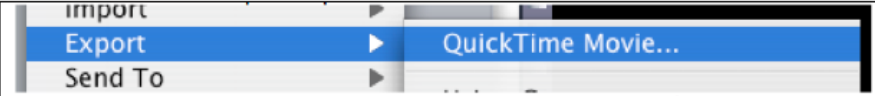
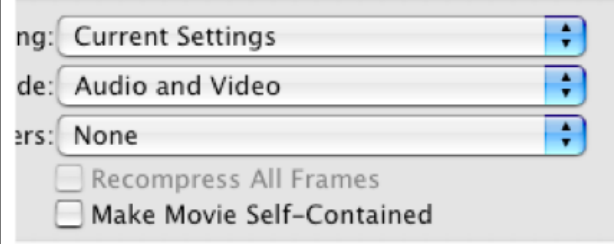


Adobe Encoder - H264 Encoding - Final Cut Reference File

• In Final Cut Pro export a quicktime reference movie



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

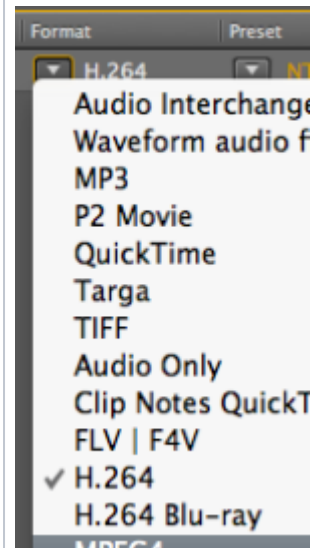


• Save to a local storage drive or personal drive. Don't save to the Macintosh HD or Desktop

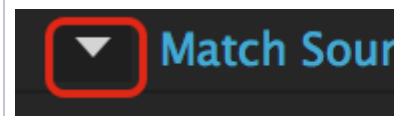
Open Adobe Media Encoder and click ADD>Navigate to the file you want to encode and select it



Click on the "Format" pulldown and select the H.264 setting

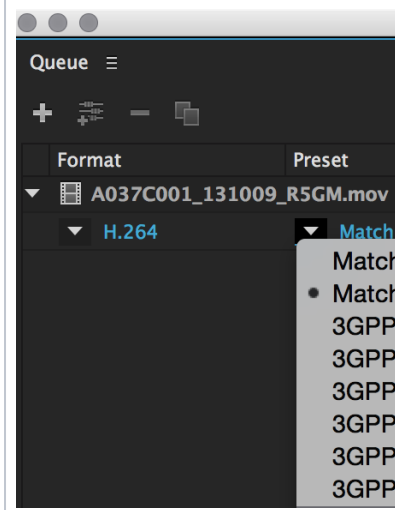


Then click on "Preset Settings" Disclosure Triangle



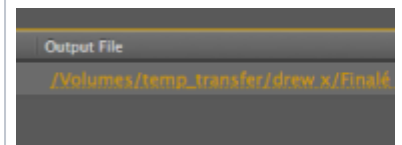
On the Preset select pulldown choose either:

- Match Source - High bitrate (10Mb/s = 75MB/min)
- Match Source - High bitrate (3Mb/s = 23MB/min)



Click OK

Then click on highlighted "Output File" path and select a place to save the encoded file



Then click Start Queue or the green Play button in the upper right hand corner of the window

