

How To Download Vimeo Videos

Step One: Click on the title of the video on the FIT FOCUS Video Library Page

Step Two: Scroll down, in the description of the video will be a button that says "Download", click it.

Step Three: Choose the second download option.

Step Four: A dialog box will open asking if you want to view the video or save it. Check "Save" and click OK. This will open a Windows Explorer window where you will designate where on your computer you'd like the video to be saved.

Finished: Once the download is finished you should be able to find the video in the location on your computer you saved it to.

