The Arduino Workbench

Install this! **1**

http://arduino.cc/en/main/software
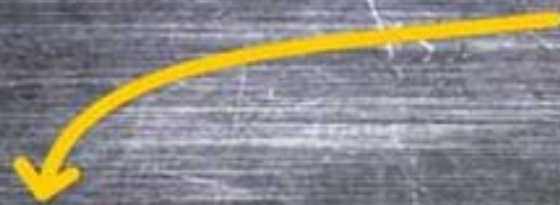
2 Do this!

Connect your Arduino to your computer

Load and run this! **3**

File -> Examples -> Basics -> Blink