

This video will demonstrate how to compress your video using Any Video Converter Lite.

Once you have your video file you may find that it's too big to upload to your designated area.

So you may need to compress it to check the file size of your video find the file on your desktop or on your thumb drive, right click on the file and on a Mac you're going to choose get info.

If you're on a PC you'll choose Properties which will be down in the bottom part at the menu but were working on a Mac so we are going to choose get info and you'll see somewhere it'll say the size of the file

So this files 750 megabyte which is going to be a pretty big file to upload to upload to a website so we'll want to compress it to compress it we're going to use a program called Any Video Converter Lite on a Mac

What you'll do is you're download that program right from the Mac App Store so we're going to open up the Mac App Store down here doc and we're just going to do a search appear in the box.

We are going to search for Any Video Converter Lite, Lite is the free version of the program and you'll notice here it is any Video Converter Lite says it's free so let's go ahead and click on it we'll see what version working in this version the newest version is 2.0.1

So we want to download this program so we're just going to click on the free button here that's going to say install app so we click install app and a no need to put in your Apple ID and password and it will begin to download now once it's done installing you'll notice it'll say installed here and then and now we can close this window down and we can open up the program to run to go up to the Macintosh hard drive icon in the upper right hand corner we're going to double click on that and then we're going to double click on the Applications folder and in this list you should see Any Video Converter Lite right here so we'll double click on it to open up this program close these windows out and by default you will see that the profile over here I'll be set for Apple iPhone 5s We'll want to change that so this is the output that the files going to be converted in so we want to change that so we click on this window here and it will come up and what we want to choose is we're going to click the custom video formats icon which is down here the more very last icon down here and in this list

You will choose customize mp4 video so we choose that and then you want to choose what output location where you want to file to be saved so for this purpose we're just going to leave it choose the desktop so it'll save right here out here on the

desktop and then we want to browse to where our video file is now there's two ways you can do this you can either go to add files and browse to it or if the files are just right on the desktop you can just drag it right into the window and drop it and that will add it in here so once we have our video up here we want to customize the settings a little bit so we want click on the mp4 graphic here to edit the profile and we want to make sure the Codec is X 264 you want to make sure the frame rate is set on 25 and we want to make sure the bitrate is size you want 320x240 aspect we want to choose keep original the bit rate we want to make sure it's 256 and then just hit okay and then convert now and it will begin converting the video and once it's done you will notice that the file is now on the desktop we see there's two of the files this was original file so for you right click on it and say get info that file should be 750 megabytes now right click on this file and say get info you'll notice that it was compressed all the way down 85 megabytes so compressed quite a bit and now you're ready to upload that file to your destination.