

STEP 1:

ACCESS THE DOWNLOADS: Using your computer or laptop, find the S.E.A.T.® email you received that contains the private link and password to the downloads. **SAVE THE LINK AND PASSWORD** someplace safe. If you lose this info, contact seat@scwfit.com

Once you have entered the password, you can view the download options for the video and the music by clicking on the corresponding button.

STEP 2:

DOWNLOAD A FILE: Choose a video or music download link.

NEW: Due to changes in the systems of our media distributors, now there is no need to right click and save as. Please **left click once** to download music and videos. Your download should start automatically.

STEP 3:

LOCATE THE FILE: If you chose a location such as your desktop or a designated folder, you'll find your downloaded file there (NOTE: it may take several minutes for the file to finish downloading. Please be patient). If you did not designate a location, it is likely in your "Downloads" folder.

You can also locate your recently downloaded files and download progress in your internet browser. View instructions for: [Internet Explorer](#), [Firefox](#), [Google Chrome](#), [Safari](#)

PLAYING THE VIDEO

BEST CHOICE: VLC

VLC (VideoLan Client) is a simple, easy to use, FREE video player that plays all types of video files.

[Download VLC for Free >](#)

Playing videos using VLC: Open VLC, select "File" and "Open File" from the top menu. Find your downloaded file, select it, and click "open."

SECOND CHOICE: ITUNES

To play a video in iTunes: open iTunes, select "File" and "Add to Library" from the top menu. Find your downloaded file, select it, and click "open." Video should start playing automatically.

If you can't find your video in iTunes later, use the "search" in iTunes and type in the name of the file.

PLAYING THE MUSIC

HELPFUL LINKS:

[Playing music in iTunes](#)

**If you do not use iTunes, please do an internet search for the instructions for your music player.

[Unzipping files \(PC\)](#)
[Unzipping files \(Mac\)](#)

PLAYING THE DOWNLOADED VIDEO AND MUSIC ON YOUR SMARTPHONE OR TABLET

After you download the files to your computer using the steps on page 1, you may play the video and music on as many mobile devices as you'd like. In order to do this, you must transfer the files from your computer to your mobile device. Since there are so many different mobile devices, no one set of instructions will suit everyone's needs. However, you can find the instructions for transferring video and music to your device **located in your device's user manual**. If you do not still have the manual that came in the box with your device, you can read the manual online on the manufacturer's website.

HELPFUL LINKS: [iPhone user manuals](#) | [iPad user manuals](#)

***If one of the above manuals does not meet your needs, try searching the internet for "[INSERT DEVICE NAME] user manual."**

EXAMPLES: "HTC One user manual" "Kindle Fire user manual"

****If you are an Apple Music subscriber and are having trouble adding MP3 files to your device due to Apple Music's restrictions, we recommend using an older iPod or contacting Apple support directly.**

DIGITAL RELEASE KIT STREAMING INSTRUCTIONS

If you don't want to download the video, we also offer **streaming video**: the ability to watch the video online at your convenience (like YouTube or Netflix). The streaming video even offers the ability to skip tracks, like a DVD! (NOTE: requires an internet connection at time of viewing). The streaming video will be available indefinitely and is a perfectly reliable alternative to downloading.

How to access the streaming video: Using ANY internet-connected device, such as your computer, laptop, smartphone, or tablet, find the S.E.A.T.® email you received that contains your private link and password. Once you have entered the password, click on the video area. You will see a large video with chapters listed to the left and a play button in the middle. Click the play button and enjoy!