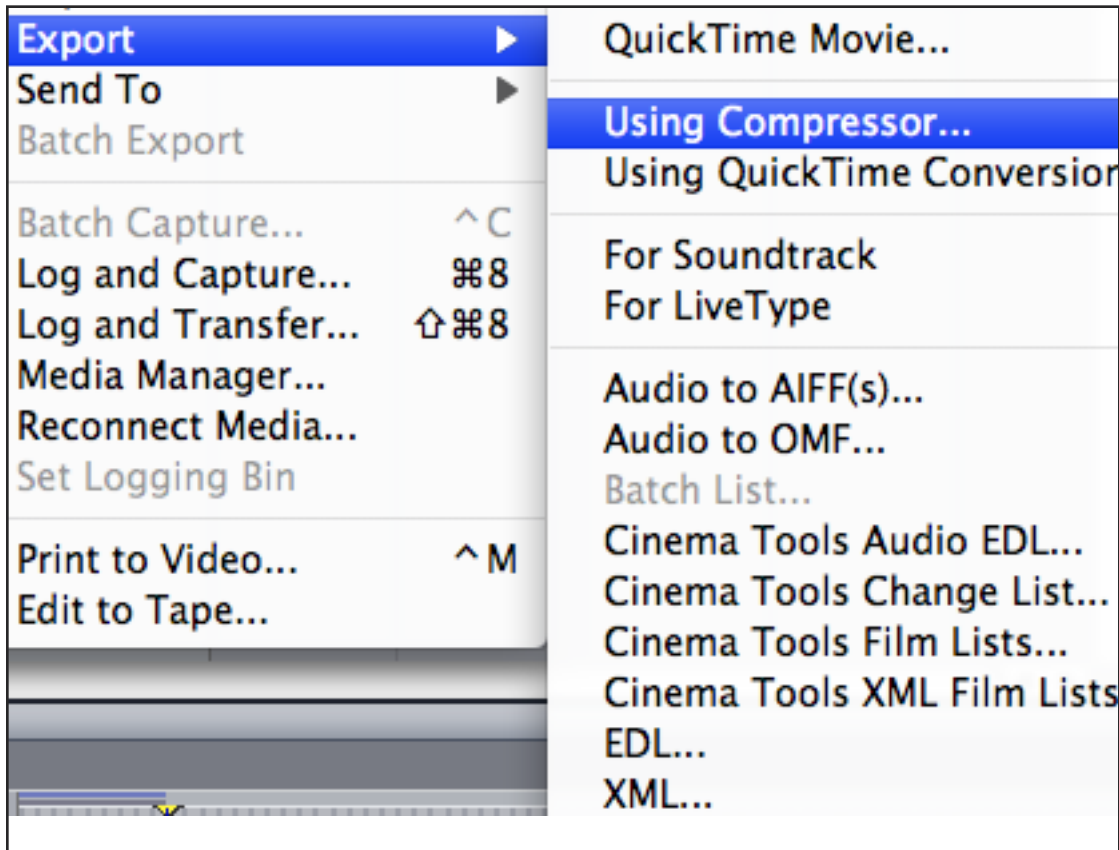
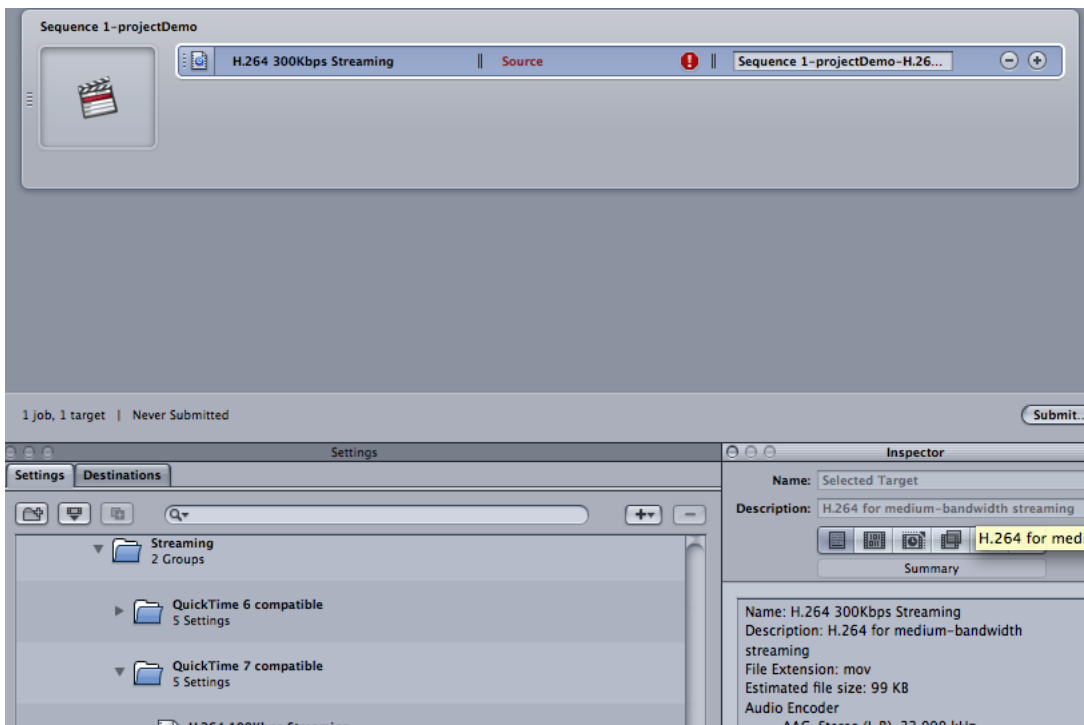


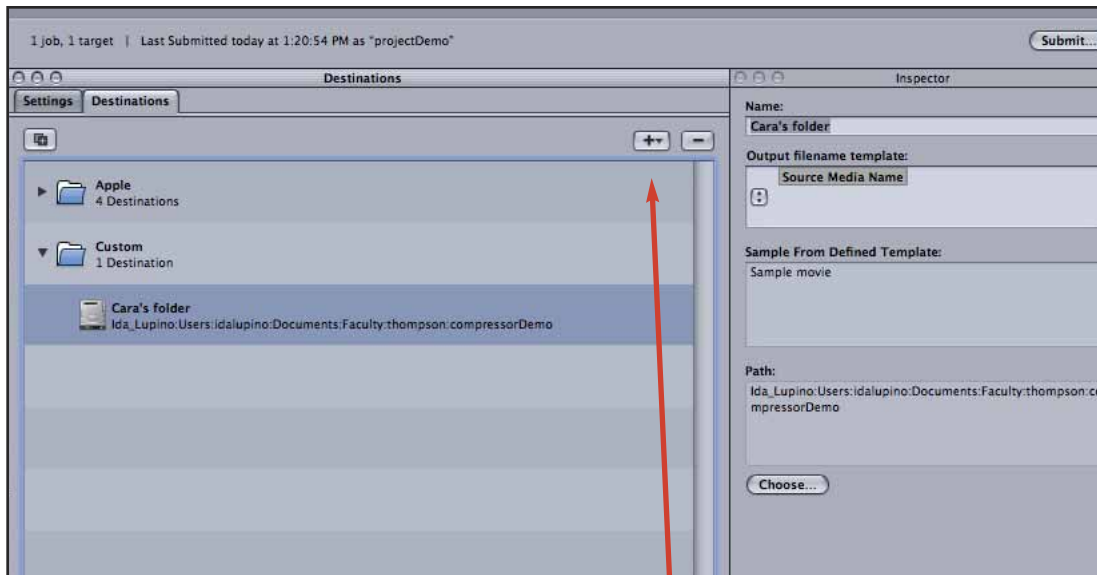
# Compressor: a quick and dirty guide



export from Final Cut Pro using Compressor



choose your settings depending on your final use. (here I've chosen a web>streaming setting using QT 7)



Choose your destination by clicking the add symbol and pointing to your destination directory. Make sure to NAME IT so you can find it in the list.

When you are done, select "SUBMIT" and wait for your file to process.  
Have a nice day.