

I am in the session, but the video is blurry/pixelated or choppy, what can I do?

Last Modified on 11/11/2020 11:22 am EST

Please check your internet connection to ensure you are receiving the proper speeds for streaming. Test your internet connection on [speedtest.net](https://www.speedtest.net) or [fast.com](https://www.fast.com) (3Mb download / 1.5Mb upload for 720 HD video). Note: Video issues may be on the presenter's side due to network or equipment issues.
