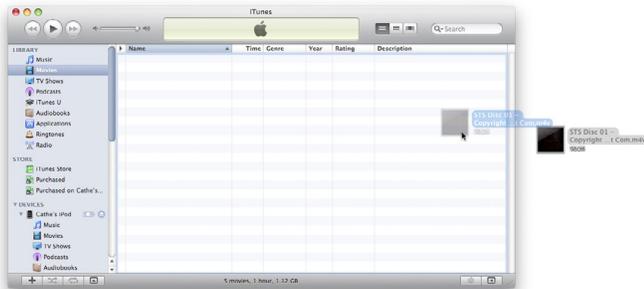# cathedownloads
shop. sync. sweat.

How to watch your CatheDownloads
iTunes® on your **Computer**

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/.

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1 **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.

2 **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.

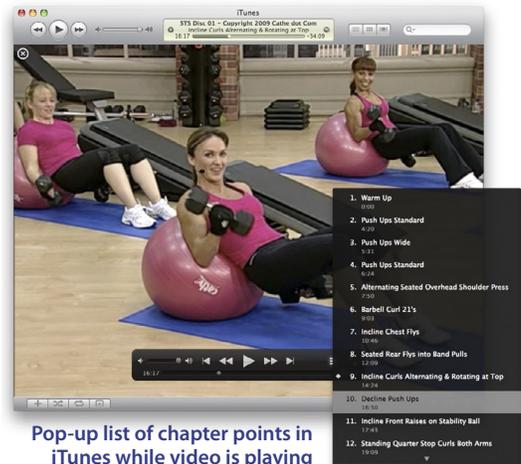**Drag the CatheDownloads video files into your iTunes Movies panel**

3 **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.

Pop-up list of chapter points in iTunes while video is playing

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○ **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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