

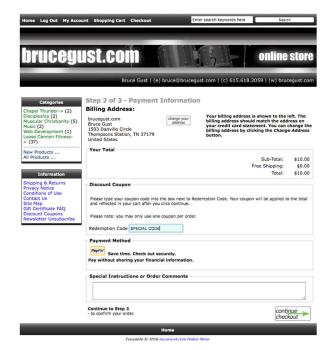
Purchase / Download Instructions

A short guide on how to buy and download your new "Loose Cannon Fitness" workout package

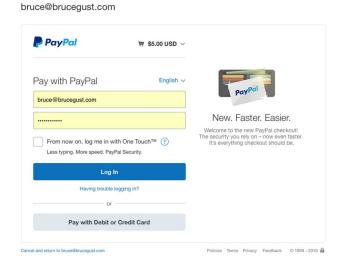
I) Select Your Item from the Shopping Cart



II) Enter in any "Special Offer Code" (if applicable)



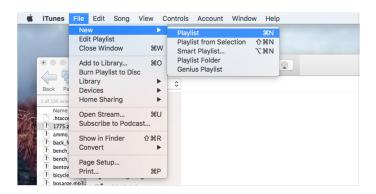
III) Either Login or Create a Paypal Account



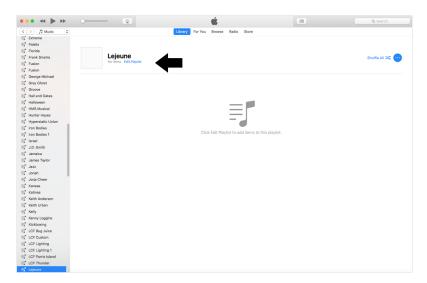
IV) Either login using your Paypal login or click "Pay with Debit or Credit Card. After you've completed the transaction, you'll get a page that gives you chance to click on "return to brucegust.com." Click on that link, and you'll get the page that you see below. Click on the "download" button.



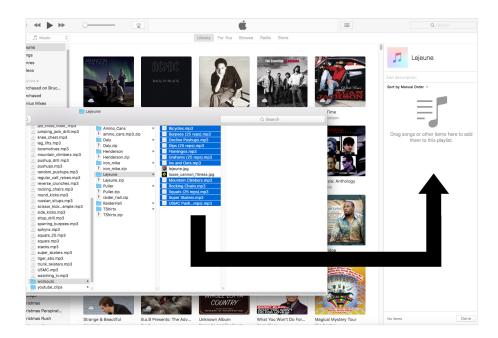
V) After you've downloaded the resource, unzip it. Mac will do it for you automatically, Windows users may need to double click on it. Once you're looking at all of the files, open up your iTunes and create a new playlist like you see below:



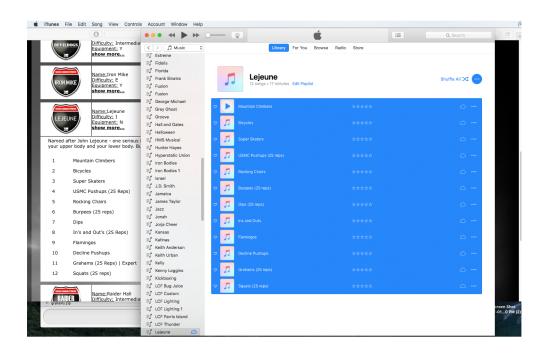
VI) After you've created your Playlist, click on "Edit Playlist."



VII) Grab the unzipped audio files and drag them into your new Playlist.



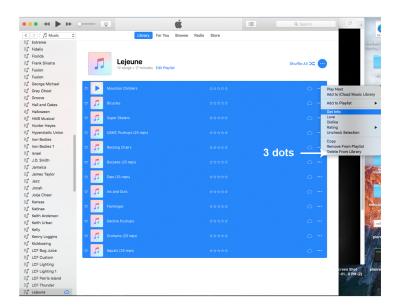
VIII) Arrange the audio files in the correct sequence. Just click on them and drag them accordingly. Use loosecannonfitness.com/workouts.php as a reference.



IX) Click on the "done" button in the lower right hand corner of your screen ->



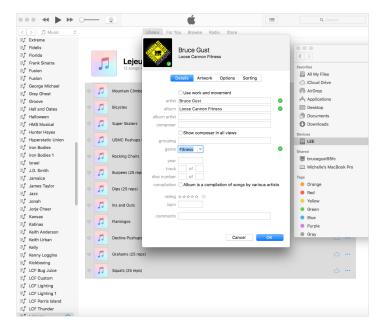
...and you'll get the screen you see below. Highlight all of the titles, then click on one of the sets of 3 dots. You'll get the pop up you see below. Highlight "Get Info."



X) You'll get the prompt you see to the right. Click on "Edit Items."



XI) Fill in the fields like what you see to the right. Then click on the "Artwork" tab



XII) Drag the "Loose Cannon Fitness" logo from the collection of unzipped files and place it on the artwork screen. Then click on "OK."



XIII) Click on the existing Playlist art and a small screen like what you see below will pop up. Drag the Playlist Badge (Lejeune in this example) and place it on the screen. Click "done" and you're good to go!

