

After you place your order on our website ([www.fitnessanywhere.com](http://www.fitnessanywhere.com)):

1. You will receive two emails from [customerservice@fitnessanywhere.com](mailto:customerservice@fitnessanywhere.com)
  - a. A "Your Fitness Anywhere Order Has Been Received" email will contain your receipt/invoice as well as links to email our customer service department if you have any further questions
  - b. A "Thank you for your order" email will contain the link to download the zip file containing; the workout (m4v), disclaimer (txt), video art work (jpg) and additional instructions (pdf).
2. Click on the download link in the "Thank you for your order" email
  - a. <http://fitnessanywhere.com/download.php?sc=SAMPLE=LINK>
  - b. (this link is an example and will not start the download process)
3. Clicking the link should open a new blank web page, which will then open a file download dialogue box with two options "Open with..." and "Save File"
4. Choose "Save File" or "Save"
  - a. This will open another dialogue box asking where you would like to save the a .zip" file.
  - b. Save the file to your "Desktop" or other desired location
  - c. The download time varies from 10 - 40 minutes depending on your internet connection
5. (MAC & Windows XP) Once the .zip has finished downloading, double click on the icon created on your desktop to unzip or uncompress the file. This will create a folder on your desktop.

Windows Vista allows no longer requires that you unzip or uncompress the files to view them. If using Windows Vista copy the folder within the .zip to your desktop.

\*If you are unable to uncompress or unzip the .zip file the 3rd party software WinZip is available at <http://www.winzip.com/>

2. The folder will contain the following; Disclaimer.txt, Instructions.pdf and a .m4v
  - a. Disclaimer. txt - Please read the disclaimer as it contains information our lawyers spent a lot of time writing
  - b. Instructions.pdf - This contains more instructions about the video you just downloaded
  - c. .m4v - The workout. Hooray!
3. To add the .m4v to iTunes/iPhone/iPod and other hand held devices
  - a. open iTunes
  - b. drag the .m4v into your "iTunes Library"
  - c. the file will automatically be filed under your "Movies"
  - d. for more information about syncing or getting content onto your iPhone/iPod please visit [www.apple.com](http://www.apple.com) for more information
  - e. If you are using another application to play and view files, please refer to the applications instructions for how to save and view downloaded files.
  - f. Non-iPod MP3 player & smartphone users can reference their device's manual or online product information to learn how to transfer or "sync" these Digital Workouts from a computer to the device.

Note: The image & video media included in these digital workouts can also be viewed on a computer.

Fitness Anywhere recommends using iTunes/Quicktime ([www.apple.com](http://www.apple.com)) and VLC ([www.videolan.org](http://www.videolan.org)) for our video playback.

For more information about our digital workouts please visit:

[www.fitnessanywhere.com/downloads](http://www.fitnessanywhere.com/downloads) or contact us: [customerservice@fitnessanywhere.com](mailto:customerservice@fitnessanywhere.com)

\*Fitness Anywhere, Inc. is not responsible for any damages or loss of data that are caused by 3rd party applications downloaded from the web or obtained through other means.