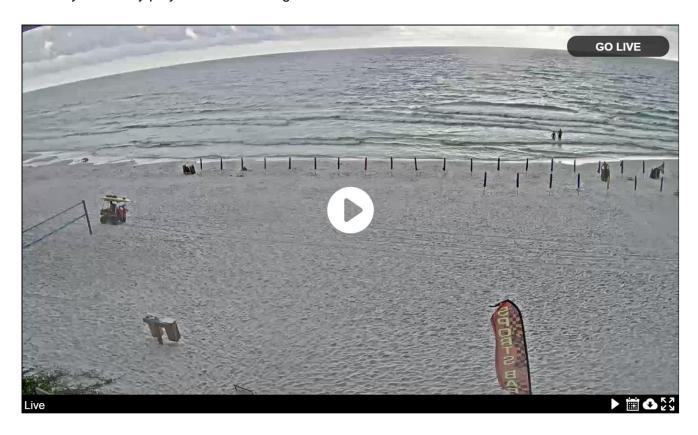


Downloading Recorded Video and Upload it to the Instagram App on your phone.

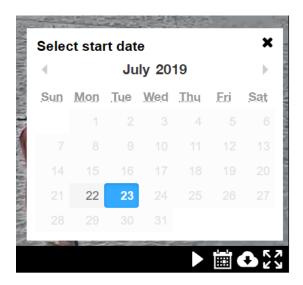
Step 1:Go to any HD Relay player that is showing the Live Feed with the Download Video feature enabled.



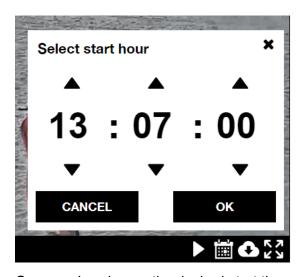
Step 2: Click on the Download Video Icon in the lower right portion of the player.



Step 3: A pop-up will be displayed for you to choose the start date.



Step 4:After choosing your start date, you can now select the start time: Hours | Minutes | Seconds. It's a 24 hour clock (i.e. 3pm is 15:00:00).

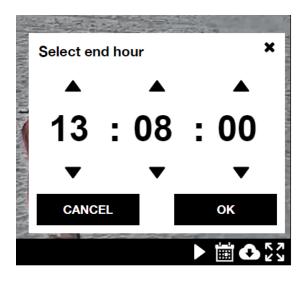


Once you've chosen the desired start time, click "Ok."

Step 5:

Now choose the end time.

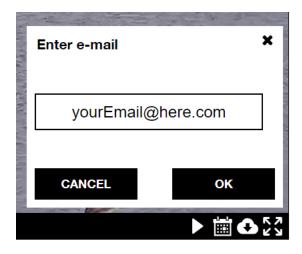
You will only need 1 minute at a time for 2 reasons: 1) Instagram only allows for 1-minute video posts and 2) 1-minute videos are very easy email attachments.



Reference: For the quickest video downloads, choose from 1 to 15 minute time segments to download. They create smaller files which takes very little time to process and download these MP4 files. You can choose 1 or 2 hour time segments, but please be aware it will take longer to process and download these files. For anything longer that 2 hours, we recommend that you contact us for your desired extralong video time segments.

Step 6:

Enter your email address and click "Ok". You will receive an email with a link to download your video within a few minutes.



Step 7:

Here's the email you'll receive when the video segment has been created and is ready for downloading.



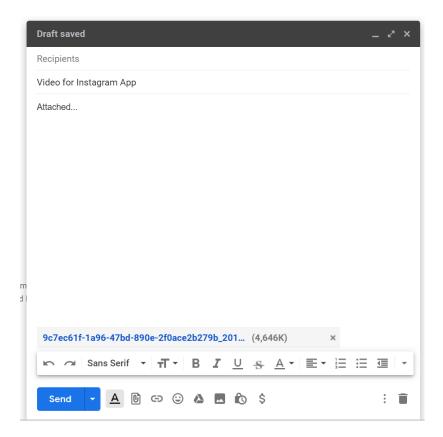
Click on the link it will automatically download to your "Downloads" folder. The file is name is long and you can rename it however you want.

For eample: "9c7ec61f-1a96-47bd-890e-2f0ace2b279b_20190723180700000_1_20190723180800000.mp4"



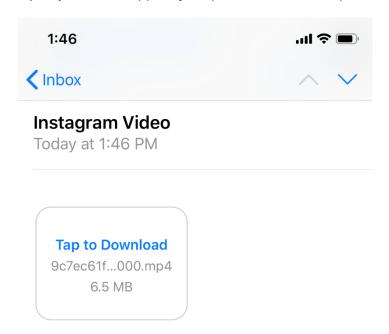
Step 8:

Simply attached this MP4 video file to an email addressed to yourself or whichever email you have access to from your phone.



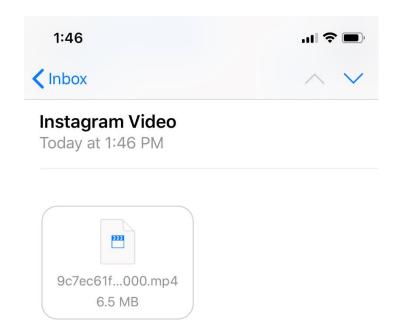
Step 9:

Open your email app on your phone and click "Tap to Download" on the attached video file.



Step 10:

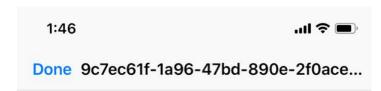
Once the video has downloaded, click on the video attachment.

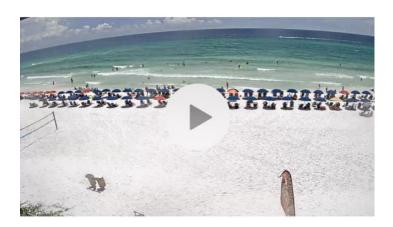


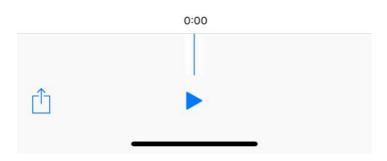
Step 11:



Now click the "Save to" icon in the bottom left of the email message.



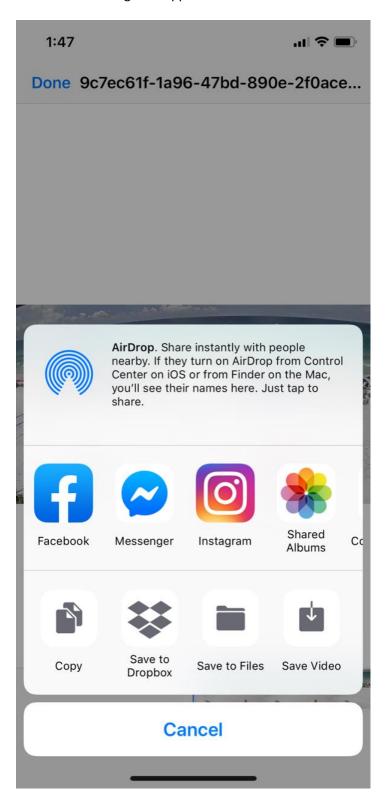




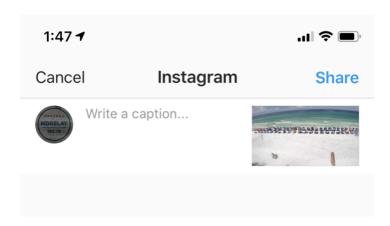
Step 12:

Now you can upload the video directly to the Instagram App from your email app. This way you do not have to save the video to your phone first.

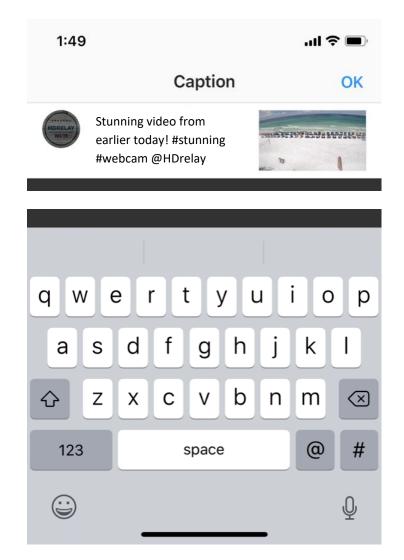
Click on the "Instagram" app.



Step 13:Now type your message and add hashtags and/or people/company tags here.



When finished click "Ok"



Step 14: Finished.

