


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

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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 Mac OS X 10.6 or later

[\(Other Platforms\)](#)

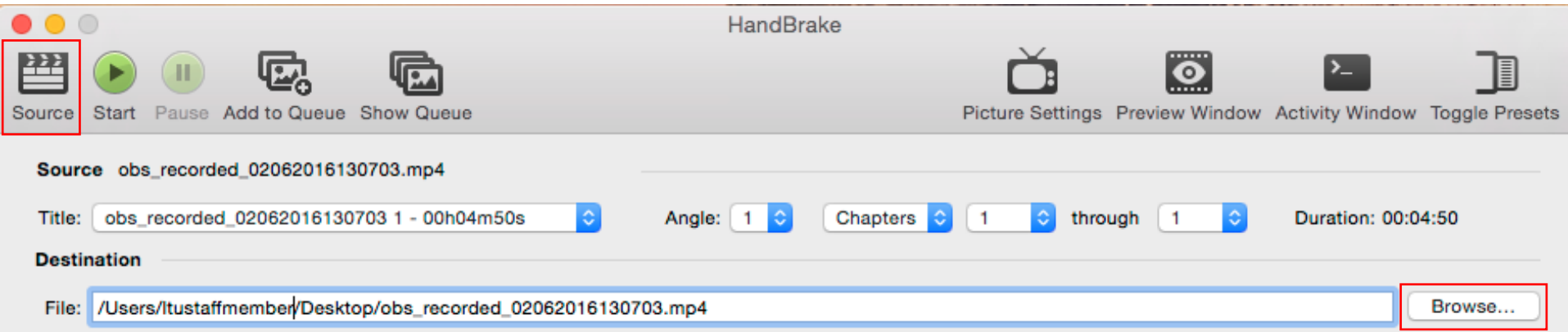
It's free!

Latest News: [0.10.5 Released!](#)

Open Handbrake from your Applications folder.



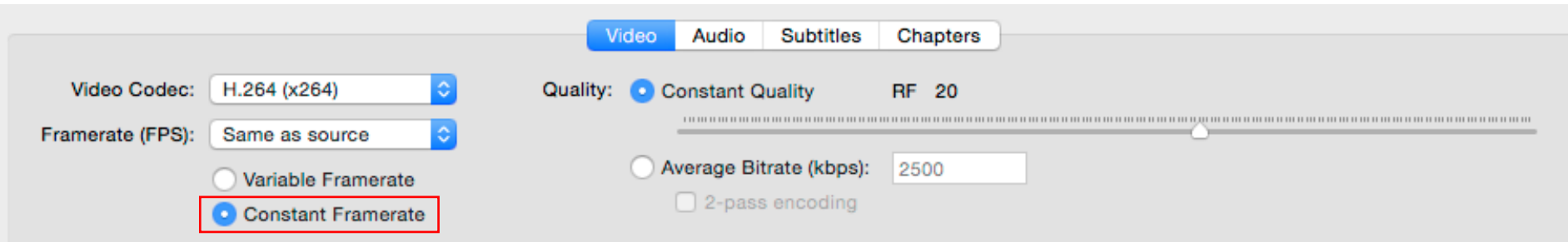
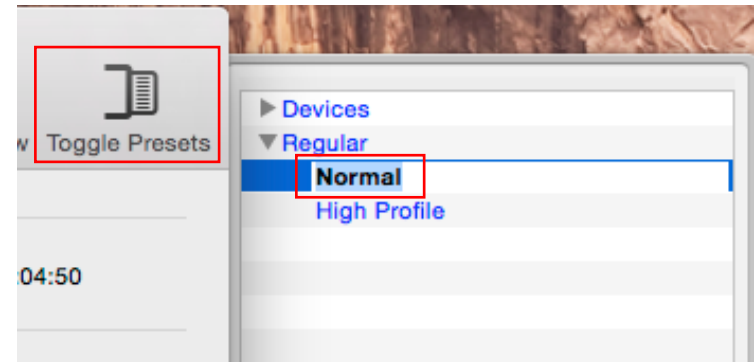
Click on “Source” to load the file you wish to compress.



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 .

Click the Toggle Presets pane. Under “Regular” click “Normal” then make the following adjustments to the Handbrake Output Settings.



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 Transcode.

The image shows the HandBrake application window. At the top, there is a toolbar with buttons for Source, Start, Pause, Add to Queue, Show Queue, Picture Settings, Preview Window, Activity Window, and Toggle Presets. The 'Start' button is highlighted with a red box and a red arrow pointing to it from the text above. Below the toolbar, the 'Source' field is set to 'obs_recorded_02062016130703.mp4'. The 'Title' field contains 'obs_recorded_02062016130703 1 - 00h04m50s'. The 'Angle' is set to 1, 'Chapters' to 1, and 'Duration' to 00:04:50. The 'Destination' section shows the 'File' path as '/Users/ltustaffmember/Desktop/obs_recorded_02062016130703.mp4' with a 'Browse...' button. Under 'Output Settings: Custom', the 'Format' is 'MP4 File', and there are checkboxes for 'Web optimized' and 'iPod 5G support'. The 'Video' tab is selected, showing 'Video Codec: H.264 (x264)', 'Framerate (FPS): Same as source', 'Quality: Constant Quality RF 20', and 'Average Bitrate (kbps): 2500'. The 'Encoder Options' section includes 'Preset: veryfast', 'Tune: none', 'Profile: main', and 'Level: 4.0'. At the bottom, there is a status bar with 'Picture Settings' and 'Picture Filters' information, and a 'No encode pending' message.

Source: obs_recorded_02062016130703.mp4

Title: obs_recorded_02062016130703 1 - 00h04m50s Angle: 1 Chapters: 1 through 1 Duration: 00:04:50

Destination

File: /Users/ltustaffmember/Desktop/obs_recorded_02062016130703.mp4 Browse...

Output Settings: Custom

Format: MP4 File Web optimized iPod 5G support

Video Audio Subtitles Chapters

Video Codec: H.264 (x264) Quality: Constant Quality RF 20

Framerate (FPS): Same as source

Variable Framerate Constant Framerate

Average Bitrate (kbps): 2500 2-pass encoding

Encoder Options

Preset: veryfast

Tune: none Fast Decode

Profile: main Additional Options:

Level: 4.0

x264 Unparse: level=4.0:ref=1:8x8dct=0:weightp=1:subme=2:mixed-refs=0:trellis=0:vbv-buftype=25000:vbv-maxrate=20000:rc-lookahead=10

Picture Settings: Source: 1920x1088, Output: 1920x1080, Anamorphic: 1920x1080 Loose, Modulus: 2, Crop: Auto 0/8/0/0

Picture Filters:

No encode pending

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

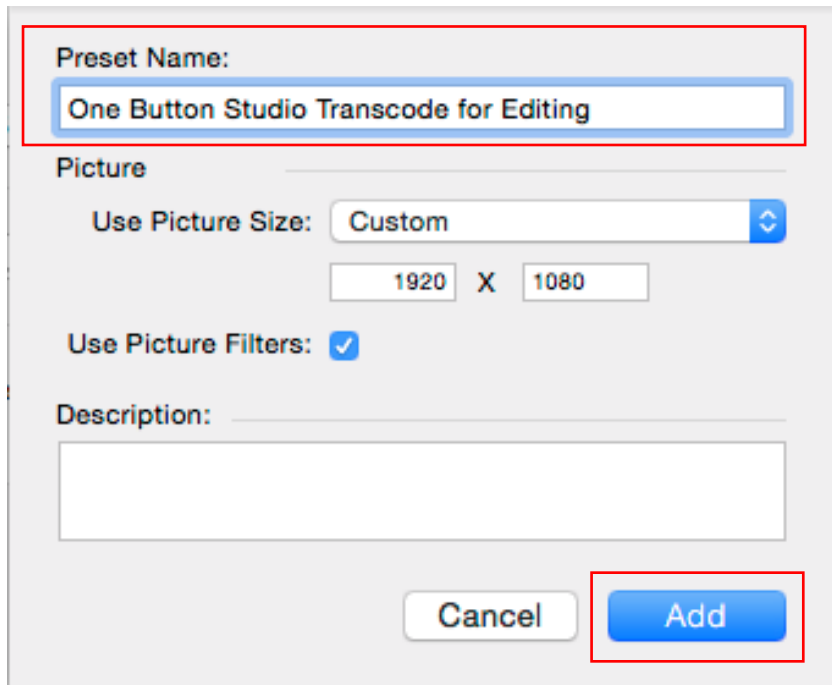
If you want to increase the amount of compression applied to your file in order to make it smaller and easier for your computer to manage then just move the Constant Quality RF slider further to the left.



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. Click “Toggle Presets” then click on the plus sign at the bottom of the pane.
2. Give the Preset a name then click Add.



3. The Preset will be listed under “Regular”

