

Instructions to play the Pilates Files from the USB Stick

1. Insert the USB stick in the USB port in the back of the TV
2. Turn the TV on with the RED Power button on the remote (the remote is stored behind the TV). Be patient because it takes a moment before you see anything happening.
3. Press the SOURCE button (right middle of the remote)
4. The TV will probably display a list with HDMI3 highlighted.
5. Use the arrow keys to move to MEDIA on the list, then select that with the OK button.



6. The TV should now show the USB device. Use the arrow keys again to move to MOVIE and select with the OK button.



7. A picture of a storage device (hard disk) is shown
As there is only one, just press the OK button.



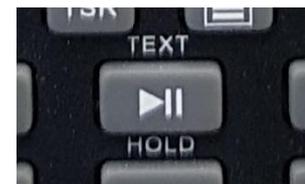
8. Now choose the folder you want (they are named after the dates that the video was made).



9. And then choose the video (with the .mp4 extension on the name). It is the third one along in this picture.



10. The video will start in a central window. Click on the Play/Pause button to enlarge it to Full Screen.



11. When the video is finished, press the Stop button. Then use the Source button to put the TV back to HDMI3.



12. That's it!