



Videos are approximately 45 minutes each. They are presented with a menu of chapters to better focus on learning each set of movements. For most browser playbacks, you can click for full-screen viewing. You must have a recent version of the Adobe Flashplayer (free at adobe.com, though it's probably installed with your browser already).

ONLINE: (Quickest & easiest) Play the video any time on any computer connected to the internet. You are given a Username and Password which will unlock the video for playback.

DOWNLOAD: If you prefer to have the video on your hard drive for playback without having to be connected to the internet, choose this option. You will be give a username and password to download the file. Recommended for DSL, Cable or faster internet connection (the file is around 350MB which will take 25 minutes to download on cable connection, but as much as several hours with dialup).

Paying Instructions

Choose your video preference. Click the "BUY NOW" button. This will take you to our payment center at PayPal, where you can pay with credit card or PayPal account. After payment is completed, you will have the option to "RETURN TO MERCHANT". If you click this, you will be taken to a page with your Username, Password, and a link to play immediately or download, depending on your option. In any case, you will be sent an email with the same information right away.

ONLINE PLAYBACK INSTRUCTIONS

Either click the link from the "RETURN TO MERCHANT" page, or cut and paste the link from the confirmation email into your browser. You will be asked for username and password. Enter them and the video will load immediately. NOTE: remember your username and password for the next time you want to play the video.

DOWNLOAD INSTRUCTIONS

Either click the link from the "RETURN TO MERCHANT" page, or cut and paste the link from the confirmation email into your browser. You will be asked for username and password. Enter them and the download panel will appear. Choose "SAVE" and select where on your computer you want to store the file. Once downloaded (be patient), go to that file and "unzip"* it. Open the unzipped folder and find and click "PLAYVIDEO.html". The video will open in your default browser. It may look like it's "online", but it's not. The video will play from this file whether you are connected to the internet or not. It is important to keep all files in the unzipped folder as they are to insure the video will play successfully.

** **Unzipping.** On most computers, double clicking file will take you to an unzipping program. If you do not have an unzip program (rare), you can find free ones to download on the internet.*