



Freevlog Tutorial: How to compress from Final Cut Pro using Compressor

I'm going to show all of you Final Cut Pro editors how to compress in Final Cut. The Final Cut that I'm using right now is Final Cut Pro HD but this will probably work for Final Cut Pro 4 as well.

Right now, we're in the Final Cut Pro window and we're going to go up to File, Export and actually, right now, we want to use "Export using Compressor" but our sequence is not selected, so this is actually a good thing to learn.

Make sure your sequence is highlighted and make sure you don't have any In and Out points because that will export just between those points, unless you do want to do that, but it's good to not have any. What we want to do is compress the entire sequence.

Now that that is selected, go up to File, Export, Using Compressor.

This is going to launch Compressor and you'll get this "Batch Monitor" with your media showing right up there but first we're going to go up to "Presets".

We're going to make you a new preset. As you can see there are a bunch of presets here and I have a bunch of presets down here but I'll show you how to make a preset.

Go up to this little "plus" [+] sign and it says "create preset" and click on that and choose "QuickTime", which is the top one. You'll see at the bottom we have "Untitled QuickTime 1". So that's our Untitled QuickTime and you can see the summary with the default settings and we're going to change all those settings starting with Encoder where we're going to change the Codec.

We're actually going to change the Codec in Video Settings. So, we'll click on that. The default is at "Photo JPEG" and we don't want "Photo JPEG", we want "MPEG-4 Video". Let's click on that. The Frames per second will be fifteen [15] and we'll put a keyframe every five frames. We'll limit the data rate to sixty KBytes per second. We'll keep our compressor at Medium for now and if you want to change that later, you can come back in if it doesn't look as good, to High. But I'll keep it at Medium and we're going to press OK.

Now we're going to change Audio Settings.

Let's pick MPEG-4 Audio and we'll change the rate to twenty four kilohertz and we'll keep it at sixteen bits and choose "mono". Next we're going into some customized options. Keep your compressor at "AAC" and the target output will be "specified bit rate". The bit rate we will change to thirty two kbits per second. Output sample rate, which is what we chose before, is twenty four. We'll keep the Encoder Quality at "Better". And Click OK. Those are our Sound Settings.

For Streaming we're going to choose "Progressive Download". And those are our Encoder Settings.

Now, we don't need anything in "Filters".

So next we'll go to "Geometry" to change the size.

Make sure that it's on three twenty by two forty (320 by 240) right there in the frame size. Also below it says three twenty by two forty, so that's correct, just keep that.

We're going to re-name this QuickTime into "Vlog QuickTime" just so we remember what it's called. This looks a little funky because of my screencast program but, there we go, "Vlog QuickTime."

Now we're going to close the preset and it's going to ask us to save it and we'll press OK.

Now that we've made our own preset, we'll go back into the "Batch Monitor" and set the destination and change the names. So, Find that preset that you made, it should be all the way at the bottom, "Vlog QuickTime" we called it. Select that, go back up. We'll change the destination and let's choose the Desktop just so we can find it. If we want to change the file name, double click on it and let's call it "Boston.mov". Now that we have all this information, we told it to go to the desktop, just come down here and press "Submit". It will submit your batch and you're good to go!