Power on and load the SDHC card into the card slot.

On the LCD click on "Setup".

Click on Media Select.
Choose the Memory Card (the SDHC card) as the media to use to record and playback on the SDHC card. Choose Int. Memory if you want to use the hard drive in the camera.

If you change the camera may take a second to adjust so click OK

Go to >Menu>Setup> Format
Choose to format the Memory Card or Int. Memory or you can format both one after the other.

Choose to format "OK"

Put the camera in 3D mode
Go to >Menu>
Camera/Mic

Set to 24p for a film look

Record using the Start/Stop button
When finished power off the camera and eject the SDHC card.

Or if you want to get the footage off the camera if you saved internally connect the Grey "Mini USB" to the computer.

Connect the other end to your laptop or CPU.
Camera will display USB Connect

Click on USB connect

The camera will connect and mount on to your laptop

Will show up as a Storage device called "No Name"

You can then copy off the AVCHD media to your computer or hard drive for editing
To unmounts press the "X" USB Connect

Choose Yes to disconnect

To Edit the Files use the following wikidoc - Click here:

AVID - Stereoscopic 3D Workflow for AVCHD recordings