# How to Use the One Button Studio

## Step 1.
Insert your USB drive into the dock to begin which turns on the studio lights and the camera.

## Step 2.
Adjust desk height to ensure camera is at eye level.

## Step 3.
Select the background layout you want. There are four options:
- A. a green screen background,
- B. the Quad background,
- C. a picture in picture which enables both you and your PowerPoint to the visible on screen,
- D. a PowerPoint and audio only option.

## Step 4.
When you are ready to record stand on the red feet or behind the yellow line and press the pedal on the floor.
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<td>Once you are finished recording, wait a few seconds and press the foot pedal again.</td>
<td>Finally, when you are prompted, remove the USB.</td>
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