1) Download mujoco200_linux from https://roboti.us/download.html. Unzip the file and drop it in Documents

2) Download the license file from https://roboti.us/file/mjkey.txt. Drop it in the bin folder inside mujoco in the previous step

3) Check if you have gcc/make installed. In terminal type make —version and gcc —version (— is two hypens). If you get the version number, you are all set. Else, install gcc/make. The instructions are here: https://linuxize.com/post/how-to-install-gcc-compiler-on-ubuntu-18-04/ You need to know the adminstrator password before you start. In terminal type
>> sudo apt update
>> sudo apt install build-essential

4) In terminal, navigate to the sample folder. Then type
>>make
In terminal, navigate to the bin folder. Then type >>./simulate ../model/arm26.xml
If everything worked fine then you should see a GUI open up and an arm moving. You are all set.

5) In mujoco we will edit xml (model files) (see folder model) and write C code (see folder sample). A good editor will help write both files. I suggest downloading and installing Atom, https://atom.io/