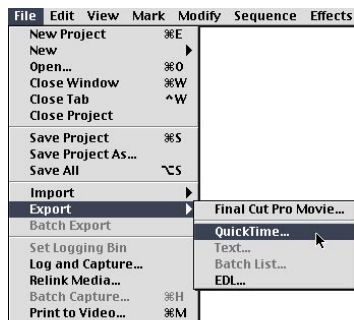
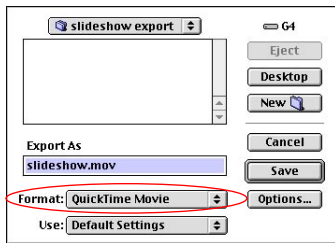


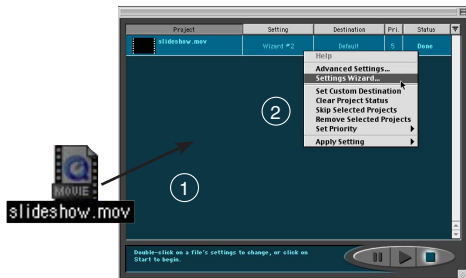
Exporting for the Web with Cleaner 5



File > Export > Quicktime



Export dialog box



Cleaner 5 interface.

1. In Final Cut, **export** your project as a **Quicktime** movie.

* The default options of 720 x 480 pixels, 24 fps, video codec ccompression will be fine since we'll be using Cleaner 5 to change all of those aspects of the movie.

2. Drag the exported movie onto Cleaner 5's open window.

3. **Control click the settings column** of your movie in Cleaner 5 and choose **Wizard** from the menu that pops up.

4. In the subsequent windows, choose the following:

a. WWW

b. Quicktime is best. Real Media makes small files.

c. Realtime from a WWW server (iDisk's movie folder is able to stream, but this setting is perfect for most uses.)

d. ISDN or 56 K (my choice is ISDN)

e. Music Good

f. High Quality image

g. Show control, Auto start (very important), Loop

h. **Sorensen**, **160 X 120** pixel size for most, 320 X 240 for very short movies, Frame rate of **10-15** frames per second.

5. Choose **Finish** and click **Start** to begin processing. **Save** movie under a different names such as slideshow.web.mov.

Tips:

1. To put your movie on the web. Drop your movie in the movies folder of your web site folder. Then embed your movie in an HTML page using **Insert > Media > Plug-in** in Dreamweaver. **Set the movie size** in the property palette.

2. Lower frame rates and smaller dimensions mean quicker downloads. Check your movie size using **Get Info**. File size of up to 2 MB is good; maximum of 3-4 MB.