

Mac Tutorial

After completing the purchase you will have received an email containing your License code and directions to downloading the Player.

1. Registered by - enter your name or email address (Image 1)
2. License Key - enter the license key you received (Image 1)
3. On/Off - Remember me: (Image 1)
4. On/Off - Auto Registration (Image 1)
5. Click OK (Image 1)

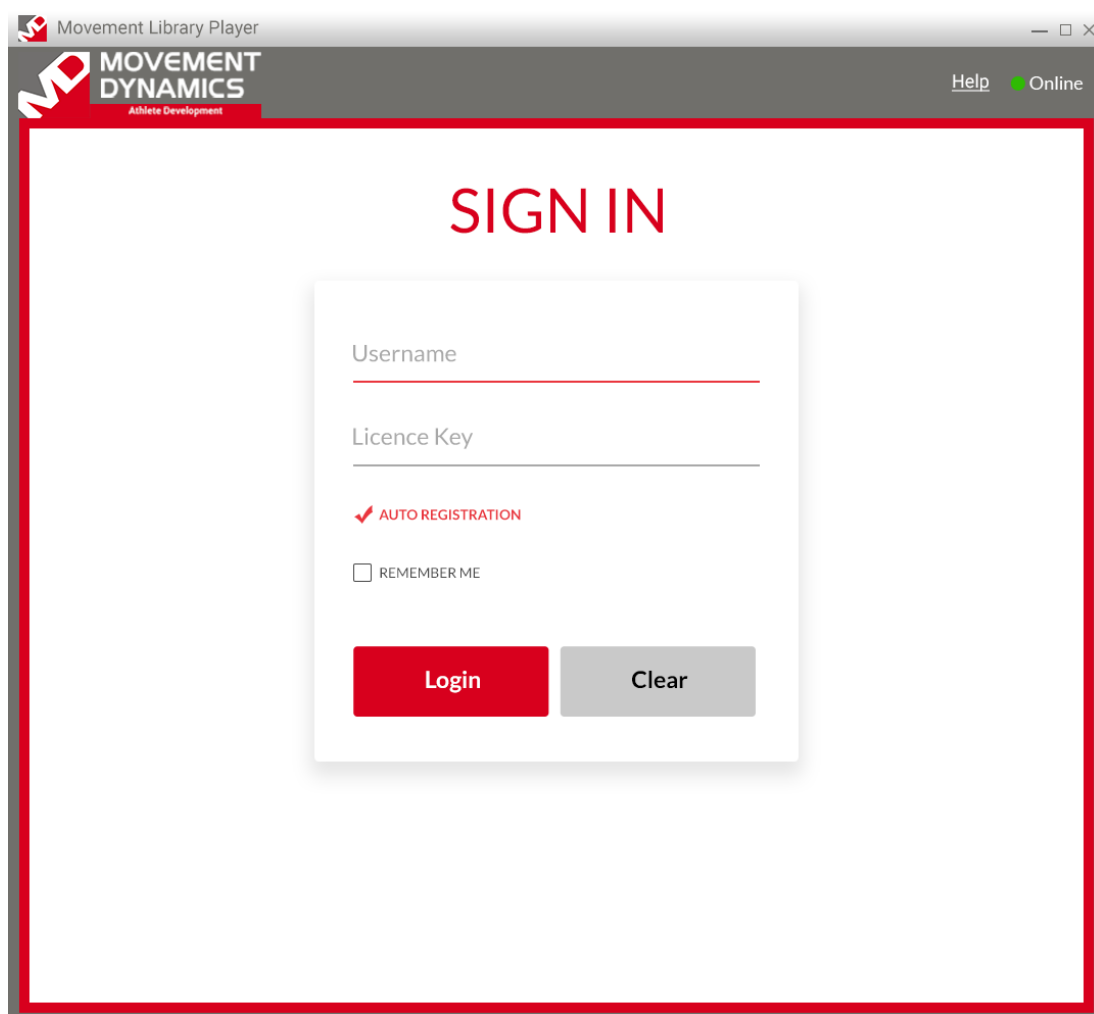


Image 1.

6. After clicking OK and providing the right credentials, you should be logged in successfully (Image 2)
7. A list of all products will be presented, with expiry date of your license next to available products. The products that are not available to your license will be greyed out. Check products you want to claim in "Select Module" column and press **Download** (you need to download products only once). (Image 2)

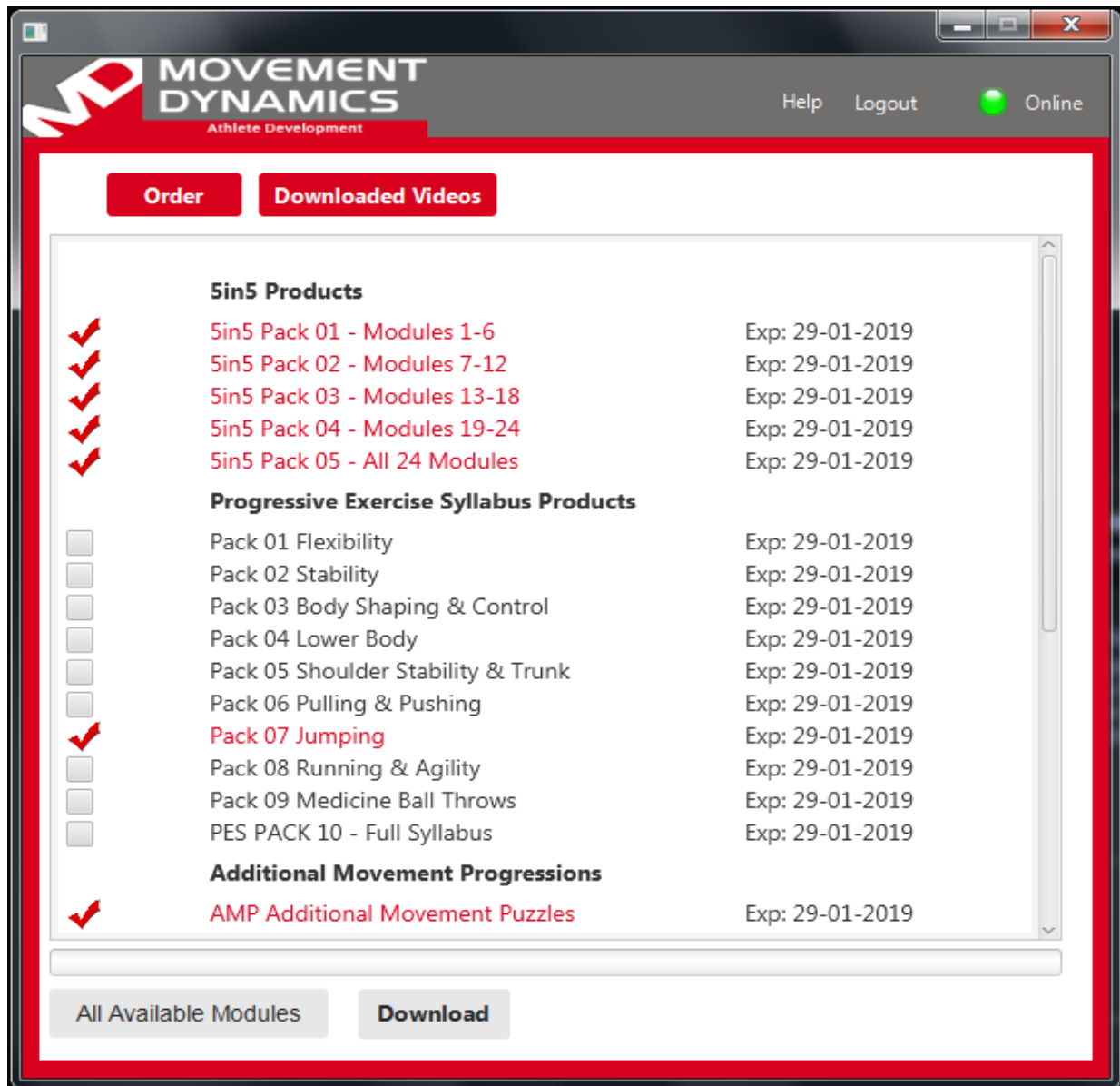


Image 2

8. Future access to the Player will not require you to Login again if you have ticked 'Remember me' and 'Auto Registration'.
9. You can navigate between products/modules in bottom-left part of screen. For the 5in5 you can switch between videos in the same module by clicking on a number in bottom of video. Some teaching cues are listed below the screen and can be navigated with the scroll bars. (Image 3)

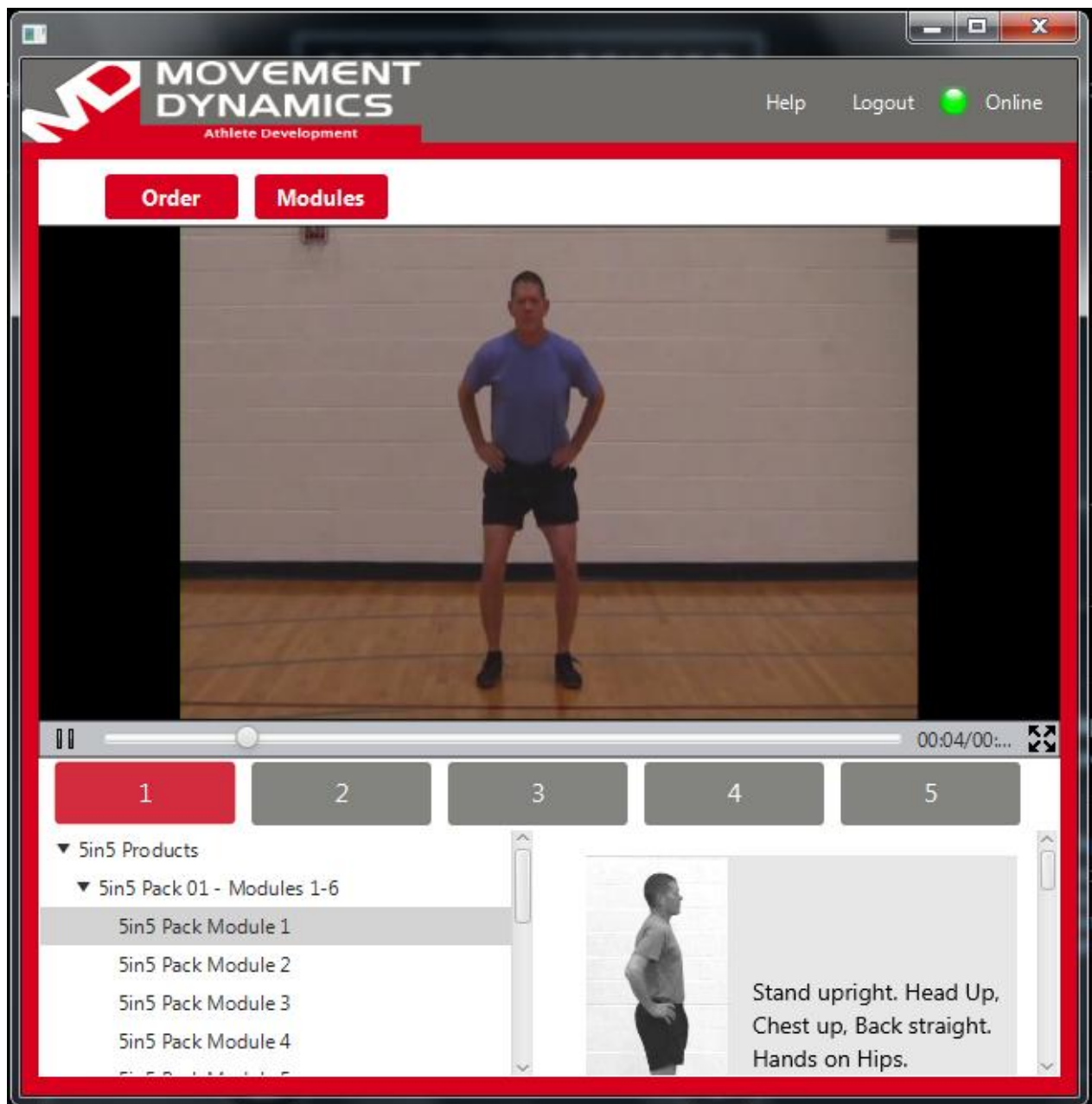


Image 3

10. You can navigate between PES modules in the bottom-left part of the screen. You can navigate between different clips in each individual module by clicking on a bottom right panel of the screen. (Image 4)

The screenshot displays the Movement Dynamics website interface. At the top left is the logo for Movement Dynamics, featuring a stylized 'MD' and the text 'MOVEMENT DYNAMICS Athlete Development'. To the right of the logo are links for 'Help', 'Logout', and 'Online' (with a green status indicator). Below the header is a navigation bar with two red buttons labeled 'Order' and 'Modules'. The main content area is a video player showing a female athlete in a black leotard standing on a green field in a stadium, with yellow and blue cones on the ground. The video player includes a progress bar and a timestamp of 00:06/00:00. Below the video player is a navigation menu with a tree structure:

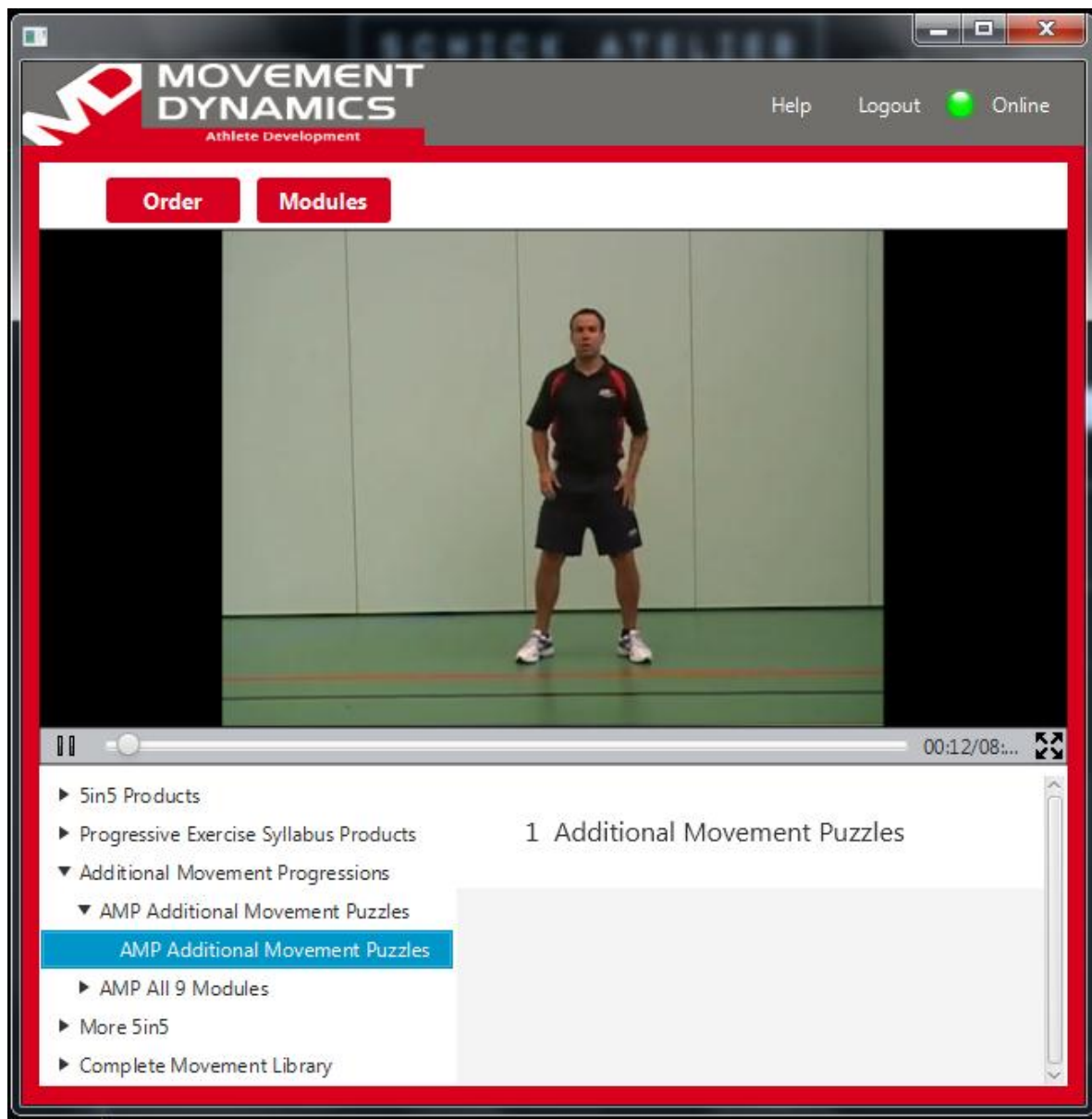
- ▶ Sin5 Products
- ▼ Progressive Exercise Syllabus Products
 - ▼ Pack 07 Jumping
 - ▼ Landing & Fundamentals
 - 01 - Landing
 - 02 - Box Jump Series
 - 03 - Early Jumping
 - 04 - Skipping

To the right of the menu is a list of video titles:

- 1 Forward Jump and Double Leg La...**
- 2 Lateral Jump and Double Leg Land
- 3 Backward Jump and Double Leg Land
- 4 Forward Jump and Single Leg Land
- 5 Lateral Jump and Single Leg Land

Image 4

11. You can navigate between Additional Movement Progressions in the bottom left part of the screen. (Image 5)



(Image 5)