

cathedownloads

How to watch your CatheDownloads iPod[®]/iPhone[®] and Television Please note that these instructions assume that you have already downloaded your videos to your computer. If you need guidance on how to accomplish this, please visit our help page at http://cathedownloads.com/tutorials/.

Open iTunes[•]. Start by launching the iTunes application on your Mac[•] or PC. If you don't have iTunes installed, you can find the Mac and PC versions at: http://www. apple.com/itunes/overview/. Follow Apple's[•] instructions for installing the program.



Connect your iPod/iPhone to your computer. Using the USB cable that came with your video-capable iPod or iPhone, connect it to your computer. It should then show up in the **DEVICES** list in the left panel of iTunes.

Add your CatheDownloads to iTunes. Click on Movies located at the top left of iTunes under LIBRARY. Once you do this, you should see a list of movies currently in your iTunes Library in the main panel. Drag all of the CatheDownloads you have purchased from their download location into the main Movie window. This will add them to your library.

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Audiobooks -						

Drag the CatheDownloads video files into your iTunes Movies panel

Sync the CatheDownload videos to your iPod/iPhone.

If you have your iPod or iPhone set to automatically sync movies, add the CatheDownload videos to the appropriate playlist or check the Cathe Download videos you'd like to sync in the **MOVIES** tab (after clicking on your device's name in the left column).

If you have your iPod or iPhone set to manually sync, simply drag the movie from the list in your **LIBRARY**, **Movies** panel onto the name of your device in the left panel of iTunes.



5 View with iTunes on your computer's screen. To watch your CatheDownload videos in iTunes, double click the video in your LIBRARY, Movies panel and it will play within the

iTunes window. You can access the chapter points within the video



Chapter Guide Icon in iTunes while video is playing

by clicking on the "Chapter Guide" icon in the controls window (the second icon from the right). A list of chapter points will pop up from which you can choose the chapter you'd like to view.



6 View on your video-capable iPod nano[®] or classic[®].

To watch your CatheDownload videos on your iPod, at the main menu select **Videos** >, then **Movies** >, and scroll to the CatheDownload video you'd like to view. Select the video to play it instantly. You cannot see the names of chapter points on iPod nanos or classics, but if you press the center button while the video is playing to see the progress bar, you will be able to see divisions within the bar indicating where chapter points are located. You can then tap the skip forward () or backward () buttons to move through the chapter points.

Note: If video is not playing on your iPod's screen, but instead a still image of the video cover appears, press **MENU** twice, scroll down to **Video Settings** >, and make sure that **TV Out** is set to **Off**. If it is set to **On**, press the center button in the scroll wheel until it is set to **Off**. You should then be able to go back to your video and have it play on your iPod's screen.

Manual Sync

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View on your iPod touch® or iPhone. To watch your Cathe Download videos on your iPod touch tap on the **Videos** app. On the iPhone tap on the **iPod** app, then click on the **Videos** tab at the bottom. Scroll to the video you'd like to view and tap on its name to play. To access chapter points, click on the





iPod touch

Chapter Guide Icon on iPod touch/iPhone

"chapter guide" icon (the far right icon in the controls window that pops up if you tap on the playing video). The screen will change to a complete chapter listing. Just tap on the chapter you'd like to watch!

Pod 😤	12:26 PM	••	
	Chapter Guide	Done	
Chapter 8: Seated Rear Fl	ys into Band Pulls	12:09	
Chapter 9: Inclune Curis J	liternating & Rotating at Top	14:24	(C
Chapter 10: Decline Push L	lps	16:30	
Chapter 11: Incline Front R	aises on Stability Ball	17:43	

Chapter Guide on iPod touch/iPhone

Important Note for Vista® users using iTunes or QuickTime® to play your CatheDownloads on your computer's screen. When using iTunes or QuickTime within Microsoft[®] Windows Vista[®] to view CatheDownload videos, you may experience a noticeable synchronization issue between the audio and video (the audio may get ahead of the video or vice-versa). This is a known and widespread problem with M4V video files (the format CatheDownloads employs) in Vista, but has no solution. Your videos will still play correctly on your iPod/iPhone, but if you view them on your computer screen you might experience the problem. Mac OS X[®] and PCs running Windows XP® or Windows 7® do not have the issue. Our only suggestions to solve this problem are to either install Microsoft's Zune® software for viewing, available at http:// www.zune.net/en-us/products/software/download/default. htm (see our tutorial sheet for detailed instructions on using Zune software) or to upgrade your computer to Microsoft Windows 7, which does not use QuickTime for native M4V video playback. We're sorry there is not a more elegant solution to this synchronization problem. However if one is developed, we will post information on the CatheDownload site.

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View on your TV through your video-capable iPod

or iPhone. To watch your iPod/iPhone content on your

television, you will have to purchase an optional AV cable directly from Apple, the Apple Store or your local electronics retailer that carries genuine Apple products. This cable can vary depending upon your model



of iPod/iPhone, and it is important to purchase the correct one. You also must know if your television has component (preferable) or composite video input available before buying the cable (see photos to right). Make sure that if you have an iPod touch, iPhone, or newer nano or classic that you purchase a genuine Apple cable, because they contain a chip which enables video playback through the cable. If you use a third party cable, the video will not work. Here are links to Apple's website for the different types of cables:

Apple Component AV Cable (works with all iPhones and video-capable iPods, including classics, nanos, and touches.)



Apple Composite AV Cable

(works with all iPhones and video-capable iPods, including classics, nanos, and touches.)

Once you have the correct cable in your posses-

sion, connect one end into your iPod/iPhone's plug and the other into your television (match the colors of the cable plugs to the corresponding colors on the audio and video inputs on your TV).

Follow the instructions under Steps 6 & 7 for playing videos on your iPod or iPhone, however:

- If you have an iPod classic or nano, you will need to set the **TV Out** to **On** in your Video Settings >.
- On your iPod touch or iPhone, the video cover will be shown while you play your video. You can access the Chapters by tapping on the "list" icon on the controller at the bottom right of the screen.



iPod touch screen during playback on television showing Chapter Guide Icon.