Importing Animations from Digital Library into maya

1-Load up any version of maya (2018+)

2-Go to File> Import

3-Select any animation you want to work with off of the digital Library
(that you have downloaded)

4- This then loads up the animation in maya

5- Press play to watch the animation

(if the animation is playing very fast,
Right click play button and select Playback speed> Real-time)

6- If you want to watch it with geometry attached. Go through the same process, but import a character Tpose and it will just attach itself to the rig within the file.
(but it is not necessary)