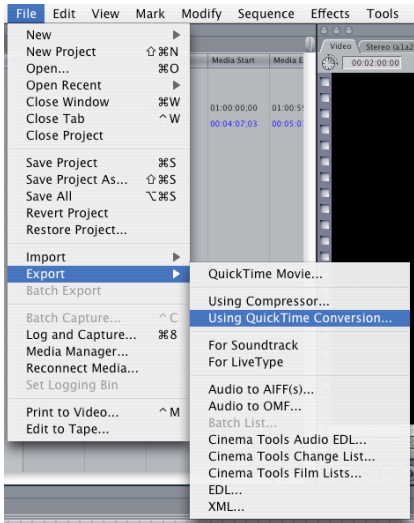
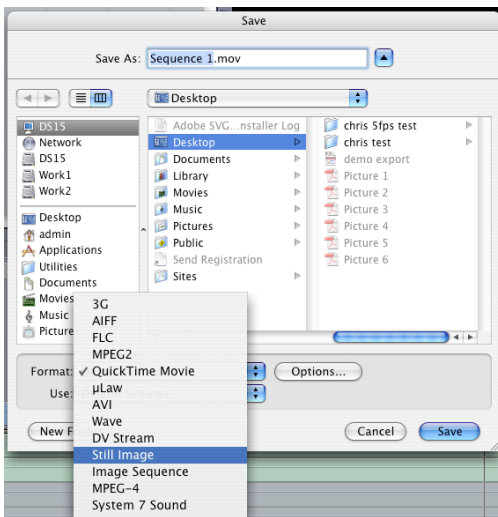


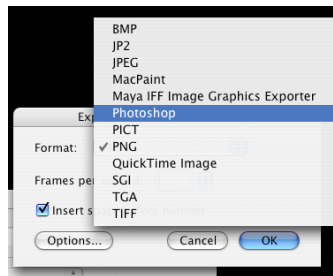
# Making images for the internet from a video



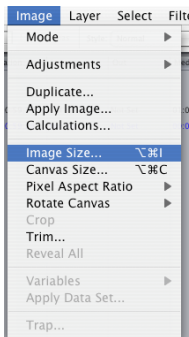
1. With the frame you want to use showing in the Final Cut Pro canvas window, go to *File > Export > Using Quicktime Conversion...*



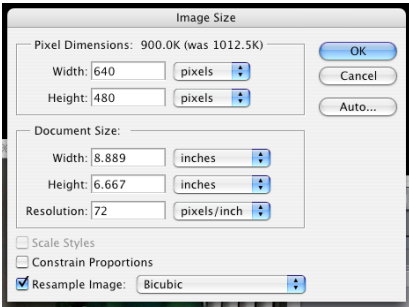
2. Select "Still Image" from the dialog box that appears, then click "options" and set the format to "Photoshop". Name and save your file.



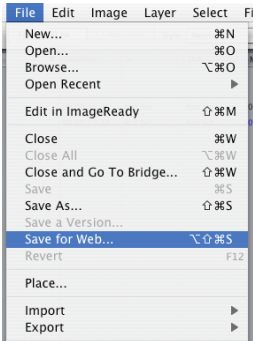
3. Open the file you just created in step 2 in Photoshop



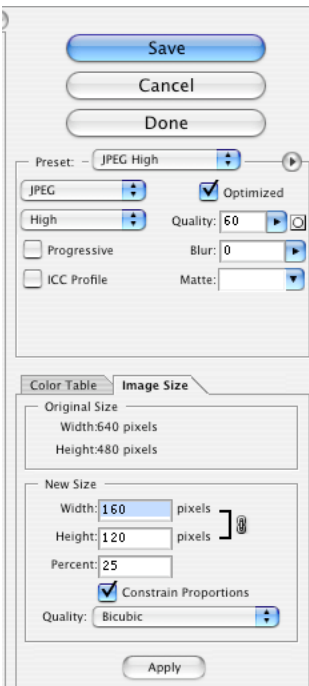
4. Go to *Image > Image Size...*



5. Uncheck “Constrain Image Proportions”, then set the image width to 640 pixels. Click “OK”

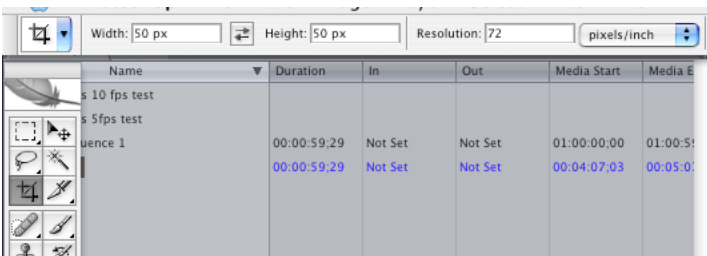


6. Choose *File > Save for Web...*



7. Click on the “Image Size” tab, and set the width (or height) to 160 pixels. The image should be no more than 160 pixels in either dimension, but may be less.

Select “JPEG High” as the preset, then click save and name your image/select save location.



8. Select the Crop Tool (highlighted) in Photoshop, and match the settings shown (50 px width and height, 72 px/inch resolution). Select a portion of your image, and press the return key to commit the cropping. Then choose *File > Save for Web...* as in step 6, and save as a 50x50 pixel image with “JPEG High” settings.