



EXTREME WEIGHT LOSS

"Meredith" - Meredith was adopted by a loving couple who eventually had another daughter naturally. The only one in the family with weight challenges, Meredith struggled to fit in. She hopes to lose weight to gain confidence to reach out to her birth mother. During his year with Meredith, Chris Powell helps her contact her birth mom, which ends with a surprising revelation.

Tuesday, June 4, 8:00 p.m., ET

➔ Photography



NEW PHOTOS



NEW VIDEO



SHOWS



PRESS RELEASES



PREMIERE JUNE 23, 9:00 P.M., ET



PILOT SHOWCASE



EMBED VIDEO CODE

M	T	W	TH	F	SAT	SUN
Jun 4 Full Schedule >						
8:00 PM EXTREME WEIGHT LOSS						
10:00 PM BODY OF PROOF						
11:35 PM JIMMY KIMMEL LIVE						

Video Access

In order to view video content on ABC Medianet, you must be a registered user and have video access. To request video access, click on the register link at the top right of the page and select "video access" on the registration form.

Navigation To Video Section

From the ABC Medianet front page, click Video on the top navigational bar. In addition, you may access the video for a specific show by going to that show's page. If there are available video elements, a Video tab will be available.

Shows Photos **Video** Audio Schedule Press Releases Executives Contacts

Lead Photos Press Release **Video**

Rookie Blue

Thursdays, 10:00-11:00 p.m., ET

Upcoming Episodic Materials:

photos videos releases

None available. Check back soon.

"Rookie Blue" is a one-hour, original dramatic series that provides a candid look at a group of young and ambitious rookie cops who continue to navigate the emotional trials and tribulations of their professional and personal lives. After three years on the job, these rookies are well on their way to becoming experienced officers, but at what cost? It's been six months since Andy McNally and Nick Collins left for their undercover operation. We return to 15 Division with them - and quickly realize that everything seems to have changed. as the fourth season premieres.

Video Summary Page

The central box serves as an overview of which shows currently have video content available. You can browse which shows have video content by clicking Next or Previous at the bottom of the central box.

The section on the right divides up the content and allows you to browse by type. Click the blue arrow next to the section you wish to expand.

Clicking on a show in the central box takes you to that show's Video Summary Page.

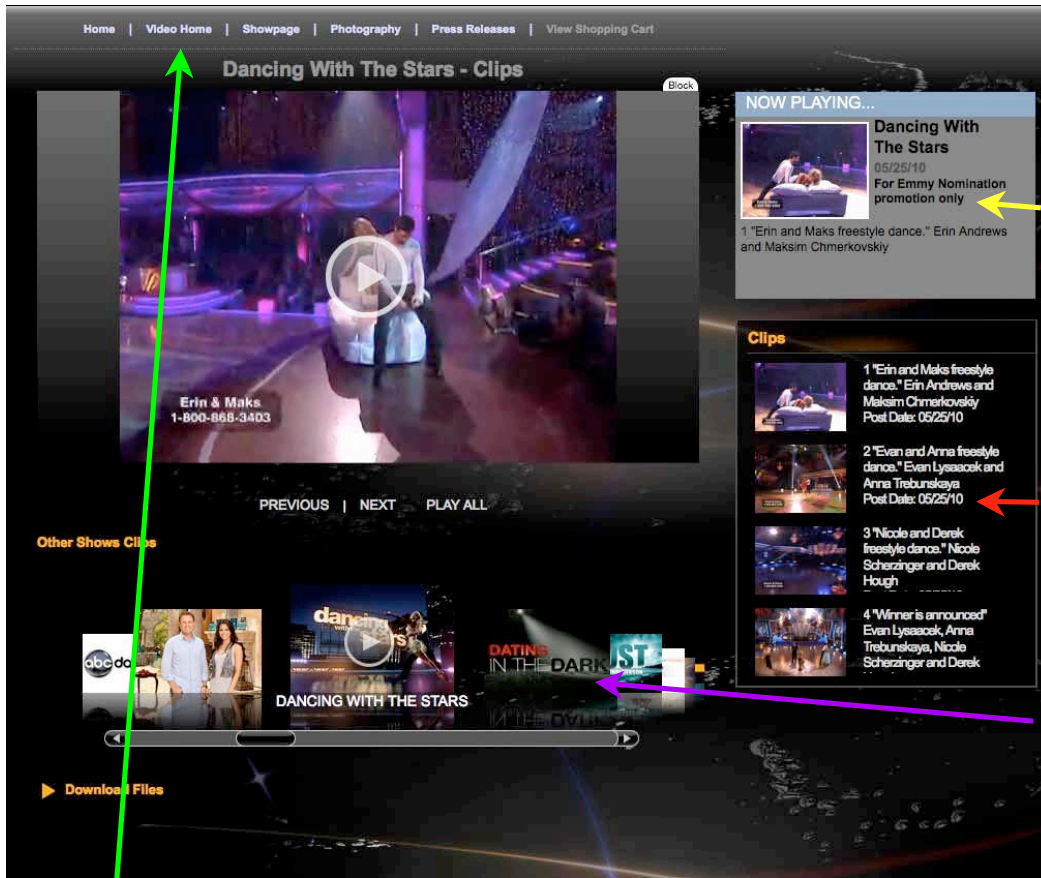
The screenshot displays the abc medianet VIDEO interface. At the top left is the abc medianet logo, followed by a search bar and a "Search" button. The word "VIDEO" is prominently displayed in the top right corner. Below the search bar, there are links for "Home" and "Help". The main content area features a grid of nine show thumbnails, each with a title below it: "THE BACHELORETTE", "BACK IN THE GAME", "BETRAYAL", "DANCING WITH THE STARS", "EXTREME WEIGHT LOSS", "FAMILY TOOLS", "GOLDBERGS, THE", "JIMMY KIMMEL LIVE", and "KILLER WOMEN". A "Next" button is located at the bottom center of the grid. To the right of the grid is a vertical navigation menu with blue arrows pointing to the following categories: "Screeners", "Clips", "Soundbites", "B-Roll", "Featurettes", and "Music Videos".

Disclaimer

Property of American Broadcasting Companies, Inc. The clip material available on this site is provided for promotional use only. CLIPS are cleared for use up to the stated airdate of the program from which they are excerpted. SOUNDBITES and B-ROLL are cleared until the end of its season. Use beyond the stated date and timeframe is prohibited.

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Video Show Summary Page



The newest video content will automatically play.

The section on the top right displays information about the clip that is currently playing, including date the video was posted, restrictions, if any, and the description of the video.

The section on the bottom right displays all other available video content for the show you have selected.

The section below the video displays other shows with video content related to the type currently playing. Use the scroll bar below to navigate.

Above the clip is a quick navigation menu. Click Home to return to the home page of ABC Medianet. Click Video

Home to return to the Video Summary Page. Click Photography or Press Releases to view the photographic and press release content related to the show you've selected. If you've added clips to download at a later time, click View Shopping Cart to view the list. Further details about the Shopping Cart can be found in the Downloading Files section.

Playing A Video



To play a video, click the play button in the center of the video.

You may also click the play button on the bottom left of the video. When the video is playing, this button will turn into the pause button which you can click to pause your video.

This is the progress bar. The white circle indicates your position in the video. You may click anywhere along the bar or drag the circle to the part of the video you wish to go jump to.

The timecode and length of the video are displayed next to the progress bar.



This bar controls the volume. To adjust, click anywhere or drag the circle to your desired volume, with far left being 0% volume and far right being 100%.

To mute the sound completely, click the speaker icon to the left of the bar. If the sound has been muted successfully, the speaker icon will show a red line through it. Click the speaker icon again to unmute the sound.

To view the video full screen, click this box. To exit viewing full screen, click the box again to return to normal view or hit the ESC

or "escape" key on your keyboard.



After a clip has finished playing, you will be given the option to view it again. To do so, click Play Again.

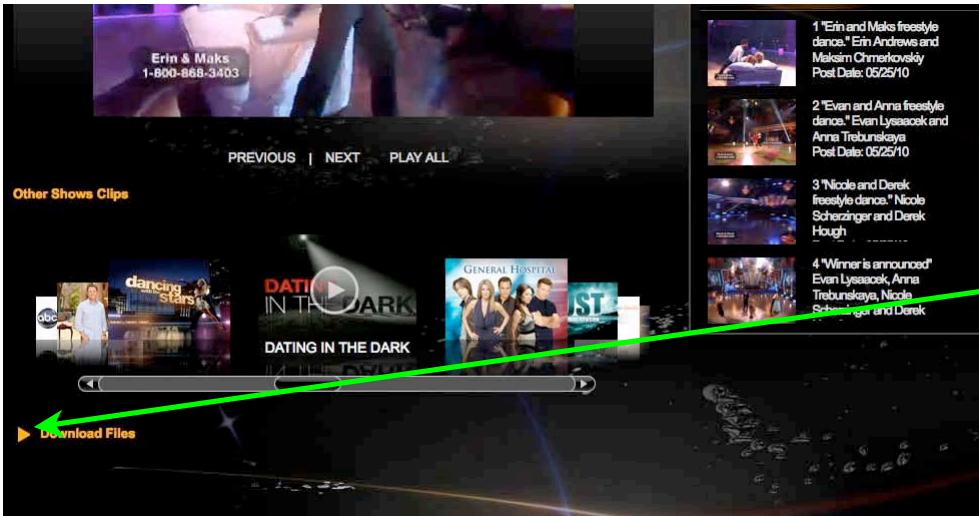
If you wish to view any of the other videos available for the show you've selected, click on any of the videos in this section.

You may also navigate the clips by clicking NEXT or PREVIOUS.

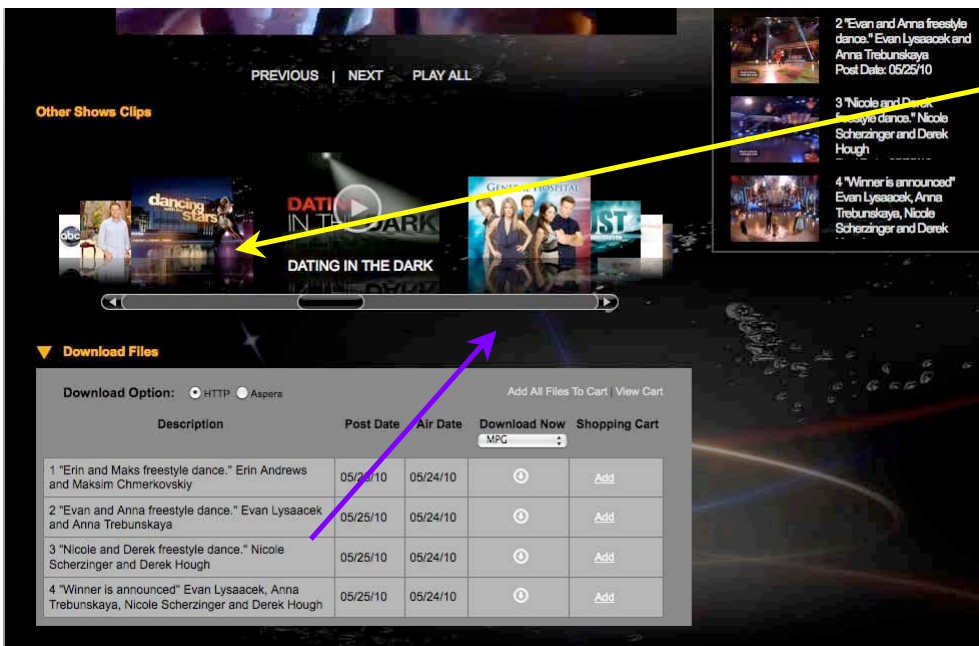
To view all of the videos, one after the other, without having to click them

individually, click PLAY ALL. After one video ends, the next one will play until it reaches the end, at which point the playlist will begin again. You may click NEXT and PREVIOUS to navigate the videos as they play when using this feature as well.

Downloading Files



options: HTTP or Aspera.



different options for downloading files: MPG, ProRes, DV25-MOV, h264, dnxhd, ProResHD, and h264HD. Using the drop down menu, select the file type you are looking for. Note: Videos may not be available for download in all file types.

The following formats are available in standard definition:

MPG - 25 Mbit 640x480 mpeg2 - For non-standard editing platforms and DVD authoring

ProRes - For Final Cut and various editing systems

DV25-MOV - 25 Mbit 720x480 29.97i Quicktime - For legacy-Avid editors and news broadcasters

h264 - For other broadcast or web delivery platforms

The following formats are available in high definition:

dnxhd - 145 mBit 1080i 29.97 (Quicktime wrapped) - For Avid

ProResHD - 145 mBit 1080i 29.97 - For Final Cut

h264HD - 8Mbit 1080i 29.97 - For other broadcast or web delivery platforms

If you are approved for video download, you will see at the bottom of the video summary page the Download Files section.

Clicking on the yellow arrow will expand the section, giving the option to download available clips. Follow these steps to download a file:

1. Delivery Method

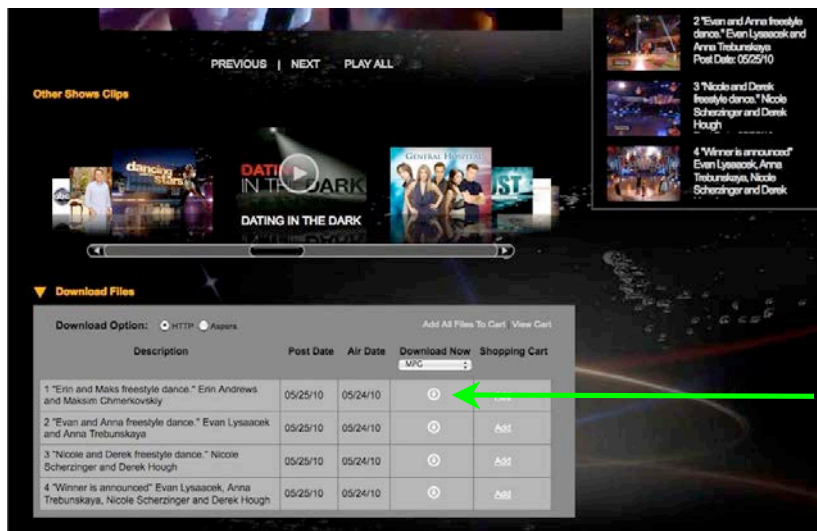
To begin downloading, you first must select how you wish to transfer the files to your computer. The two

HTTP allows you to download a file through your browser. This is the traditional way files are transferred to your computer through various websites.

Aspera refers to Aspera Connect, a plug-in for your browser that speeds up downloading files. In order to use this option, you must have Aspera Connect installed on your computer. To download Aspera Connect or for support and more information, go to www.asperasoft.com/downloads/connect

2. File Format

Select the format in which you want your clips. Currently, there are 7

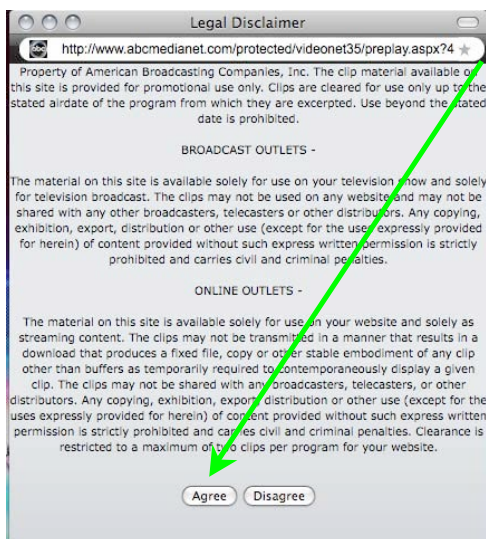


3. Selecting Content

After determining delivery method and file type, select which clip or clips you'd like to download. The clips available for download correspond in order and number to the clips available to view. A description, the date the video was posted, and the corresponding airdate are provided.

4a. Downloading Individual Files

To download an individual file, click on the white circle with an arrow in the middle under the Download Now column.

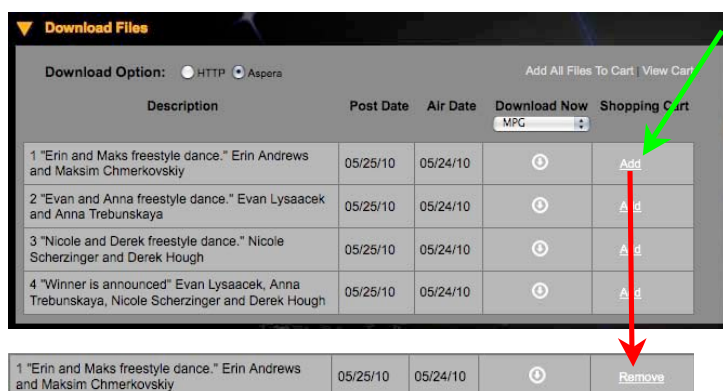


A pop-up window with a legal disclaimer will appear. After reading and agreeing to follow the guidelines, click Agree at the bottom of the window.

Doing so will begin the download process. If you've selected HTTP as your method of transfer, a download dialog window will appear asking if you wish to open or save the file. Click Save and select the location where you'd like the file. If you've selected Aspera Connect as your method of transfer, the Aspera Connect window should open and proceed with the download. If Aspera Connect does not open, consult Aspera support.

4b. Downloading Multiple Files

If you want to download more than a few files at once, you should consider using the shopping cart. You must have Aspera Connect installed to utilize this feature.



To place a file in your shopping cart, click on Add under the Shopping Cart column on the far right of the Download Files section.

If the file was successfully added to your cart, the word Add should change to Remove. Click Remove to take it out of the shopping cart.

You may add other types of videos from other shows to your shopping cart.

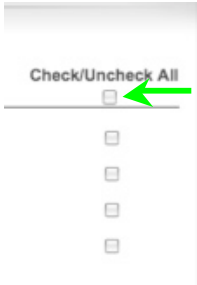


shopping cart, View Shopping Cart will be colored purple like the other items on the menu. If it is empty, it will be grey and you will receive a message that your cart is empty if you click on it.



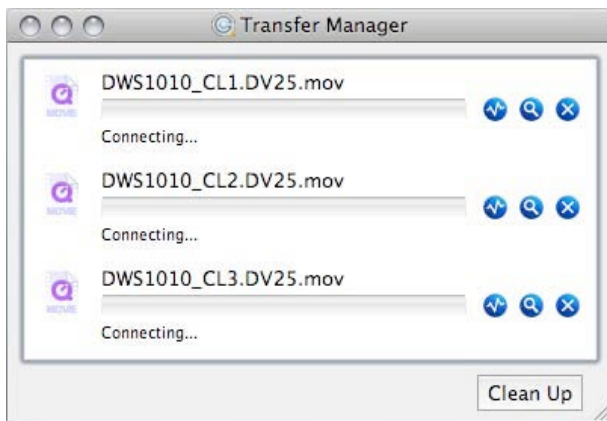
format selection is identical to the method used for downloading individual files. All videos will be downloaded in the selected format.

If you wish to download everything, you can manually click the box next to each clip or click on the Check/Uncheck All box. Clicking this box will select every video. Clicking again will deselect everything. Note: A check box will not appear when unavailable formats are selected.



Once you have selected the clips you wish to download, the Aspera Connect Transfer Manager will appear and the downloads will commence. Another window may appear asking for permission for Aspera Connect to access your computer; approve its access to successfully download the videos.

The progress bar visually represents how much of the file has been downloaded.



The status of the download will change from Connecting to Downloading and, upon completion, Done.

More download and speed details can be found by clicking the Transfer Monitor button (Wavy Lines).

To locate the file on your computer, click on the Show button (Magnifying Glass).

Finally, if you wish to cancel the download, click the Cancel button. Once the download has completed, this button is unavailable (X).

If the downloads do not begin or you receive an error when viewing the Shopping Cart, check to make sure Aspera Connect has been correctly installed. If you need help from Aspera, consult their support at http://asperasoft.com/en/support_sections.