

Section 1: gPlayer

Section 2: Using Videos Stand-alone

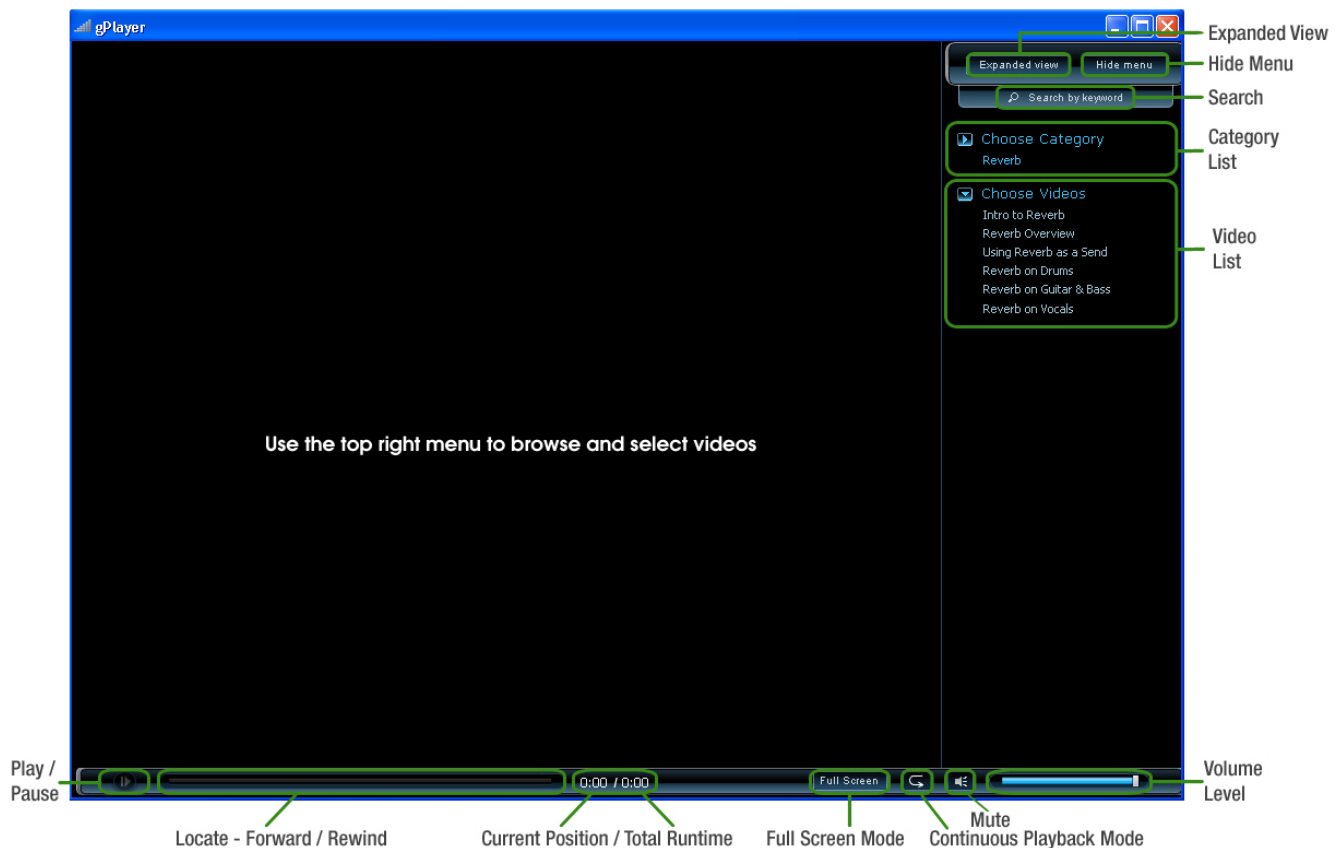
Section 3: Loading into iTunes & Syncing

Section 1: gPlayer (Download Version)

The "gPlayer" is a video playback device that allows for easy viewing and control of your Groove 3 training product. Within one single window you can easily browse all videos, control playback, search the offering, get more detailed information on videos and control the display size of videos. Below are instructions on how to start watching videos as well as helpful hints on how to use the various features of the gPlayer.

Instructions:

1. Once you have downloaded and unzipped your downloaded folder, open the downloaded folder.
2. Double click the gPlayer
 - a. Mac users select: "gPlayer-Mac"
 - b. PC users select: "gPlayer-PC"
3. The gPlayer will launch and load the videos.
4. Use the menu on the right side of the screen to navigate and search videos
5. First choose a category, if available, then a video title, and it will load.
6. Use the controls at the bottom of the gPlayer to control playback of the videos



Key Features:

1. **Continuous Playback** – Selecting this will cause each video to play one after the other, automatically. This can save you time from going and selecting a new video once the current one is completed.
2. **Hide Menu** – When enabled this button will highlight blue and hide the menu from view, once you move your mouse away from the right side of the player. Move your mouse back to the right side of the player to reveal the menu again.
3. **Expanded View** – When selected this will expand the menu to reveal description for categories and videos, as well as runtime for videos.
4. **Player Resizing** - You can resize the player in many ways. You can make it as large as you want and the video will resize with it. There is a limit to how small you can make the window and still see the entire video and controls though.
 - a. **Use the standard maximize/minimize buttons on Mac or PC**
 - b. **Click the Full Screen button in the lower playback control bar**
 - c. **Click and drag the corner of the player window to the size you want**

Section 2: Using Videos Stand-alone

You can easily access the individual video files by opening the “data” folder that is contained at the root level of the product folder you downloaded from our site. Inside the “data” folder you will find all video files. These files can be easily synced and view directly through your iDevices and iTunes, Windows Media Player, Xbox and PS3, including many additional formats. All videos are h.264, mp4 files.

We are dedicated to giving you the greatest freedom and flexibility to use our products and view them from the devices you want. We respect your support and appreciate you respecting and supporting the authors at Groove 3.

Section 3: Loading into iTunes & Syncing

- Step 1. Launch iTunes
- Step 2. Open the product folder you downloaded
- Step 3. Open the “data” folder
- Step 4. Highlight all of the .mp4 files in the “data” folder.
- Step 5. Drag and drop the files into the “Library” section of iTunes, in the upper left corner

The videos will show up in the “TV Shows” Section and will be properly organized and tagged for you. From this point you can sync with your iDevices using the Sync preferences you have set within iTunes. There is no format conversion needed for iPad or iPhone 4. You can also view through other iTunes enabled viewing devices.

Technical Support:

If you are having problems with the gPlayer and video playback, please contact us at support@groove3.com and we will be happy to assist you.