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# Getting Started Guides

[VCP Guidance for Families](#)

# Digital Workout Plans

# Training Videos

## **VCP Student View**

<https://www.youtube.com/embed/0DYQRiNEjRY>

## **Instructor View**

<https://player.vimeo.com/video/855069435?h=9da37c74d9&title=0&byline=0>