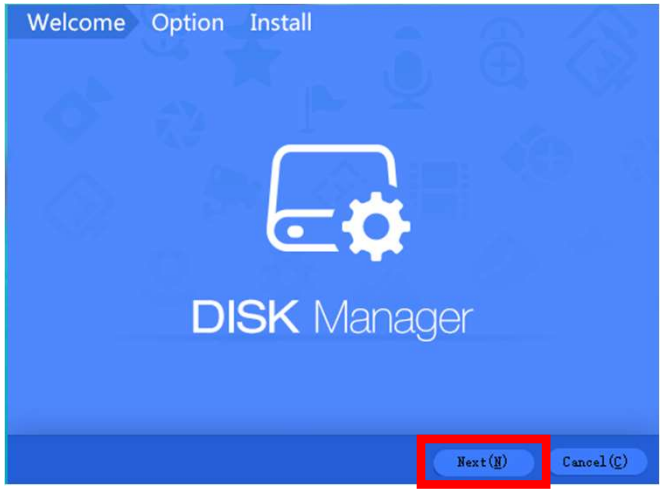

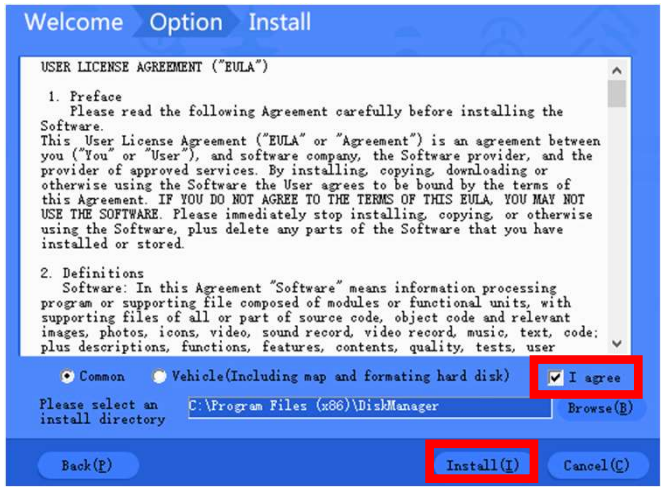

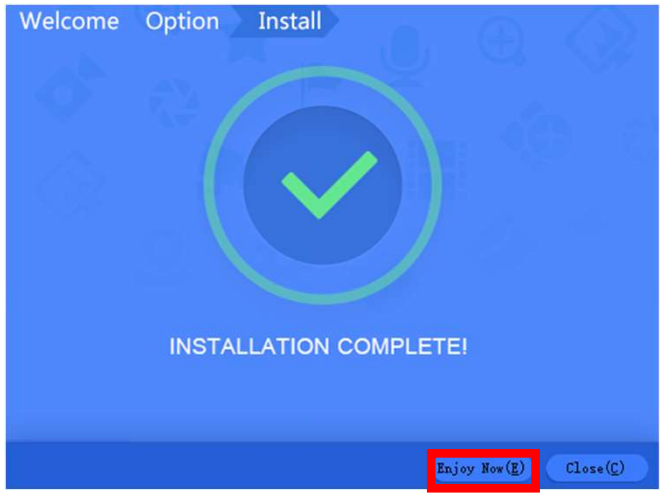

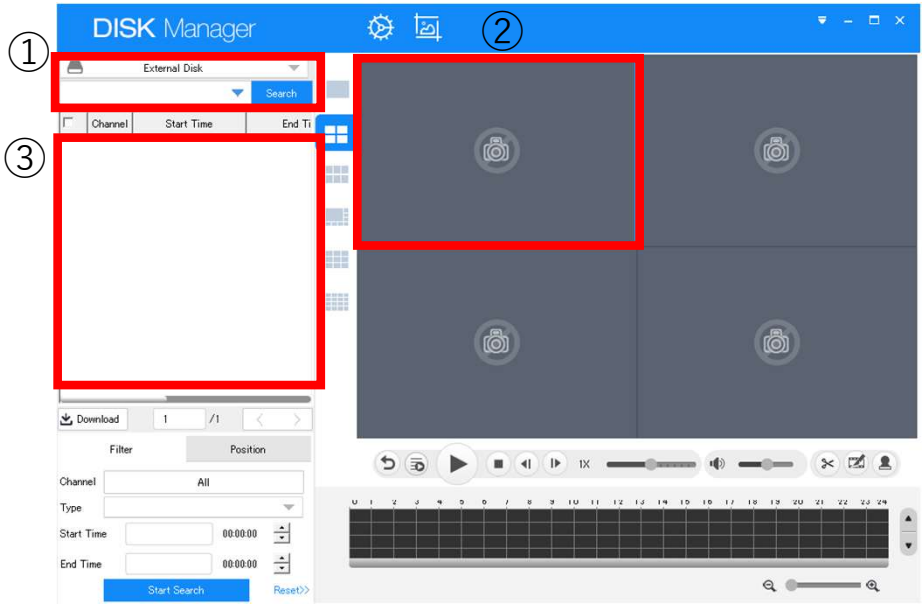

① ExternalDiskを選択
② 枠を選択
③ リストから対象の録画をダブルクリック