Freevlog Tutorial:
How to compress for the web
from Windows Movie Maker

So now I'm going to show you how to compress a WMV file for your videoblog using Windows Movie Maker. I've got my movie open on the timeline and I"m going to come up here to this button called "Save Movie" and i'm going to click that. By default on this setting it says "Medium Quality" recommended. We're going to change that, I'll click the little drop down and choose "Other". And the one that I want is this one here, "Video for Broadband NTSC 768 kilabits per second" that's the one I want to select.

And I can put in any of this information right here and I click OK and it's going to prompt me with a place to save it and in this case I'm going to save to my desktop and I'll call it "demovlog" and i'm going to hit Save. So now it will start compressing my movie and when it's done it will be ready for upload to the Internet Archive from your desktop.