How to use the Mult-box (press feed)

Unzip the top of the mult-box

Pull out the blue and black power cable
Plug in the power cable

The red power light should be on

Plug in the mic
Plug the mic into the input

When you speak into the mic you should see the VU LEDs light up green.
Plug in another XLR cable into one of the outputs (the outputs are LINE level).

The other end should go into your recorder. Set your recorder's input to handle line level.