



# Netpulse

START

No ID? We make it easy:

Sign-in with your **XID** :

Create an **XID**

[View our privacy policy](#)

Continue as guest

55

1

2

3

4

5

6

7

8

9

←

0

enter

Why Register

?

Please enter your passcode.

Passcode

••••

1

2

3

4

5

6

7

8

9

←

0

enter

*go!*

Create an **XID**



Enter your phone number or another easy-to-remember number 10 digits in length.

4153491436



Please enter your email address.



email@address.com



Please choose a 4 digit passcode.



Enter New Passcode

1	2	3
4	5	6
7	8	9
←	0	enter



Please choose a 4 digit passcode.



Enter New Passcode

••••

Please confirm your passcode.

4

5

6

7

8

9

←

0

enter

Please choose a 4 digit passcode.



Confirm Your Passcode

1	2	3
4	5	6
7	8	9
←	0	enter



Please choose a 4 digit passcode.



Confirm Your Passcode

••••

Passcode confirmed.

4

5

6

7

8

9

←

0

enter

Please enter your Gender and Date of Birth.



Gender

Male

Female

Date of Birth

12

12

1987

1

2

3

4

5

6

7

8

9

←

0

enter



Please enter your weight.



70

1

2

3

4

5

6

7

8

9

←

0

enter



## Review and Confirm Your Information.



You can use the back arrow to correct your entries.

**X ID** 4153491436

**Email** email@address.com

**Passcode** \*\*\*\*

**Gender** Male

**Date Of Birth** 12/12/1987

**Weight** 70

**go!**



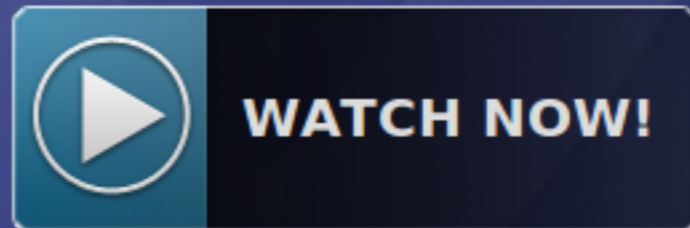
I accept the  
[TERMS OF SERVICE](#)

Hello, Mike.

## Featured Content



# Netpulse



Hollywood Dailies

Tough Love

The Soup Video Podcast

Golf Tips with Joe Beck

Movie Trailer



Home



TV



Video on Demand



Music Videos



Virtual Active



History

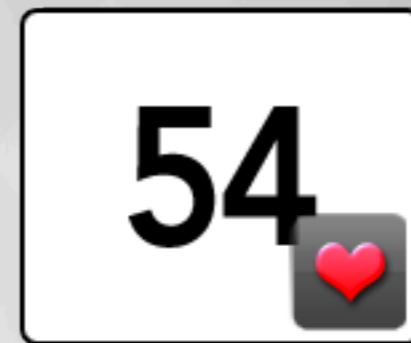
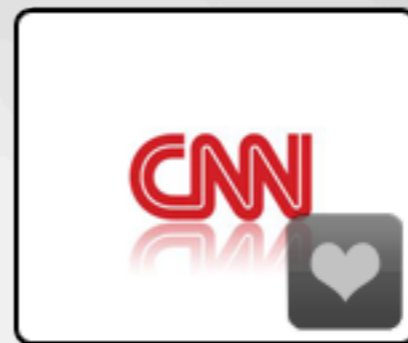
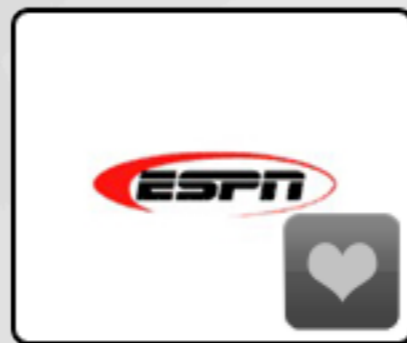
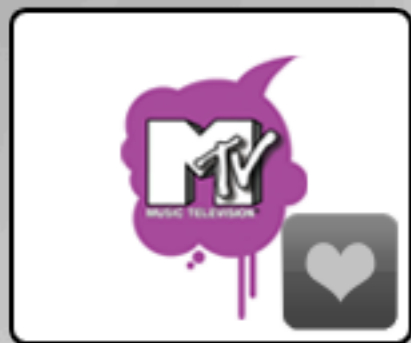
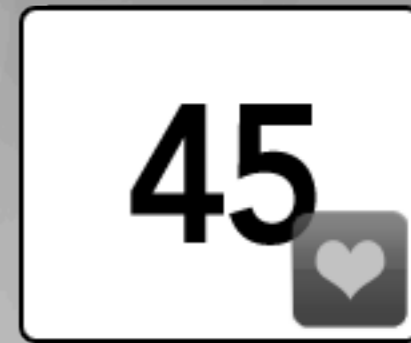
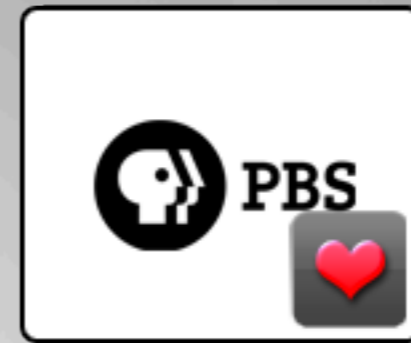
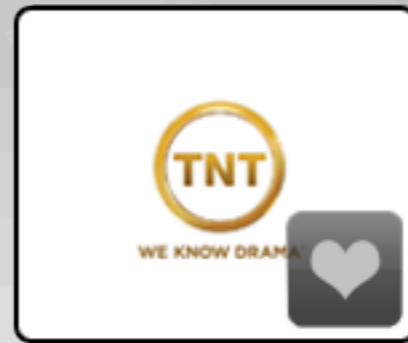
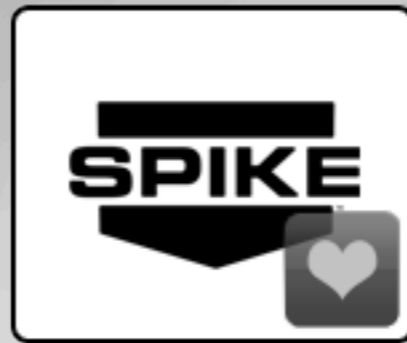


End Workout

# Live TV

Click the favorites icon next to the desired channel to add to your favorites.

## Channel Guide



Home



TV



Video on Demand



Music Videos



Virtual Active

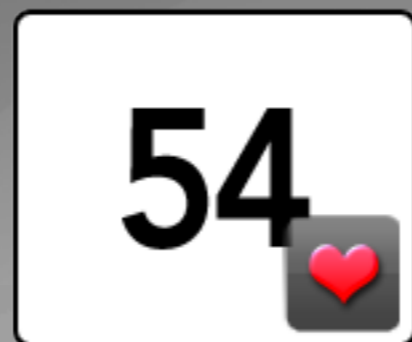
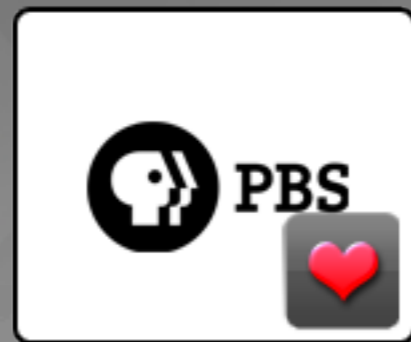


History

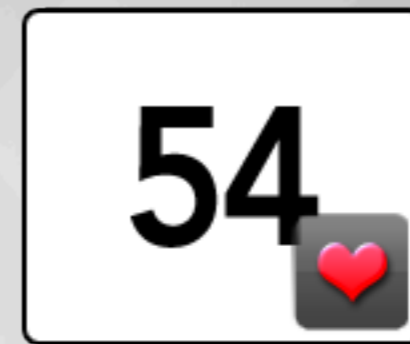
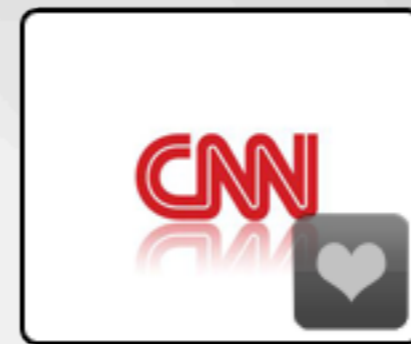
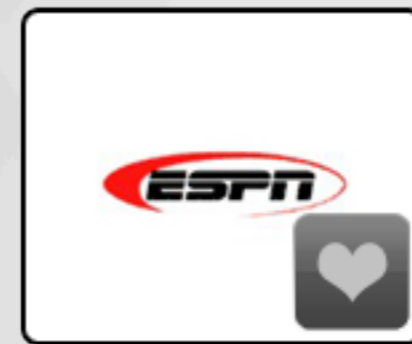
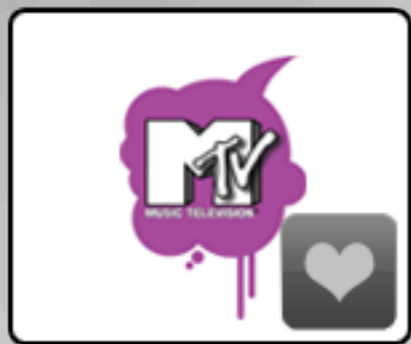
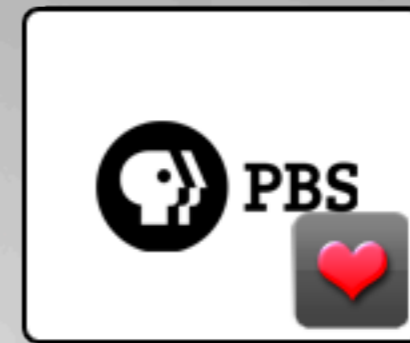


End Workout

# Live TV



# Channel Guide



Home



TV



Video on Demand



Music Videos



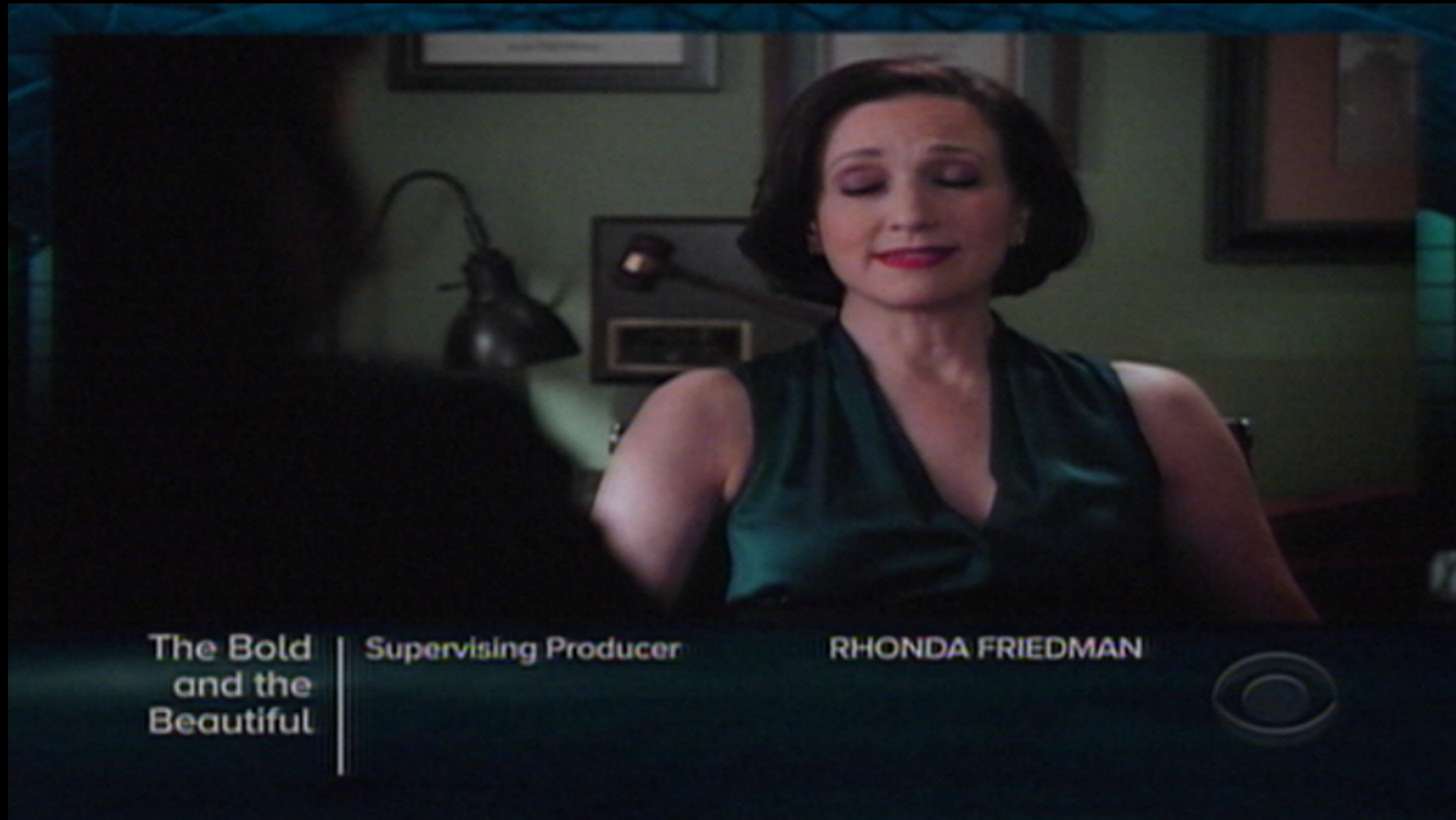
Virtual Active



History



End Workout



Tap To View Fullscreen



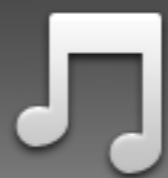
Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout



Tap To View Fullscreen

Previous Channel

Closed Captions



Home



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Video on Demand



Music Videos



Virtual Active



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End Workout

# Video on Demand



TV Shows



ReelzChannel



Movie Trailers: December



News and Entertainment



Sports and Travel



Video Game Trailers



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End Workout

# Video on Demand - TV Shows



Chelsea Lately Video Podcast



Tough Love



Friends



YouTube Best of September



T.I. & Tiny: The Family Hustle



Couples Therapy



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End Workout

# Video on Demand - *Tough Love*



Episode One



Episode Two



Episode Three



Episode Four



Episode Five



Episode Six



Episode Seven



Episode Eight



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Virtual Active



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End Workout

Now Playing: **Tough Love** - Episode Two



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End Workout

# Music Videos



My Playlist



Pop



Hip Hop/R&B



Rock



80s and 90s



Country



Spanish



New Music



Home



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Video on Demand



Music Videos



Virtual Active



History



End Workout

Now Playing: **Madonna** - Papa Don't Preach



Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout

WELCOME TO CUSTOM PLAYLIST!

Choose

## UPDATE YOUR MUSIC VIDEO PLAYLIST

It looks like you've already created a custom music video playlist. Would you like to view/edit your existing playlist, or create a new one from scratch?

View/Edit Existing  
List

Create New

(This will erase your existing playlist)

My Playlist

Shuffle OFF

Watch Now

Save Playlist



Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout

**Choose a category below to begin:**

All Genres

All Artists

New Videos

**Band of Horses**  
Laredo

**My Playlist**

Shuffle **OFF**

Watch Now

Save Playlist



Home



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Video on Demand



Music Videos



Virtual Active



History



End Workout

Now Playing: **Yeah Yeah Yeahs** - Maps



Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout

# Virtual Active



A scenic view of a waterfall cascading over rocks in a lush forest with autumn foliage. The word "BASIC" is overlaid in white text on the right side of the image.

American Northeast



A portrait of a man with dark hair and a beard, wearing a dark t-shirt, set against a background of smooth, undulating sand dunes in shades of orange and red under a blue sky with clouds.

American Southwest



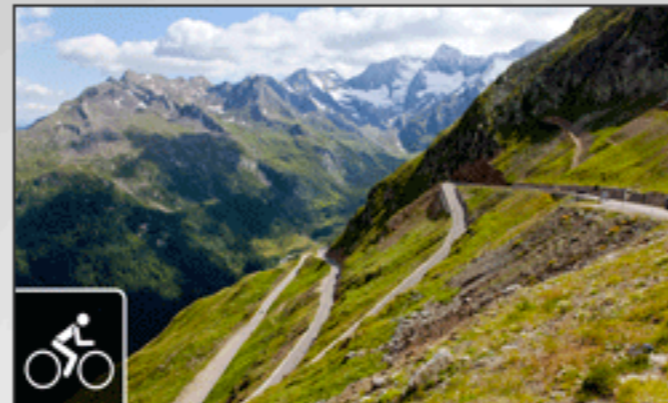
A portrait of a man with grey hair, wearing a green polo shirt, set against a background of a rocky mountain trail. A small icon of a person with a backpack is in the bottom left corner.

Angel's Landing I Compass



A portrait of the same man from the previous thumbnail, set against a background of a steep, rocky mountain trail. A small icon of a person with a backpack is in the bottom left corner.

Angel's Landing II Compass



A scenic view of a winding dirt road through a lush green valley with mountains in the background. A small icon of a person on a bicycle is in the bottom left corner.

Bolzano- Tyrol Cycle



A view of a large concrete bridge spanning a deep canyon, with a coastline and ocean visible in the distance. A small icon of a person on a bicycle is in the bottom left corner.

California Coast Cycle



Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout

Now Playing: **Virtual Active** - Bolzano- Tyrol Cycle



Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout

# History

Displaying 1 - 13 of 140

Date	Duration	Distance	Activity	Calories
11/30/2012	00:01:06	0 miles	Treadmill	2
11/13/2012	00:03:42	0.04 km	Treadmill	4
11/6/2012	00:02:07	0.01 miles	Treadmill	3
11/6/2012	00:01:51	0.01 miles	Treadmill	3
10/29/2012	00:01:10	0.02 miles	Treadmill	3
10/25/2012	00:08:36	2.03 miles	Bike	57
10/19/2012	00:01:22	0.06 miles	Treadmill	4
10/18/2012	00:05:12	0.05 miles	Treadmill	0
10/18/2012	00:12:16	0.19 miles	Treadmill	0
10/16/2012	00:02:42	0 miles	Bike	0
10/12/2012	00:01:34	0.02 miles	Treadmill	2
10/10/2012	00:01:40	0.21 miles	Bike	9
10/2/2012	00:03:58	0.4 miles	Bike	17



Home



TV



Video on Demand



Music Videos



Virtual Active



History



End Workout