

Video Compression Guide

How to shrink your video down to a more manageable size

If your video file is taking too long to upload or if it is larger than the allowable upload limit, this guide will show you how to compress your video down to a smaller size. This method works for both Mac and PC.

Step 1: Download MPEG Streamclip™ - it's free.

Go to <http://www.squared5.com/>

Download and install the version for your platform

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MPEG STREAMCLIP FOR MAC AND WINDOWS
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MPEG Streamclip: video converter for Mac & Windows

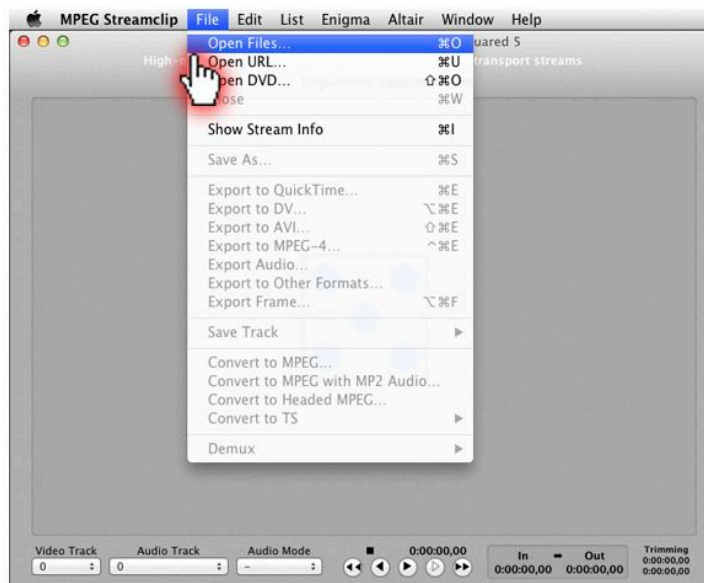
MPEG Streamclip is a powerful free video converter, player, editor for Mac and Windows. It can play many movie files, not only MPEGs; it can convert MPEG files between muxed/demuxed formats for authoring; it can encode movies to many formats, including iPod; it can cut, trim and join movies. MPEG Streamclip can also download videos from YouTube and Google by entering the page URL.

You can use MPEG Streamclip to open and play most movie formats including MPEG files or transport streams; edit them with Cut, Copy, Paste, and Trim; set In/Out points and convert them into muxed or demuxed files, or export them to QuickTime, AVI, DV and MPEG-4 files with more than professional quality, so you can easily import them in a DVD authoring tool, and use them with many other applications or devices.

Supported input formats: MPEG, VOB, PS, M2P, MOD, VRO, DAT, MOV, DV, AVI, MP4, TS, M2T, MMV, REC, VID, AVR, M2V, M1V, MPV, AIFF, M1A, MP2, MPA, AC3, ...

[Download Mac version](#) [Download Windows version](#)

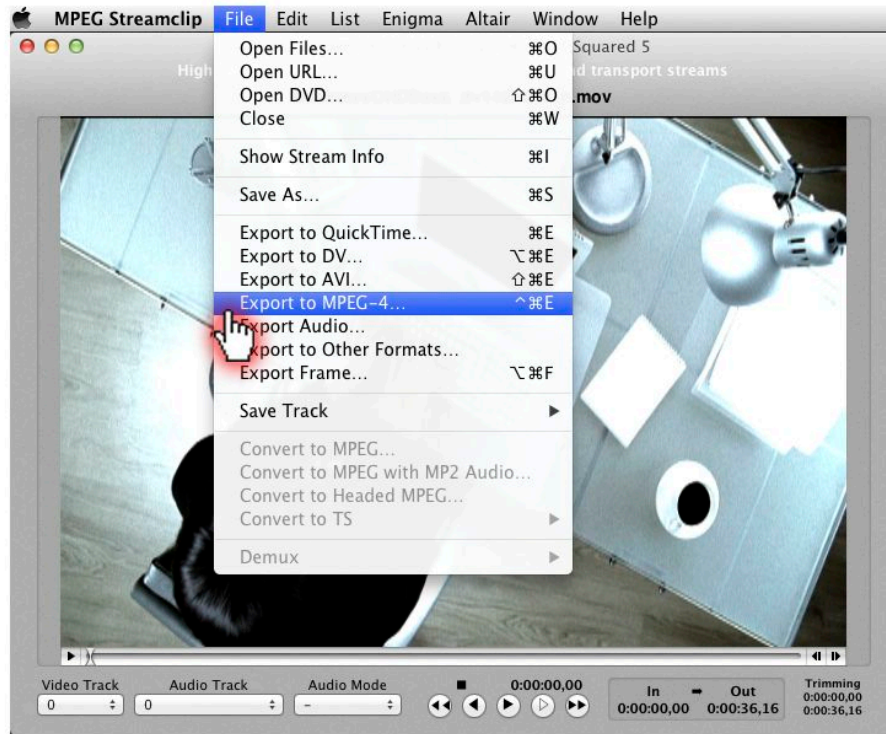
Step 2: Open your master video in MPEG Streamclip



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Step 3: In the File menu, select "Export to MPEG-4"



Step 4: Set the compression settings and then click "Make MP4"

