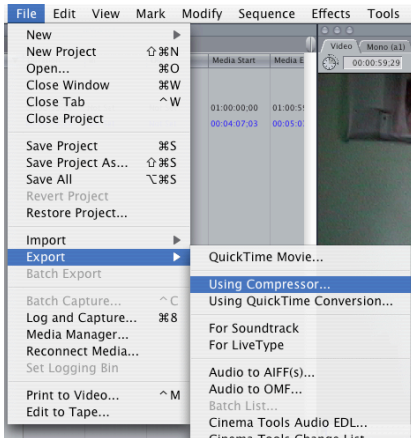
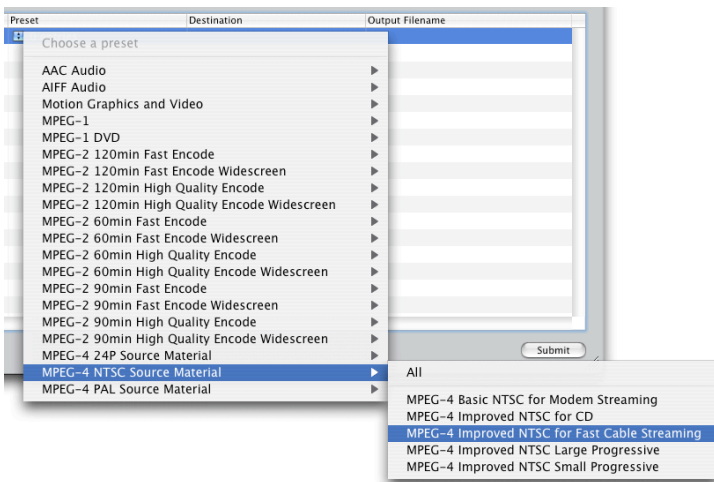


Getting video ready for the internet from FCP

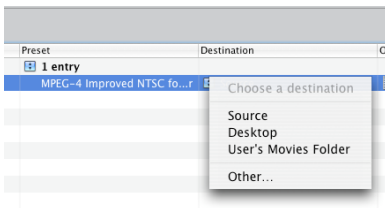


1. With the timeline selected in Final Cut Pro, go to *File > Export > Using Compressor...*

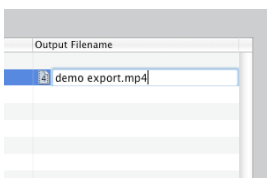


2. In Compressor, click on the blue arrows under "Preset" and choose *MPEG-4 NTSC Source Material > MPEG-4 Improved NTSC for Fast Cable Streaming*

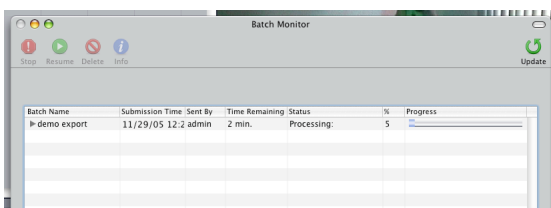
If using Compressor 2/FCP5 choose *Web Download (Quicktime 6 compatible) > MPEG-4 800Kbps*



3. Then under "Destination" choose *Other...* and specify where you want to save your movie file.



4. Click on the title below "Output Filename" and change it to your desired filename. Be sure to keep the ".mp4" extension.



5. Click "Submit" in the lower right corner of the Compressor window. You should see the Batch Monitor appear, and a progress bar showing how much of your movie has been exported.