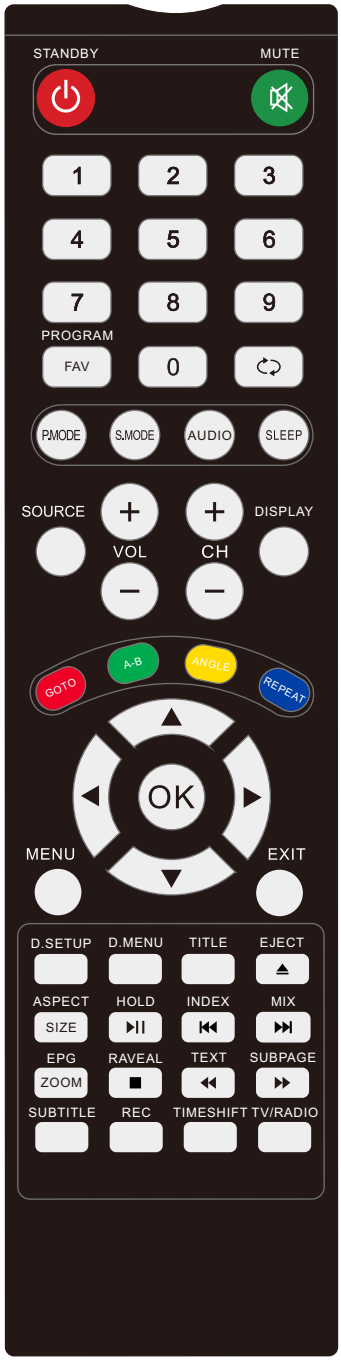

If this is your remote, press the source button, select media, then select the movie icon

Depending on the format of movies (avi, mkv etc) it may let you play you movies