Step 1 : Check java is installed on your system

                java -version

How to install java on windows
https://youtu.be/FqpmH8MVO6A?list=PLhW3qG5bs-L_qj1L5hnHvJYeFpQ_g4UuU

How to install java on mac
https://youtu.be/NSvtis2fGlA?list=PLhW3qG5bs-L_qj1L5hnHvJYeFpQ_g4UuU

Step 2 : Download Jmeter from internet
                http://jmeter.apache.org/download_jmeter.cgi

Step 3 : Unzip and keep Jmeter folder at any location

Step 4 : Start Jmeter
            Windows - jmeter/bin - jmeter.bat

            | Mac - open terminal - jmeter/bin - sh jmeter.sh