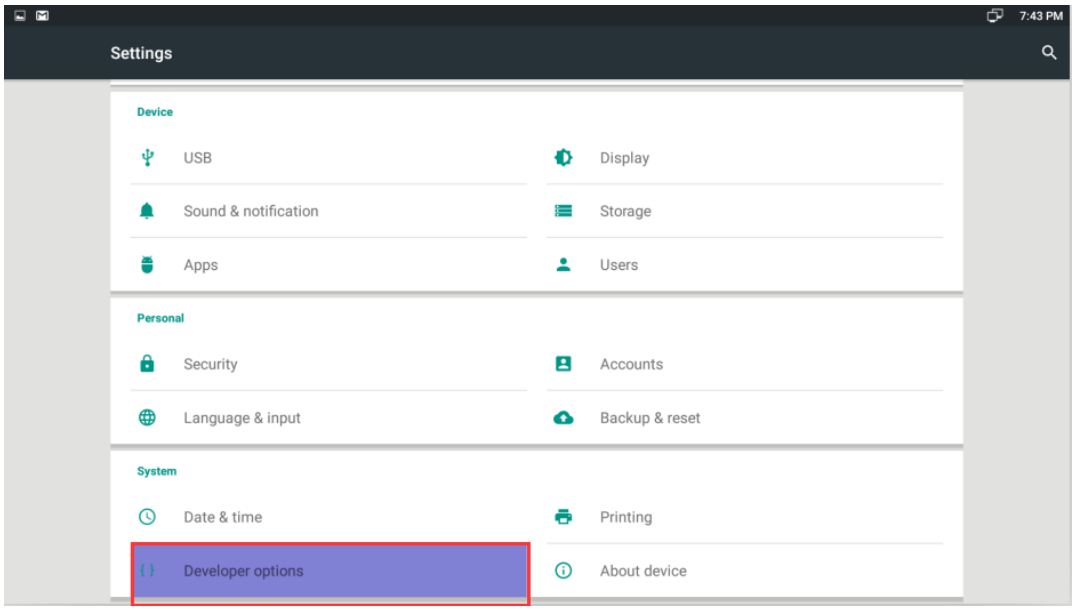
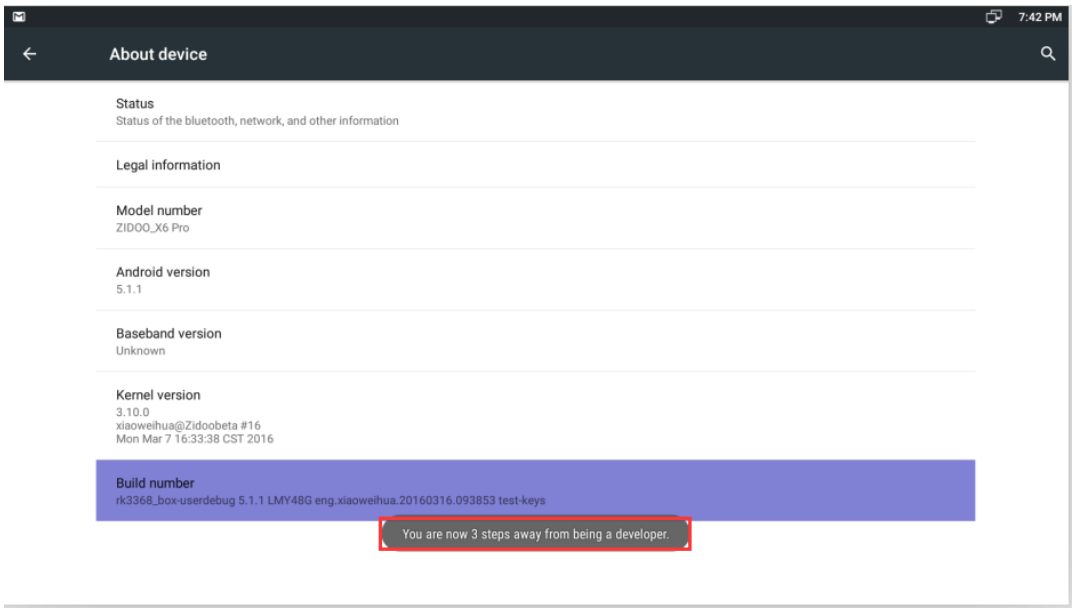
First setup android sdk,use the following guideline:

http://www.howtogeek.com/125769/how-to-install-and-use-abd-the-android-debug-bridge-utility/

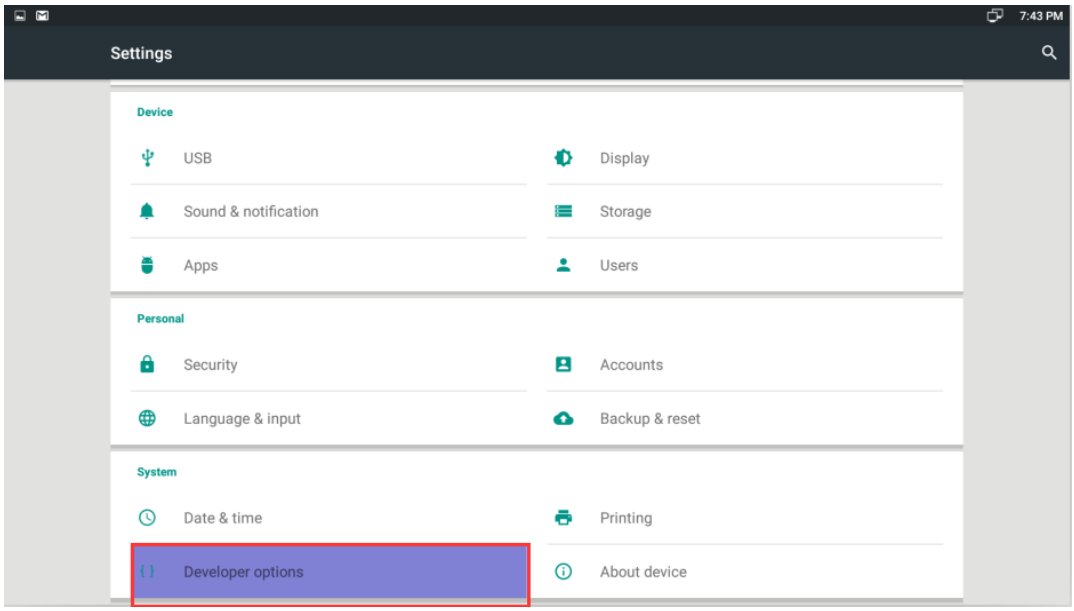
In the System Settings find the Developer options.If there isn't the option or the options not show,see step2 to enable the Developer options



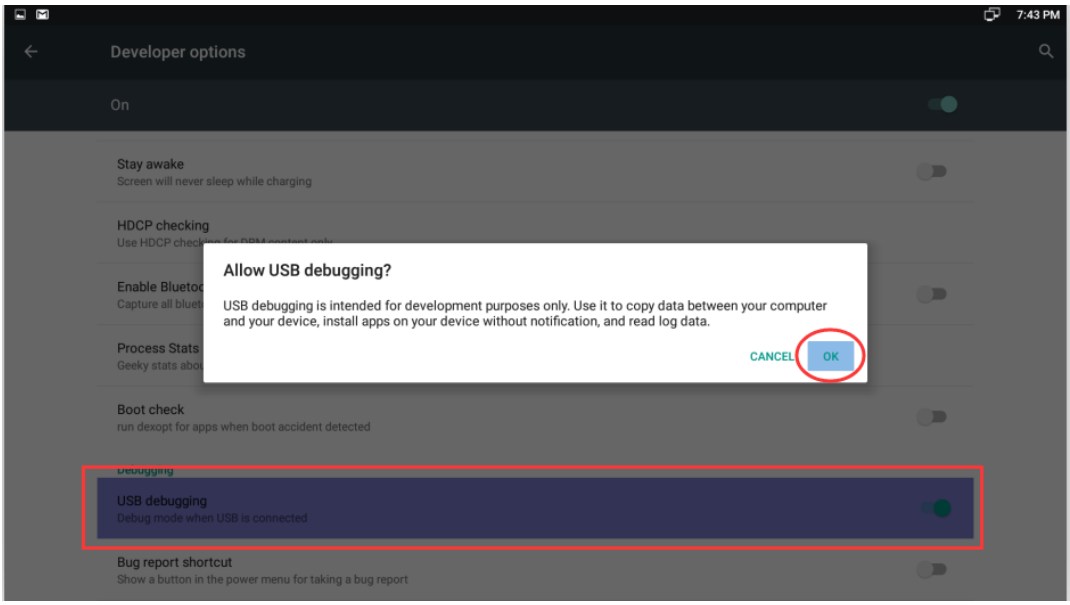
In system settings.find the About device->Build number and click on the Build number box seven times.



The Developer options will display on Settings now.



Open USB debugging and click OK.



You can access the adb options now,(if it doesn't work yet,please reopen the USB debugging again).

