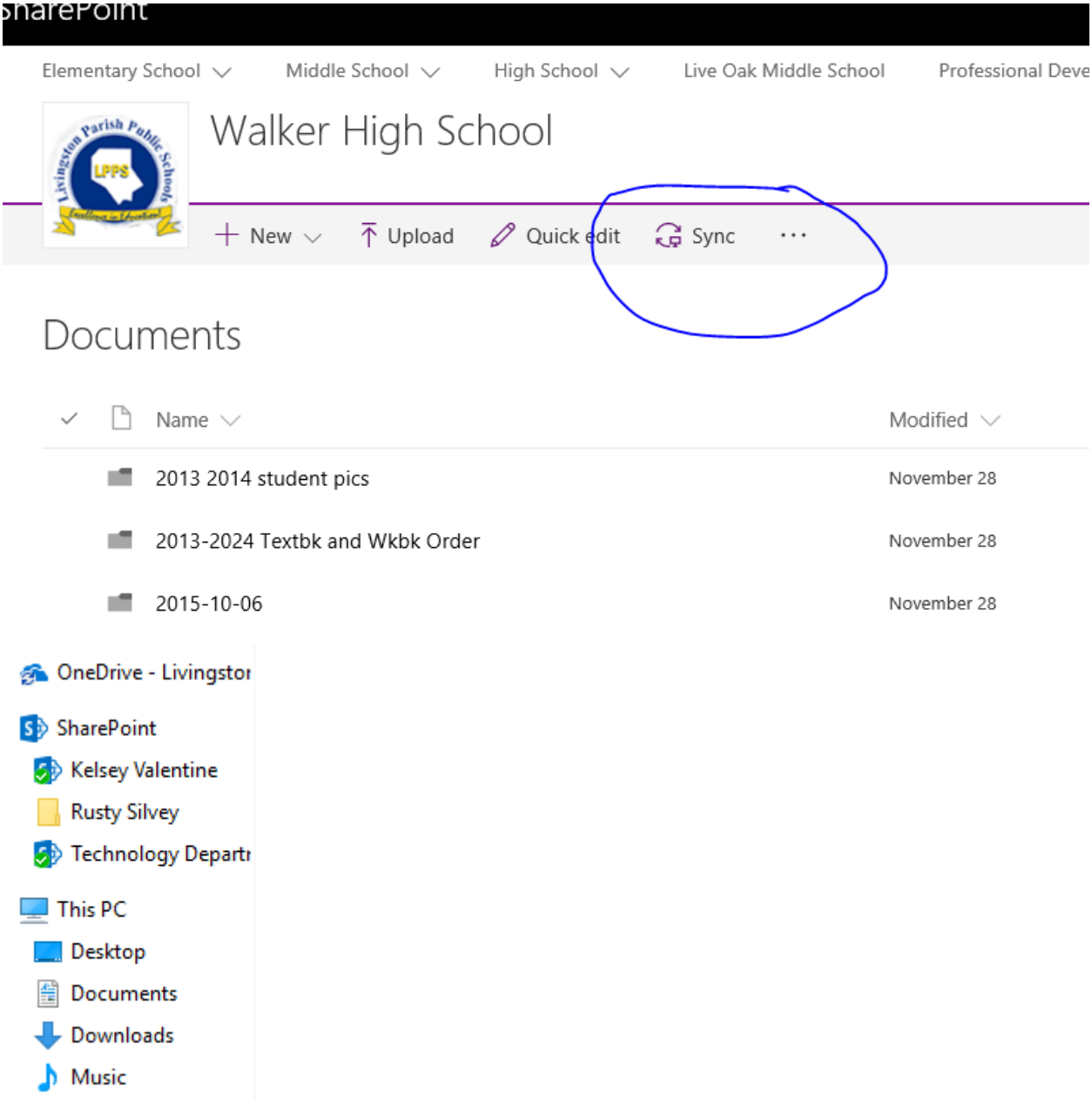
How to Sync a SharePoint Folder

When you are in the document section of your site – Click the sync option. This will allow your share point folder to show in file explorer.