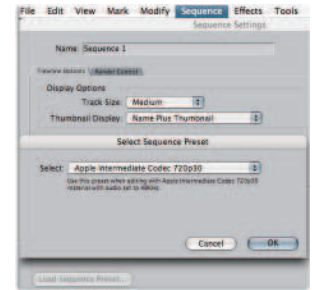


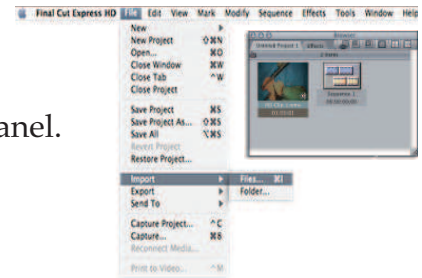
# FINAL CUT EXPRESS HD

How to import, make a simple edit, and save a video file.

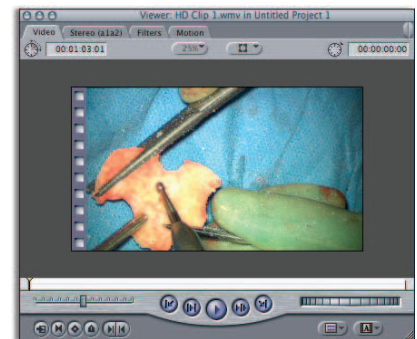
- 1) Open Final Cut Express HD and choose Sequence>Settings>Load Sequence Preset>Select Apple Intermediate Codec 720p30.



- 2) Choose File>Import>Files to import the video file into the browser panel.



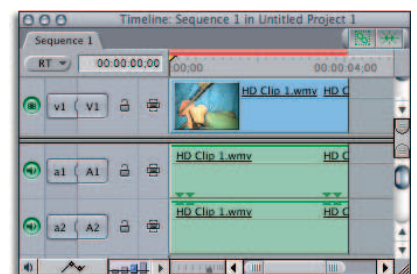
- 3) Double-Click the video file to open up inside the viewer panel.



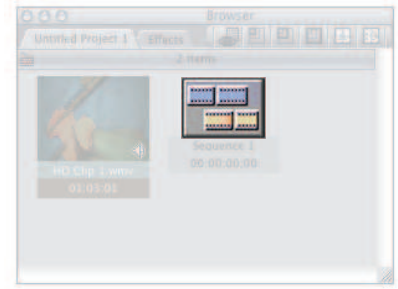
- 4) Press play to start a video. Press play again to stop the video. Press the mark in button. This sets the start point for the clip. After you stop the video a second time press the mark out button. This sets the stop point for the clip. Once you have selected the clip of video you want to use click in the center of the still image and drag down to the timeline.



Mark In | Out Markers



5) Click on the sequence that you want to save in the browser panel.



6) File>Export>Quicktime movie. Give your sequence a name and click save. If you want to compress your movie File>Export>Using Quicktime Conversion. Give your sequence a name. In the format field pick the format that you would like to save for output. Click the options button and select the settings for your selected output.

