Directions for downloading a Zip File

1. Click on the zipped file.
2. Select the "Save" option.
3. Choose a location and name to save the file under that will be easy to find (i.e. Desktop location, named SchoolDude training)
4. Save the file.
5. Choose "Open File".  A window will now open containing the file you just saved.
6. Locate your zipped file and right click on the icon.
7. Select "Extract All"
8. Use the "Extraction Wizard" to unzip the files.
9. Double click on the newly created folder icon to open it.
10. Double click the file labeled "Index".
11. The video should now run on your machine.