

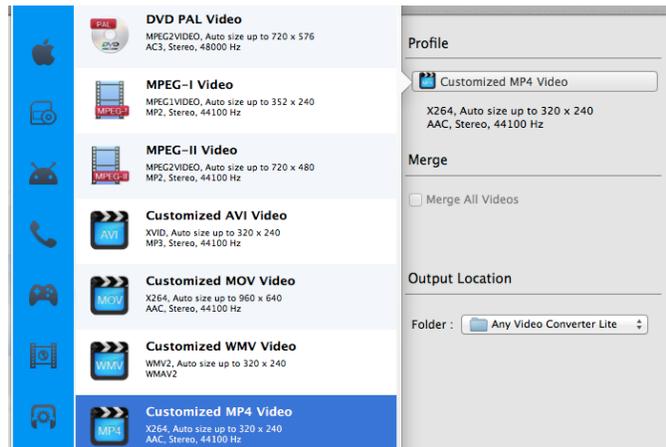


Video Compression Guide for Mac OS X Users

How to reduce the size of your video file for uploading to TK20.



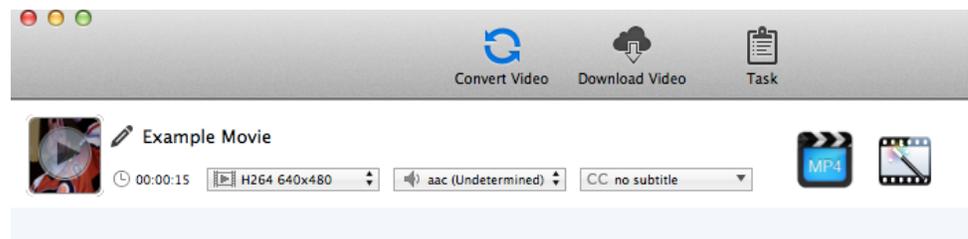
1. Go to <https://itunes.apple.com/us/app/any-video-converter-lite/id479472944> to download and install **Any Video Converter Lite** from the Mac App Store. (Free app)
2. Open **Any Video Converter**. In the Profile area located on the left. Use the pull drop-down menu and scroll down until you can select *“Customized MP4 Video”*.



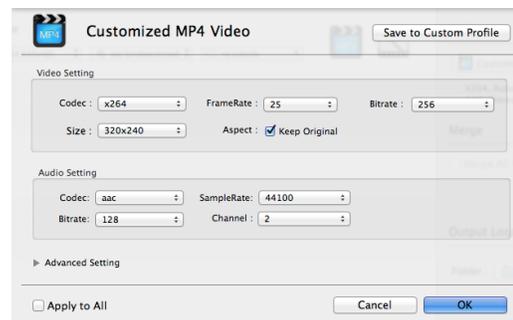
3. Click the “Add Video(s)” button to select the video file you want to convert.
**note the video file must be on your mac or external hard drive. Not on an iOS device.*



4. Click the movie format icon  to customize your settings.



5. Under the video setting area match those in the picture to the right, then click “OK.” Do not change any other settings.



6. Click the “Convert Now!” button and wait for the compression/conversion to complete. The length of the video will determine how long it takes to finish.



7. You have now created a compressed video that can be uploaded to TK20.



Video Compression Guide for Windows Users

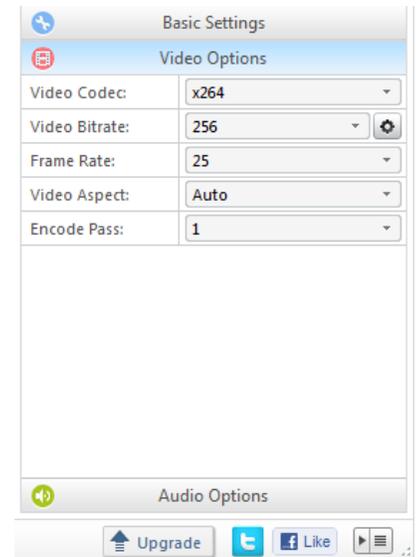
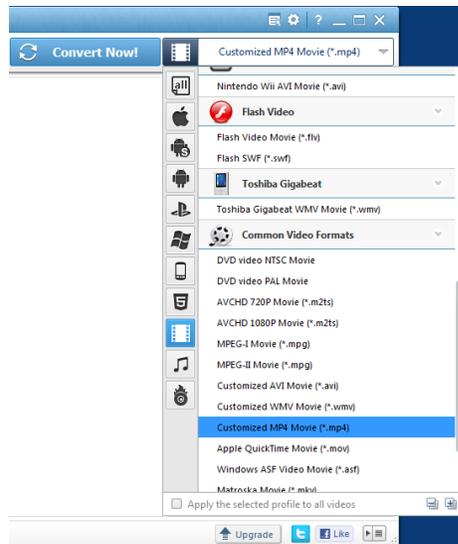
How to reduce the size of your video file for uploading to TK20.

1. Download the free software from www.any-video-converter.com/products/for_video_free/ and follow the instructions on the website and the installer to install Any Video Converter.

2. Open Any Video Converter and click the “Add Video(s)” button to select the video file you want to convert.



3. Click the output video profile drop-down menu in the upper right corner next to the “Convert Now” button and scroll down to select “Customized MP4 Movie (*.mp4)” under “Common Video Formats”



4. Click “Video Options” in the lower right corner and ensure that your settings match those in the picture above. Do not change any other settings.

5. Click the “Convert Now” button and wait for the conversion to complete.



6. You have now created a compressed video that can be uploaded to TK20.