

“Painless Gains” Interactive Ergonomics Program

DIRECTIONS:

The Painless Gains Interactive Ergonomic Program is designed to run with Windows Media Player. If you have QUICKTIME set as your default, this program will not run successfully.

Please note the directions below to change your settings to **Windows Media Player**:

From your Windows Desktop choose:

START > PROGRAMS > QUICKTIME > QUICKTIME PLAYER >

EDIT > PREFERENCES > QUICKTIME PREFERENCES >

BROWSER PLUG-IN > MIME SETTINGS BUTTON > +AUDIO > UNCHECK WAVE AUDIO FILE > OK.

[PAINLESS GAINS INTERACTIVE ERGONOMIC PROGRAM - FOR PC](#)

[PAINLESS GAINS INTERACTIVE ERGONOMIC PROGRAM - FOR MAC](#)