


READ ME FIRST


This DVD may be viewed on any DVD player, but to take advantage of the enhanced features, you will need to insert it into the DVD drive of your personal computer (PC). For more support, visit www.savasafit.com/dvdhelp.

If nothing happens when you insert the disc:

Be sure that your computer has a DVD drive and not a CD drive, as this disc is not an audio CD and will not work in a regular CD drive.

- 1 Click the Windows "Start" icon and then select "My Computer."
- 2 Double-click the Savasa lotus icon  or right-click the icon and select "AutoPlay" to launch enhanced features. If you do not see the lotus, select your DVD drive (commonly 'D:') and then double-click the "SAVASA" application.

If the video starts automatically when you insert the disc, but you do not see enhanced features:

- 1 Close the DVD video player application that is running on your computer.
- 2 Click the Windows "Start" icon and then select "My Computer."
- 3 Double-click the Savasa lotus icon  or right-click the icon and select "AutoPlay" to launch enhanced features. If you do not see the lotus, select your DVD drive (commonly 'D:') and then double-click the "SAVASA" application.

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I see the enhanced features, but I can't download the .mp3 file or open the Quick Start Guide:

You will need Adobe Reader (adobe.com/reader) to view the Quick Start Guide and an mp3 player (like Windows Media Player) to listen/download the audio workout. Please be sure you have these applications on your computer.

- 1** Close the Savasa application that is running on your computer by clicking on the "Exit" button.
- 2** Click the Windows "Start" icon and then select "My Computer."
- 3** You should see the Savasa lotus icon. Right-click the icon and select "Open." If you do not see the lotus icon, right-click your DVD drive (commonly 'D:') and select "Open."
- 4** You should see a list of all of the files on the Savasa DVD. To open with an application, double-click the Quick Start Guide or audio workout .mp3. To copy these items to your computer, drag the file to the location of your choice ("Desktop" or "My Documents").

The .mp3 audio workout opens with Windows Media Player or other application. How do I save it to my computer?

With the file open in the application, choose File > Save As and choose a destination for the file.