

If you prefer to view this in your own software after downloading, to use features in [Real Player](#) or similar applications you can do so.

If you have [Real Player](#) and you hold your mouse over the right corner of the video, a popup will appear to allow you to download the video. It is stored as a flash file. (.flv)

When the slider bar has had enough time for the streaming video to download data ahead of the playing of the video you will be able to move (jump) the slider ahead or back. Please keep in mind these videos are VERY large 175-250 MB they will take a very long time to download depending on your internet speed.

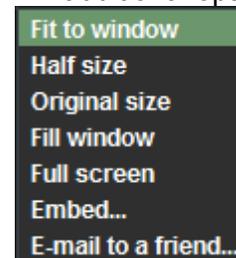
Below is an example of how the slider bar changes darker when data is being downloaded ahead of the current position.



↑ Notice how it is darker.

🖥️ click this symbol for Full Screen

☰ click this symbol for additional options.



When your bar becomes darker you can jump as far ahead as the data has downloaded.

If you want to get to meeting that is at the end of the recording you can download the file and play in your own player or you can leave the page open and it will download the whole video into memory as long as you keep the window open.