

Roku TV - Choose TV Show, Movie or Music

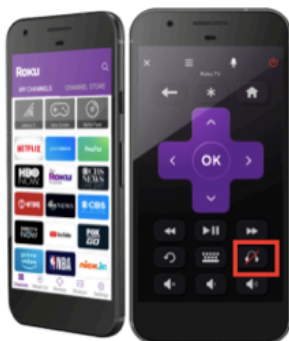
For	Choose	Comment
Live TV	Antenna TV app	Local ABC, CBS, PBS, NBC, etc.
	Hulu app	Look for "Live TV" inside Hulu app
Streaming TV (On Demand)	Hulu app	Select TV episode, movie etc.
	Netflix app	
	PBS app	
	Pluto app	
	YouTube app	
Music	Pandora app	Choose existing station or use remote to add station
	Pluto app	Scroll down in Pluto grid to see music options
	YouTube app	

Private Listening

Use your smartphone / tablet and earbuds to listen to TV shows without disturbing others. To "listen privately" – and to control the new Roku TV – install the free app: <https://www.roku.com/mobile-app>.

FREE Roku Mobile App

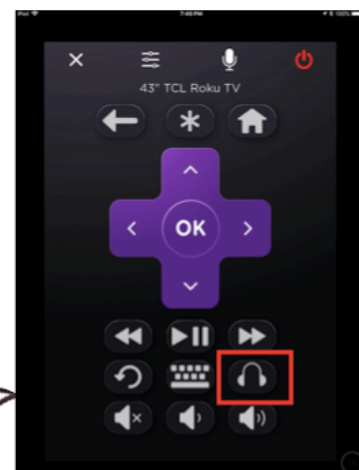
Smartphone



- Download & install app
- Launch app
- Device & Roku TV on same Wi-Fi network
- Control Fitness Room Roku TV
- Use device's earbuds to **listen privately** to TV show











Tablet


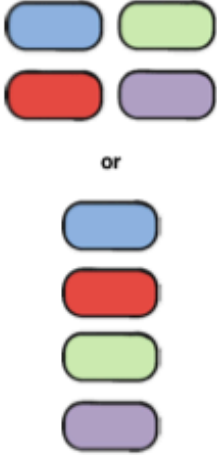




Remote Control

Note: Not all features described below are included in the Fitness Room TV.

BUTTON	FUNCTION	DESCRIPTION
	POWER	Turns TV on and off.
	BACK	<ul style="list-style-type: none"> • Menu: Goes back to previous menu/screen. • Home screen tile: Moves highlight back to the Home screen option. • Watching Antenna TV or a TV input: Returns to Home screen. • Playing streaming content: Stops playing stream and returns to the previous menu or screen. • Browsing streaming content: Goes to the previous level in the content tree.
	HOME	Immediately returns to the Home screen.
	PAD	<ul style="list-style-type: none"> • LEFT/RIGHT/UP/DOWN moves the highlight in the corresponding direction. • OK selects the highlighted option. <p>While watching TV:</p> <ul style="list-style-type: none"> • UP/DOWN changes channel. • LEFT displays the Smart Guide (connected mode) or channel list (non-connected mode). • LEFT/RIGHT <i>only on TVs operating in non-connected mode</i>, while in the channel list switches between All Channels and FAVORITE CHANNELS. • OK while in the channel list selects the highlighted channel. <p>While watching live TV: displays the program information banner.</p>

BUTTON	FUNCTION	DESCRIPTION
	VOICE SEARCH and VOICE COMMANDS	<p><i>Only in the United States on select models with Roku voice remotes.</i> Hold and say the name of a movie, TV show, actor, or director to search across many streaming and Antenna TV channels. Say a command to start streaming, change a channel, and more. For more information, go to:</p> <p>go.roku.com/voicesearch</p>
	GAME MODE	<p><i>Select models.</i> Displays a banner showing the current Game mode or Not available at this time. Subsequent presses toggle Game mode. When On, the TV performs less image processing and has less input lag, producing a better experience with action games. <i>Available only for HDMI and AV inputs.</i></p>
	INSTANT REPLAY	<p><i>Select models.</i> Streaming programs that support this feature and Antenna TV channels: if Live TV Pause is enabled, jumps back a few seconds with each press and resumes playing.</p> <p>Broadcast TV: If Live TV Pause is disabled, jumps to previous channel.</p> <p>When using an on-screen keyboard: Backspaces in the text you are entering.</p> <p>Smart Guide: Returns to the current day and time.</p>
	SLEEP	<p><i>Select models.</i> Displays a banner showing the remaining sleep time, if any, or Sleep timer is off. Subsequent presses cycle among the preset sleep time intervals. Once set, the sleep timer remains in effect regardless of what you are watching.</p>
	MEDIA PLAYBACK CONTROLS	<p>Rewind, pause, play, and fast forward streaming content and Antenna TV channels (if Live TV Pause is enabled).</p> <p>Press REWIND or FAST FORWARD one, two, or three times to control the speed of the operation.</p> <p>REWIND and FAST FORWARD also jump backward and forward one page at a time when viewing long lists, such as when you are browsing Antenna TV shows in the channel list or Smart Guide (U.S. only).</p>

BUTTON	FUNCTION	DESCRIPTION
	OPTIONS	<p>Displays additional options when available. On-screen hints let you know when this button is active.</p>
	PRESET CHANNEL SHORTCUT	<p>Dedicated buttons show the logo of a preset streaming content provider. Dedicated content providers vary by model and region. Pressing a button:</p> <ul style="list-style-type: none"> • Displays the streaming channel's main page if you have already added the channel to your Home screen. • Displays the streaming channel's sign-up page if you have not already added the channel.
	VOLUME/MUTE	<p>Located on the right edge of the remote. Increases/decreases volume and mutes the TV sound.</p> <p><i>Note: If the TV is muted, pressing VOLUME UP unmutes. Pressing VOLUME DOWN does not unmute the sound.</i></p>
	HEADPHONE	<p>Select models with Roku Enhanced Voice Remote. Connect headphones to the jack on the left edge of the remote to listen privately. Plugging in headphones mutes the TV speakers.</p>