Adobe Encoder - Vimeo HD Encoding
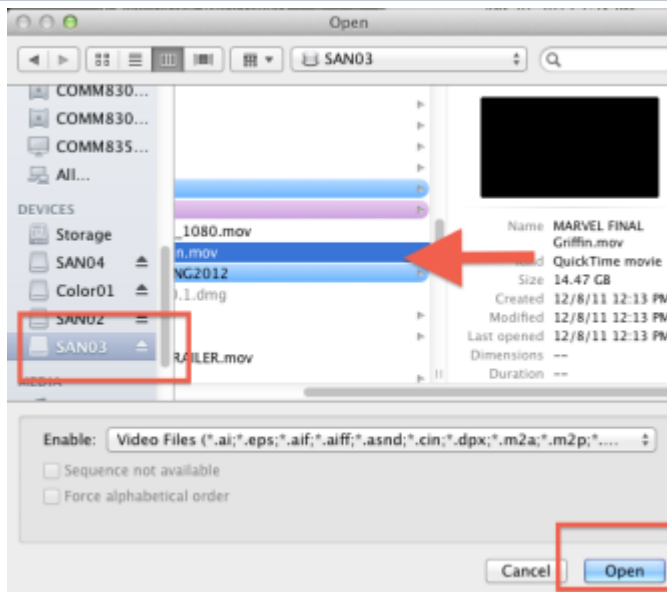
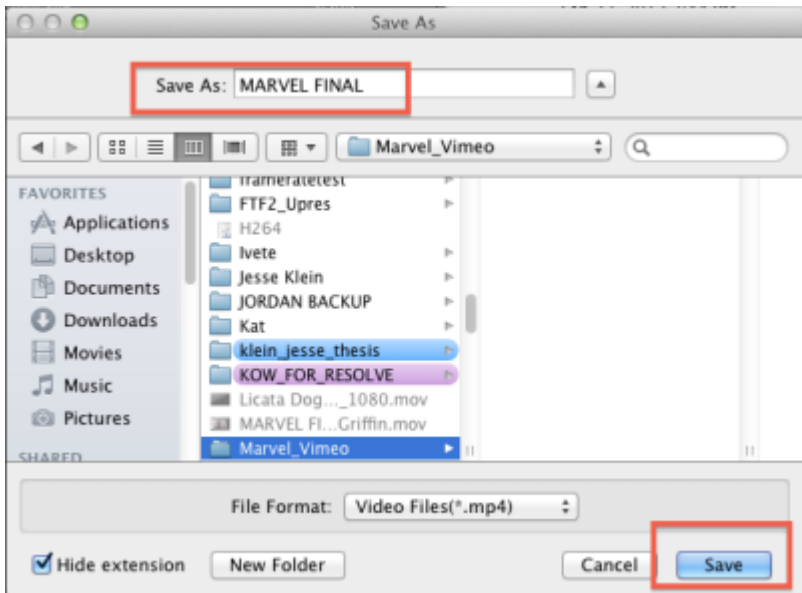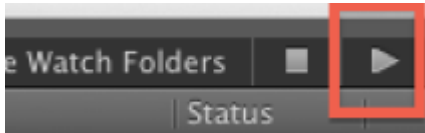|	
Launch Adobe Encoder Icon is in the dock or look for it in the Applications folder	
Click the "+" icon in the project window that opens or you can simply drag and drop your file to be compressed into the grey portion of the window	
After clicking the "+" icon, navigate to the file on the hard drive and click Open.	
When the file loads into the project window, click on the "Format" tab dropdown and click on "H.264"	
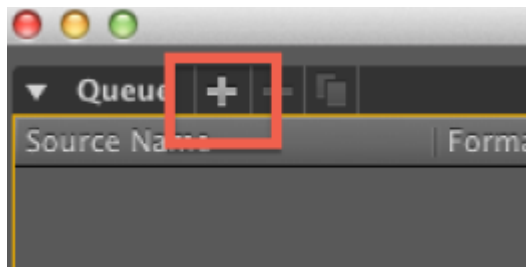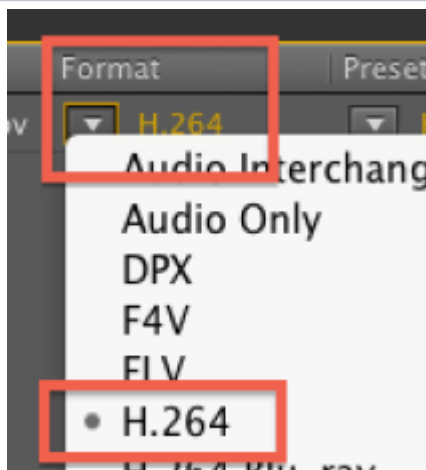
Next click on the "Preset" tab and scroll down the dropdown and select Vimeo HD

Click on the "Output" tab and choose where to save the compressed file	
Click on the "Play" icon to begin the compression	
The Current Encode window will show estimated time and processing information	