![Coaching Companion]

How To Compress Your Media Using HandBrake

How to convert on a Mac

HandBrake can be downloaded here:

http://handbrake.fr

Follow HandBrake's download and installation instructions. Once you launch the program follow these simple instructions.

Step 1. Click on the **Source** button, then navigate to the file that you want to compress.
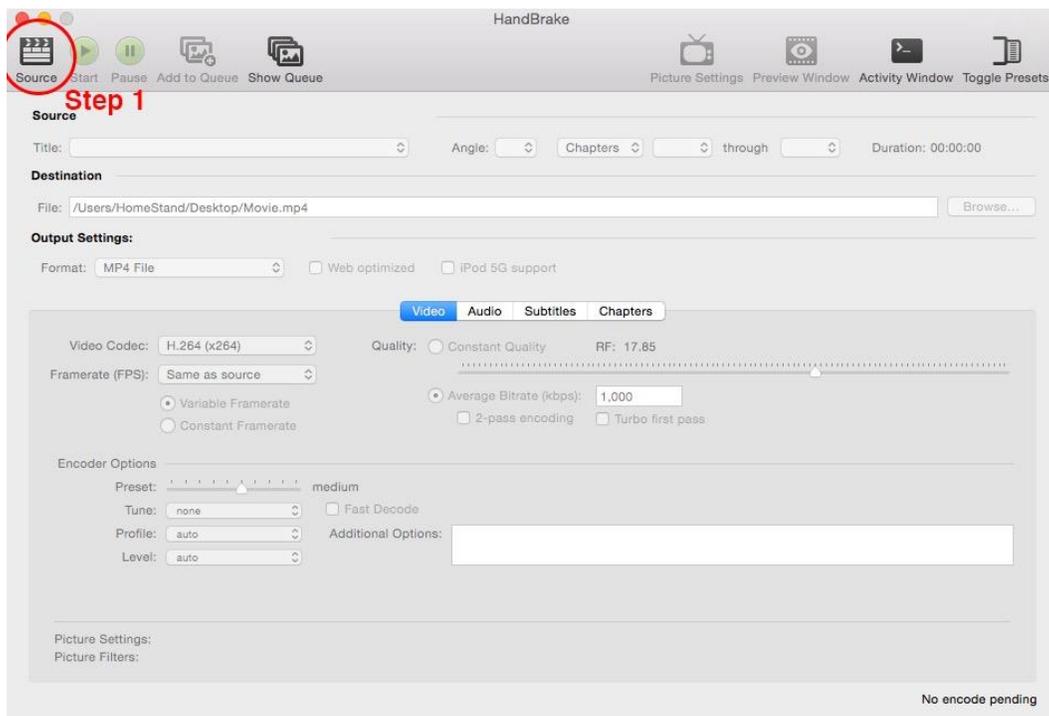
Step 2. Select the **Toggle Presets** button in the upper right hand corner to reveal the presets panel on the righthand side of the window.

Step 3. Select **iPad** from the presets window.

Step 4. Press **Start** in the upper left corner to begin the compression process.

The duration of your compression will vary depending on the size of your video. HandBrake will notify you with a visual and audio cue when the compression is complete.