Download video files with Firefox

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Recently I needed to download 2 videos from vbox7 , a youtube like site for Bulgarians.In order to achieve that I followed a tutorial online which suggested the usage of a Firefox plugin called "Download Helper".All that's needed to use the plugin is download it from Here .Then click on the new moving icon which should have appeared in your FF and then click on the derised video you wanna download,you should have the link leading to the video. Enjoy :)END-----