

Quick Guide on how to burn a CardioMixes NonStop Music Mix in iTunes



1. Download your Zip File
2. Unzip it to your Music Folder

Desktop folder where you keep your music organized.

3. Find and DRAG/DROP your Music Mix folder to the Playlist area in iTunes

Name	Time	Name	Genre
1 [x] Track 01	4:26	Hits! FREE Mixed	Fitness/Aerobic
2 [x] Track 02	3:27	Hits! FREE Mixed	Fitness/Aerobic
3 [x] Track 03	4:11	Hits! FREE Mixed	Fitness/Aerobic
4 [x] Track 04	5:40	Hits! FREE Mixed	Fitness/Aerobic
5 [x] Track 05	4:11	Hits! FREE Mixed	Fitness/Aerobic
6 [x] Track 06	4:26	Hits! FREE Mixed	Fitness/Aerobic
7 [x] Track 07	4:41	Hits! FREE Mixed	Fitness/Aerobic
8 [x] Track 08	4:41	Hits! FREE Mixed	Fitness/Aerobic
9 [x] Track 09	3:42	Hits! FREE Mixed	Fitness/Aerobic
10 [x] Track 10	4:55	Hits! FREE Mixed	Fitness/Aerobic

4. CD tracks will show up here. Press PLAY and let them play & see / hear how the tracks change & the music plays nonstop!

5. Press BURN DISC

6. See BURN SETTINGS box

7. Select a slower speed to Burn like 16X to playback better on older CD players

8. Set GAPS BETWEEN to "None"

9. Click BURN

10. Your CD will eject when done

11. Go teach your class!

Don't Select Sound Check or CD Text

3. Find and DRAG/DROP your Music Mix folder to the Playlist area in iTunes

1 objects selected

Make Friends! Have someone that knows help you the first time