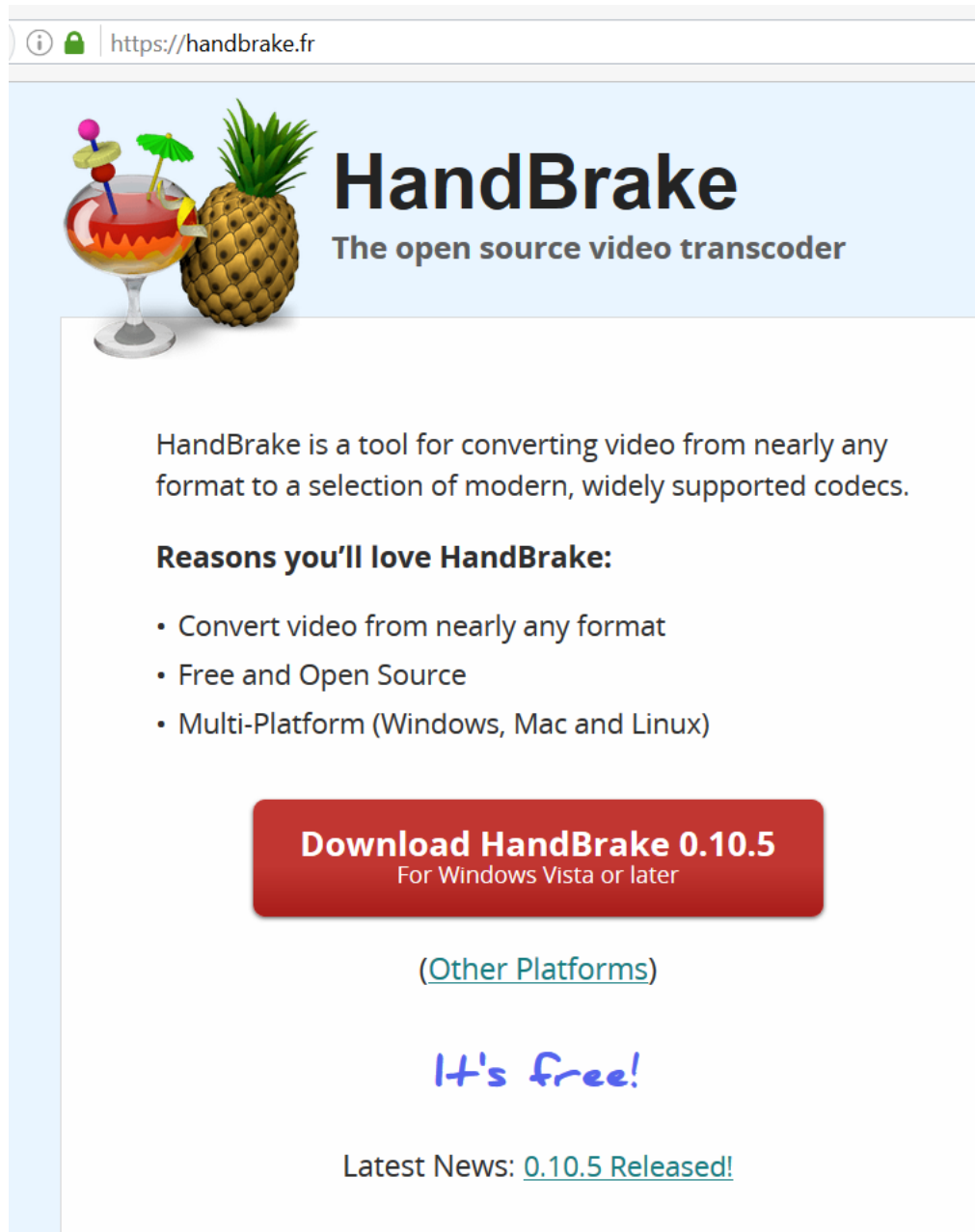



Download and install Handbrake from <https://handbrake.fr/>



The image shows a screenshot of the HandBrake website homepage. At the top, the browser address bar displays "https://handbrake.fr". Below the address bar, there is a light blue header section. On the left side of the header, there is an illustration of a cocktail glass with a red drink, a pineapple, and a small umbrella. To the right of the illustration, the word "HandBrake" is written in a large, bold, black font. Below "HandBrake", the text "The open source video transcoder" is written in a smaller, black font. Below the header, the main content area is white. It starts with a paragraph: "HandBrake is a tool for converting video from nearly any format to a selection of modern, widely supported codecs." Below this paragraph, there is a section titled "Reasons you'll love HandBrake:" in bold black text. Underneath this title, there is a bulleted list with three items: "Convert video from nearly any format", "Free and Open Source", and "Multi-Platform (Windows, Mac and Linux)". Below the list, there is a large red button with rounded corners. The button contains the text "Download HandBrake 0.10.5" in white, bold font, and "For Windows Vista or later" in a smaller white font below it. Below the button, there is a link in blue text: "(Other Platforms)". Below the link, the text "It's free!" is written in a blue, handwritten-style font. At the bottom of the page, there is a link in blue text: "Latest News: [0.10.5 Released!](#)".

https://handbrake.fr



HandBrake

The open source video transcoder

HandBrake is a tool for converting video from nearly any format to a selection of modern, widely supported codecs.

Reasons you'll love HandBrake:

- Convert video from nearly any format
- Free and Open Source
- Multi-Platform (Windows, Mac and Linux)

Download HandBrake 0.10.5
For Windows Vista or later

[\(Other Platforms\)](#)

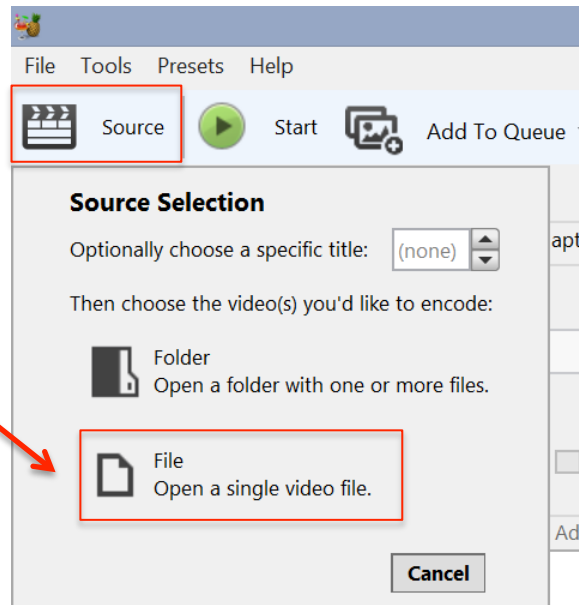
It's free!

Latest News: [0.10.5 Released!](#)

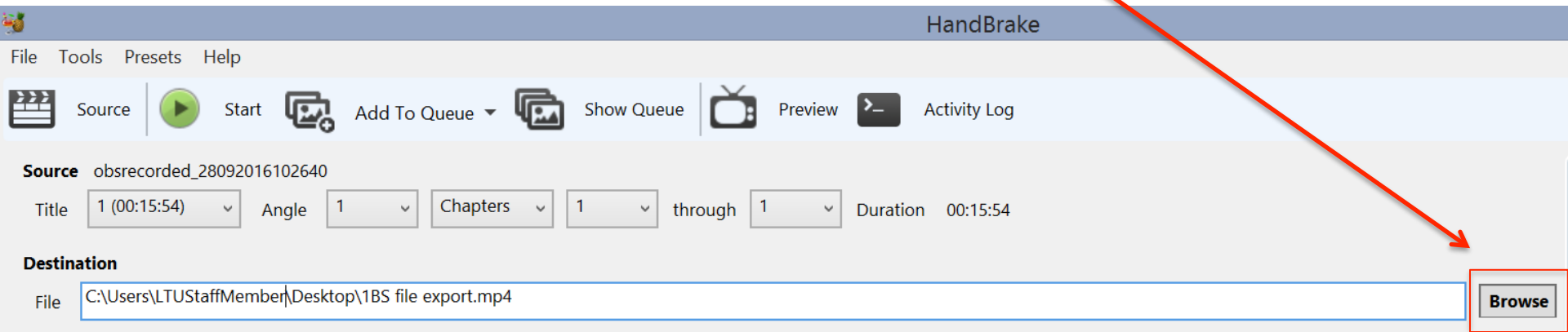
Open Handbrake from your Applications folder.



Click on "Source" then "File" to load the file you wish to compress.

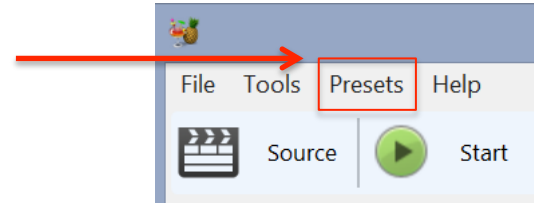


Click "Browse" to name your file and direct it to the location you wish to save the file to.

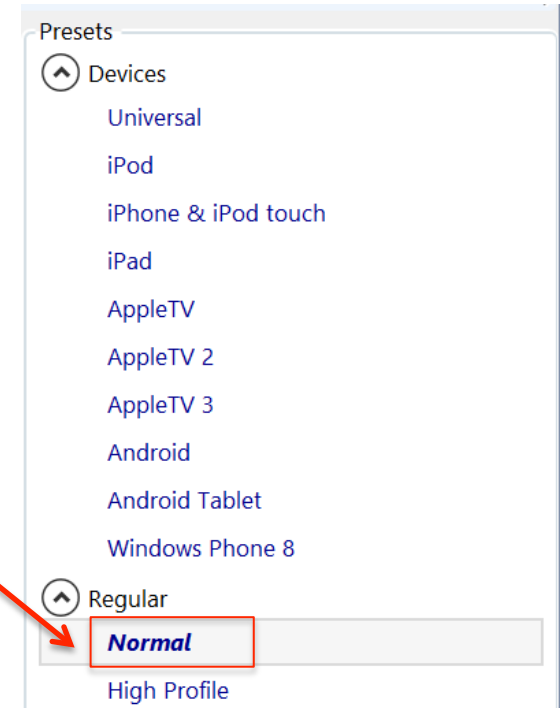


The reason we need to compress a One Button Studio file for editing is to transcode the Variable Framerate to Constant Framerate so that it plays correctly in video editing applications.

To begin, make sure the Presets menu is visible by going to Handbrake's taskbar and clicking "Presets" and then tick "Show Preset Panel".



In the Presets menu under "Regular" click "Normal." This will form the basis of the Handbrake setting to be used.



Click on the Video tab and make these additional adjustments.

Output Settings

Container Web Optimized iPod 5G Support

Picture Filters **Video** Audio Subtitles Chapters Advanced

Video

Video Codec:

Framerate (FPS):

Constant Framerate

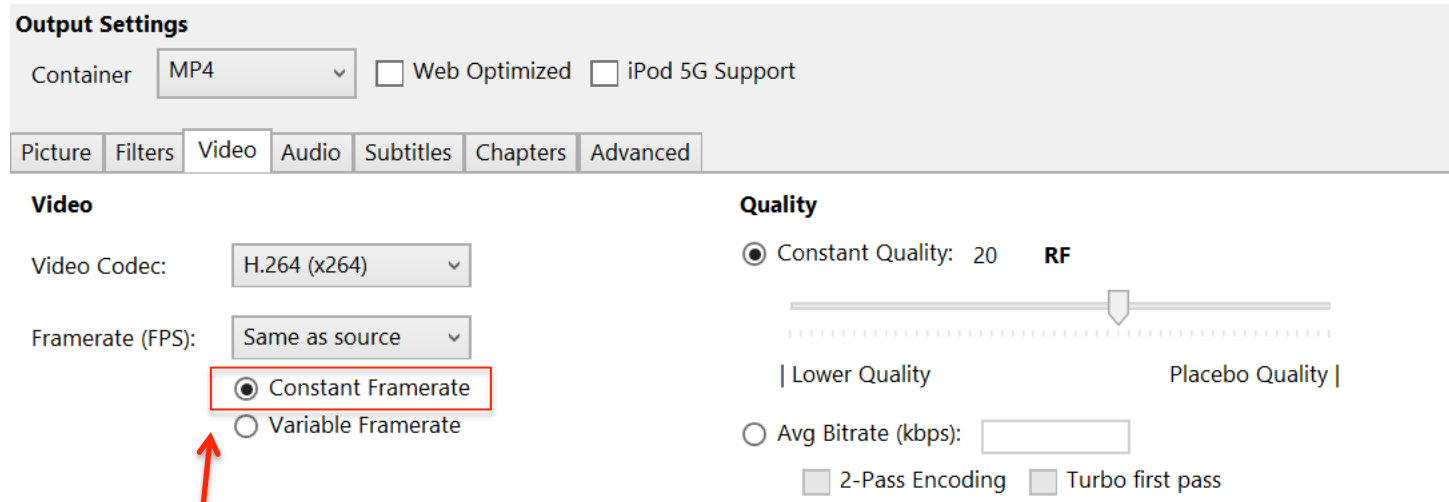
Variable Framerate

Quality

Constant Quality: 20 **RF**

Avg Bitrate (kbps):

2-Pass Encoding Turbo first pass

The image shows a software interface for video output settings. At the top, there's a 'Container' dropdown set to 'MP4' and two checkboxes for 'Web Optimized' and 'iPod 5G Support'. Below this is a navigation bar with tabs for 'Picture', 'Filters', 'Video', 'Audio', 'Subtitles', 'Chapters', and 'Advanced'. The 'Video' tab is active. Under 'Video', there are three settings: 'Video Codec' set to 'H.264 (x264)', 'Framerate (FPS)' set to 'Same as source', and two radio buttons: 'Constant Framerate' (which is selected and highlighted with a red box and a red arrow) and 'Variable Framerate'. To the right, under 'Quality', there are three options: 'Constant Quality: 20 RF' (selected), 'Avg Bitrate (kbps):' with an empty input field, and '2-Pass Encoding' and 'Turbo first pass' checkboxes. A slider is visible between 'Constant Quality' and 'Avg Bitrate', with 'Lower Quality' on the left and 'Placebo Quality' on the right.

Check the Constant Framerate circle

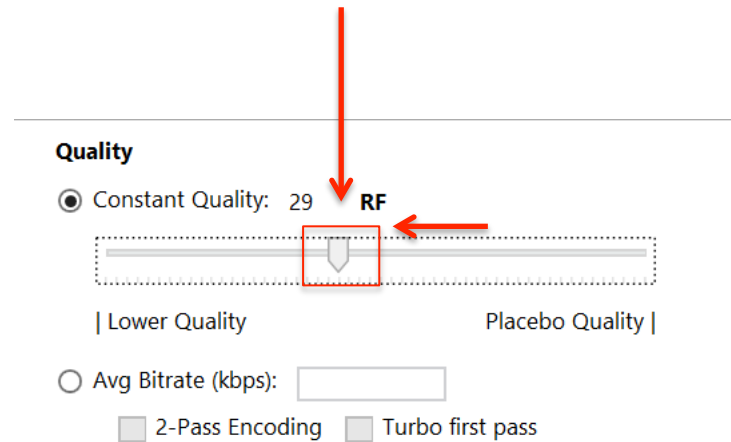
Leave the Constant Quality Setting at the default RF 20

Check your settings then click “Start” to begin the Handbrake Compression.

The image shows the Handbrake software interface. At the top, there is a menu bar with 'File', 'Tools', 'Presets', and 'Help'. Below the menu bar is a toolbar with icons for 'Source', 'Start', 'Add To Queue', 'Show Queue', 'Preview', and 'Activity Log'. A red arrow points to the 'Start' button, which is highlighted with a red box. Below the toolbar, the 'Source' section shows the source ID 'obsrecorded_28092016102640' and a 'Title' dropdown set to '1 (00:15:54)'. The 'Destination' section shows a file path 'C:\Users\tustaffmember\Desktop\One Button Studio recording.mp4' and a 'Browse' button. The 'Output Settings' section shows a 'Container' dropdown set to 'MP4' and checkboxes for 'Web Optimized' and 'iPod 5G Support'. Below this are tabs for 'Picture', 'Filters', 'Video', 'Audio', 'Subtitles', 'Chapters', and 'Advanced'. The 'Video' tab is selected, showing 'Video Codec' set to 'H.264 (x264)', 'Framerate (FPS)' set to 'Same as source', and radio buttons for 'Constant Framerate' (selected) and 'Variable Framerate'. The 'Quality' section shows radio buttons for 'Constant Quality: 20 RF' (selected) and 'Avg Bitrate (kbps)'. A slider is positioned between 'Lower Quality' and 'Placebo Quality'. Below the 'Quality' section are checkboxes for '2-Pass Encoding' and 'Turbo first pass'. The 'Optimise Video:' section has a checkbox for 'Use Advanced Tab instead'. Below this is a 'x264 Preset' slider set to 'Very Fast', a 'x264 Tune' dropdown set to 'None' with a 'Fast Decode' checkbox, and 'H.264 Profile' set to 'Main' and 'H.264 Level' set to '4.0'.

The file size this setting will produce will be approximately 70% of the original size.

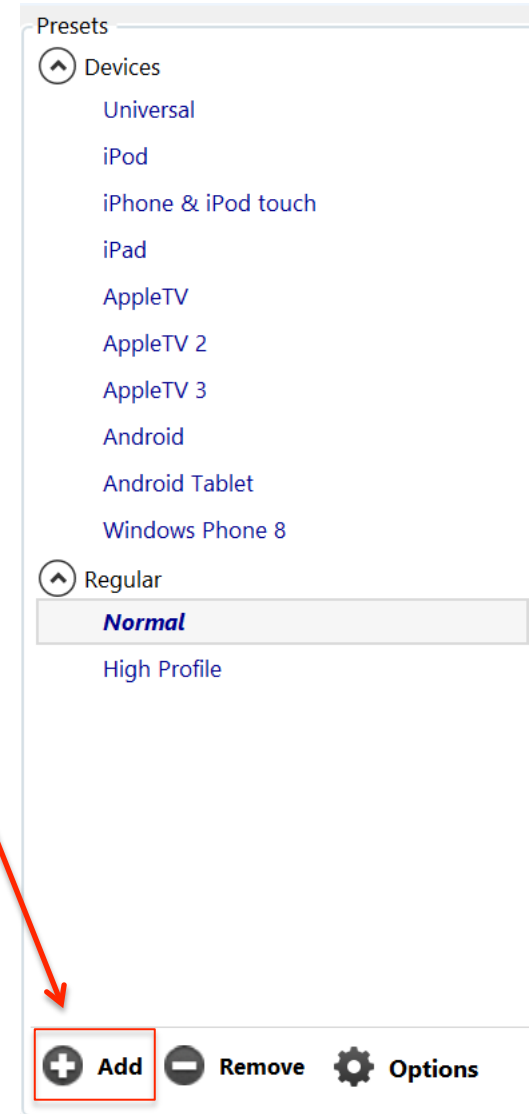
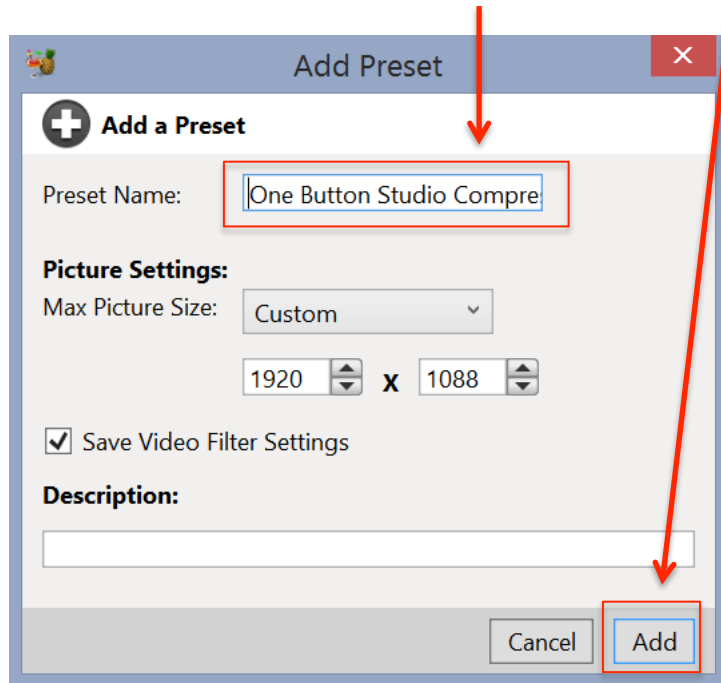
If you want to increase the amount of compression applied to your file in order to make it smaller and easier for your computer to manage then just move the Constant Quality RF slider further to the left.



The larger the RF number the smaller and more compressed the file will be.
Settings between RF 20 and RF 29 should be enough.

To save your settings as a preset you can reuse.

1. In the Presets menu click the plus sign “Add” icon at the bottom of the pane.
2. Give the Preset a name then click Add.



3. The Preset will be listed under “User Presets”

