Freevlog Tutorial:
How to compress from imovie with QuickTime 7

Here we are in imovie and we have our video clip and I'm going to show you how to compress it.
Go up to File>Share. We're going to get this little box over here and we're going to select, out of all these, select QuickTime. So that's selected.

I think it starts with e-mail, there's "e-mail", "web", "web streaming" blah blah blah. You want to go to "Expert Settings" so we can set it the way we want it. And We're going to click "Share".

It looks like it's compressing it, but we actually get this "Save As.." window. So we're just going to save it as, whatever you want to call it. I put stuff in a folder called "Outputs". Down here were it says "Export", we want to make sure it says "Movie to QuickTime Movie" and we'll set the compressor in there with our Options and right now I think it's on "Default Settings" but we're going to change those "Default Settings" with our Options.

So click Options and we get these movie settings up here. We want to first start with the Video codec. We'll click "Video Settings" and right now we're at the H.264 codec.

Just a note about H.264, this codec is for QuickTime 7 only. So if you don't have QuickTime 7, like in Windows, there is no QuickTime 7 for Windows yet. You should not use this because a lot of people can't watch it so the best codec for you to use is MPEG-4 Video.

Now we're in the MPEG-4 compressor window and we want our frame rate to be fifteen (15) frames per second and we want Key Frames every five (5) frames in the Motion options.
For your compressor you can keep it at Medium. You can play with that later if you think it needs to be higher.
Now Data Rate Restrict to six hundred (600) kbits per second. Just a note about QuickTime 7, in Quicktime 7 the measurement is in the hundreds, so in QuickTime 7 it's six hundred (600) kbits per second but in QuickTime 6 would be sixty (60) bits per second, so if you're in QuickTime 6 set your data rate to sixty (60) bits per second.

So that's it for the Video codec, see it has a little rundown here of what you just did.
Next, you won't touch "Filter", but you want to change "Size" to a "Custom Size" which is about half the size of what DV video is. So, it's three twenty (320) by two forty (240), press OK.

For Sound settings we're going to click on this little button

"Settings". Make sure the format is at "AAC" and we're going to choose "Mono" and the rate is going to be twenty four (24) kilohertz. Click on "Show Advanced Settings". Keep it at "Constant Bit Rate" and the Target Bit rate is going to be thirty two (32). And, I don't know what this Precedence is but keep it at "Bit Rate". And Quality is going to be "Better", just keep it there. So it's "AAC", "mono", "twenty four (24) kilohertz". And then the advanced settings are: "Constant bit rate", "thirty two (32)", and "Better" and then press OK.

Next click "Prepare for Internet Streaming" and always click "Fast Start" and press OK.

And now we have "Most Recent Settings" here and press Save. and it should compress your movie pretty well!