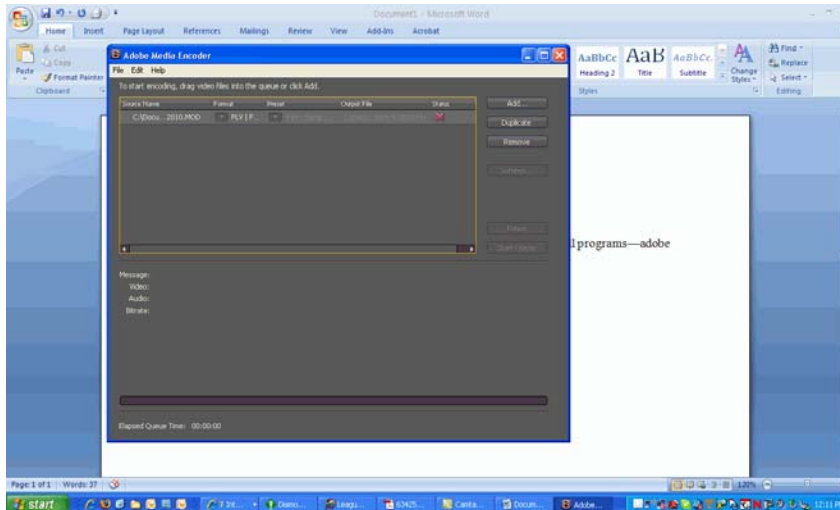


Steps in converting your video from camera to your computer.

1. Copy your video footage to computer
2. Encode footage using Media encoder. It is located under the Start—all programs—adobe master collection cs4—media encoder



3. Click on Add make sure the Format is FLV/F4V
4. Click on Start Queue
5. Open up Adobe Premiere CS4 you will find it in the same place you found media encoder (when Media encoder has completed task you will proceed to step 6)
6. Click on File—Import media
7. From the project window drag video down to the time line.
8. You can now start to edit or play your video.
9. You click on the play button in the monitor window or tap the space bar to view your video.
10. To edit your video use the razor tool to splice your video



11. When completed click File—Export—Media
12. A new box opens—Export settings Under Format it should read Microsoft AVI, under Preset it should read NTSC DV and double click on the output name and change the name and location to your liking. Now click OK, The Media Encoder will open. Give it a min.

13. Once Media Encoder opens you can now click Start Queue. You will see the orange bar at the bottom make its way across to the right. When it is completed you are finished.