do have some equipment lying around at home.. maybe some dumbbells, kettlebells, or resistance bands - put them to use by selecting the "Equipment Workout" class :)

### **Can I purchase videos individually?**

Yes, you can purchase our live classes individually for \$9.

### **Do I need to have boxing experience?**

No, you do not need to have any boxing experience. We have workouts for all levels! If you are a beginner, we recommend starting with an Education video to learn proper technique and the different punches.

### **Do I need to book live classes ahead of time?**

If you have a subscription you do not need to book ahead of time, just select the live workout and be ready to work when class starts!

### **If I can't make the live class, can I watch it at a later date/time?**

Yes, absolutely. All live classes will post to the "BNB Hiit" class format after they have finished streaming.

## **What devices can I use my On Demand subscription on?**

You will be able to access Box N Burn On Demand through the web: <https://boxnburnondemand.vhx.tv/>

## **Is there a limit to the number of classes I can do?**

If you have a monthly or annual subscription you have unlimited access to classes and can do as many as you'd like, whenever (and wherever) you'd like!

## **Account & Billing:**

### **How do I sign up for Box N Burn On Demand?**

Create your account by going to <https://boxnburnondemand.vhx.tv/> and following the prompts. Make sure you pick which subscription you want - either month-to-month or the annual subscription!

### **What are the pricing options?**

Monthly subscription \$49/month or annual subscription \$468/year (this breaks down to \$39/month).

### **Who do I contact for billing enquiries?**

If you have any questions please reach out to our support team: <https://boxnburnondemand.vhx.tv/contact/support>

### **Who do I contact for technical support?**

If you have any questions please reach out to our support team: <https://boxnburnondemand.vhx.tv/contact/support>

### **When will I get charged for my subscription?**

Your billing date will be the same day each month that you originally signed up for your subscription. So if you signed up on the 15th, you will be charged on the 15th the following months.

### **Can I cancel anytime?**

You can cancel your monthly subscription at any time. No contracts or cancellation fees!

## **Other:**

## Where can I buy merchandise?

Get your BNB gear here: <https://store.boxnburn.com/> - we have everything from t-shirts and hoodies to hand wraps and boxing gloves!