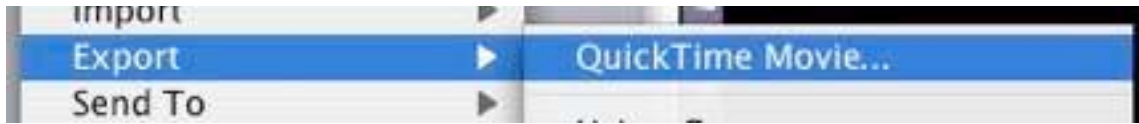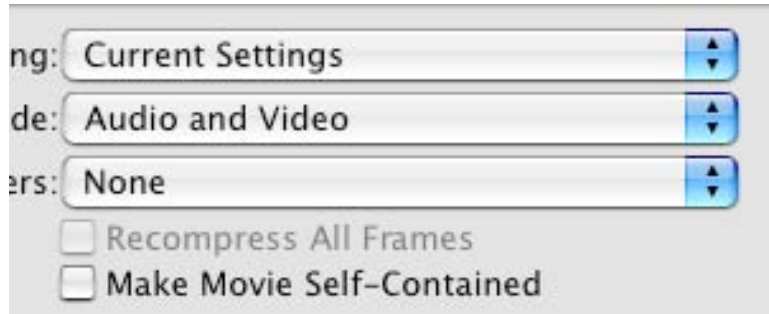### *Compressing QuickTimes for Web Download Using Compressor*

1. **Export a FCP QuickTime from completed timeline.**

2. **In Final Cut Pro export a QuickTime reference movie. Select the final cut**

timeline and go to >Export QuickTime Movie

3. **Use >Current Settings and make sure that "Make Movie Self-Contained is unchecked**

4. **Save to a local storage drive or personal drive.**

5. **Don't Save to the Macintosh HD or Desktop. This will slow down the process.**

COMPRESS THIS FILE USING "COMPRESSOR" SOFTWARE

6. **Open the "Compressor Software from applications folder on Macintosh HD**

7. **Import the QuickTime file that was just made into compressor. Click the "Add File" button and navigate to the location of the QuickTime. File will load into compressor.**

8. **To add the web compression settings click on >Window>Settings. To show the settings window.**
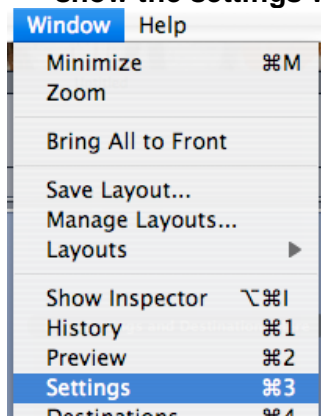
Compressing QuickTimes for Web Download Using Compressor

9. **In the settings window open the compression settings template to apply to the Quicktime. Click on >Apple>Other Workflow>Web>Download>QuickTime 7**


10. **Then select all the QuickTime 7 compatible settings and drag them up to the Project Window and drop them on the window where it is displayed to "Drag Settings and Destinations Here"**
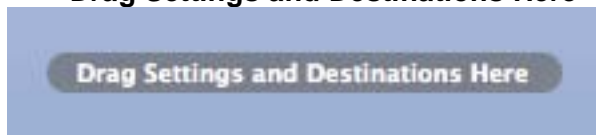
Compressing QuickTimes for Web Download Using Compressor

11. This will apply all the compression templates to the QuickTime loaded in the project window.

Drag and drop compression template files from the settings bin to the QuickTime settings drop box.
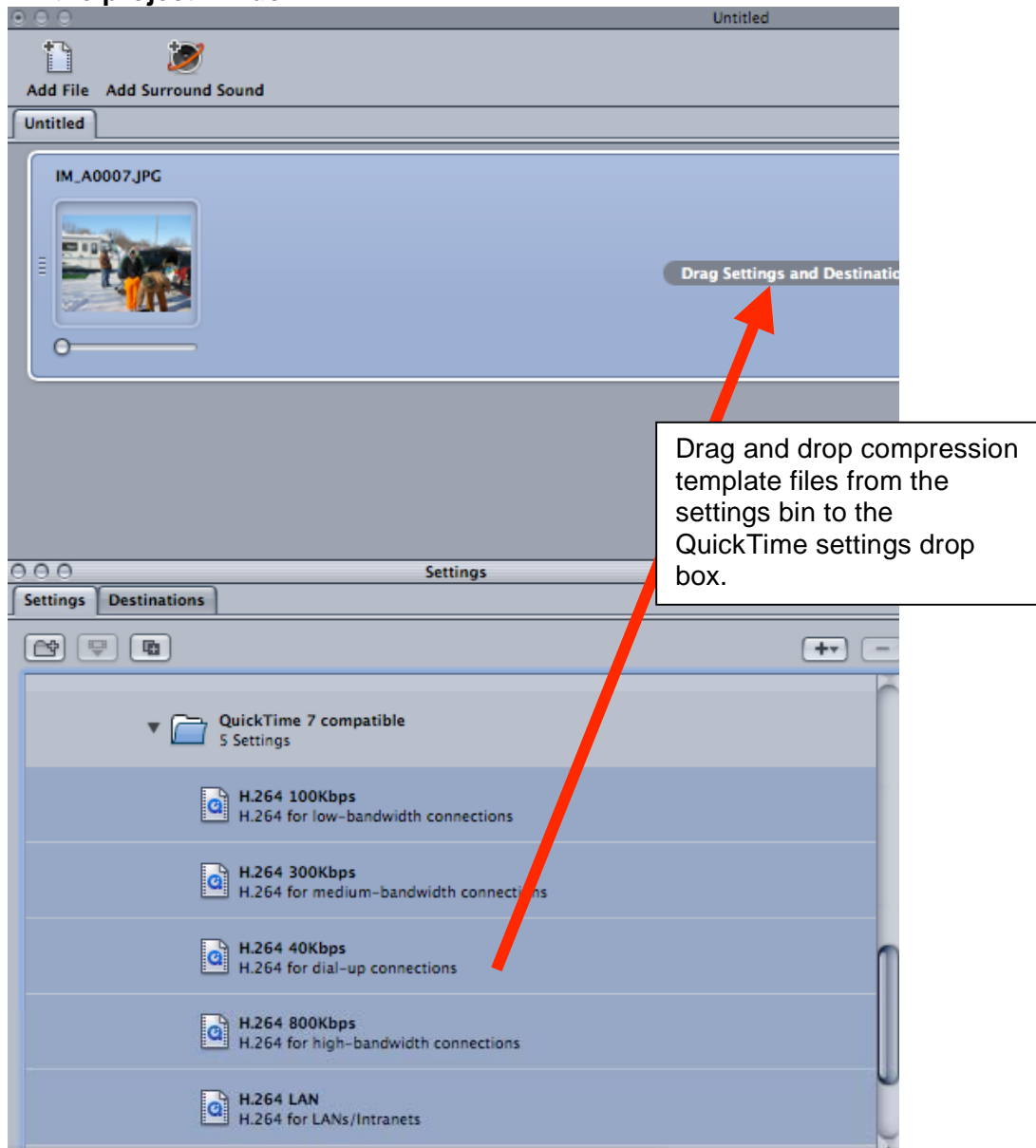
12. The compression templates represent the different kind of downloads that might be utilized by the end user. Before compression find out what type of Internet connections will be used so that the file is not too large or too compressed. If not sure then pick a compression scheme in the middle like "H.264 300Kbps" for medium-bandwidth connections. Below is a chart that explains the size of the files per 1 minute of video compressed with the compression schemes shown above.

Compression Ratio	Minutes	Size in KB	Total	
H.264 40K	1	312	312	
H.264 100K	1	750	750	
H.264 300K	1	2150	2150	1000K=1GIG
H.264 800K	1	11600	11600	1000K=1GIG
H.264 LAN	1	21700	21700	1000K=1GIG