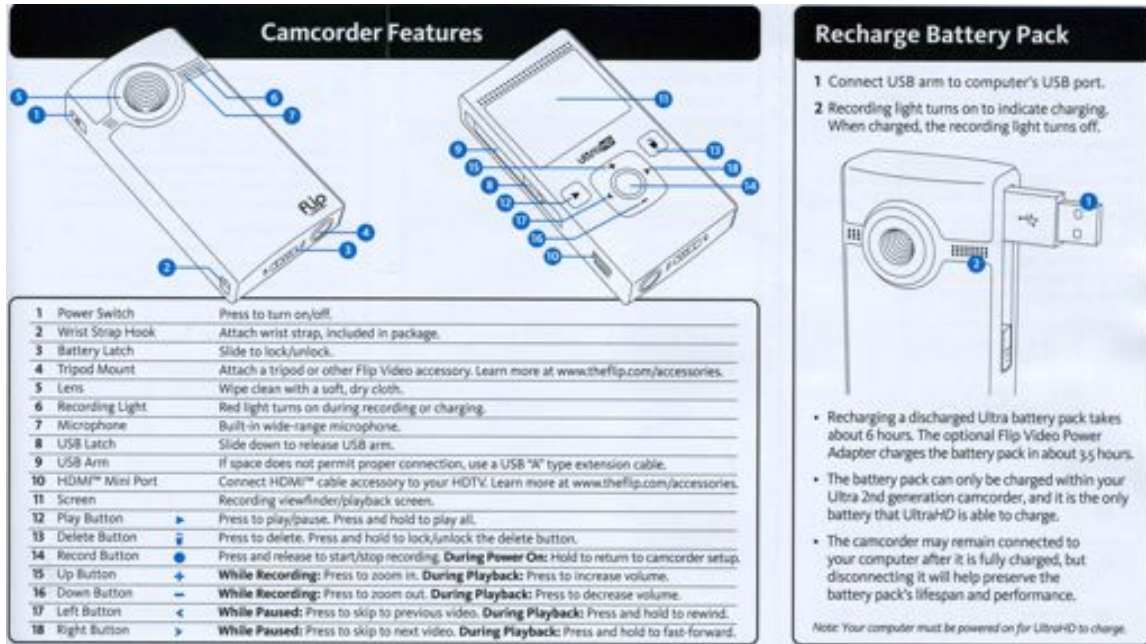# FLIP VIDEO CAMCORDER

Please refer to the Components guide for reference

Recording Videos
1. Press record button to start/stop.
2. Press up/down buttons to zoom in/out. +-

Playing Videos
1. Press play button to start/pause.
2. Press left/right buttons to view previous/next. Hold left/right button during playback to rewind/fast-forward.

Deleting Videos
1. Press delete button. Select YES to confirm.

Uploading and Locating Video on Computer
1. Connect to computer. Slide USB latch down. USB arm flips up automatically.
2. Plug arm into USB port on computer. The camcorder will begin recharging the battery pack.
3. Open FLIPVIDEO icon on the desktop and go to the DCIM folder. Locate the movie(s)
4. Drag the movie icon(s) into desired location to copy them into your computer.

Basic Movie Editing in QuickTime
1. Open movie in QT, from the File menu choose Export.
2. From the Export: pulldown menu choose Movie to QuickTime Movie.

3. Click on Options. You will see a screen as below:

4. To achieve the desired Movie Settings click on each of the following and program:

Video Settings –   Compression Type MPEG-4 Video
                     Frame Rate 30
                     Key Frames Every 90 frames
                     Data Rate Restrict to 750 kbits/sec
                     Compressor Quality Medium or High
Video Size -   Dimentions: Custom 640 x 360
Sound Settings -   Format: IMA 4:1
                     Channels: Mono
                     Rate 32.000 kHz
                     Quality: Better

Check Prepare for Internet Streaming and choose Hinted Streaming.
Click OK.

5. Make sure the movie is saved on the desktop and Save.

Importing Video Files into iMovie
1. Open iMovie. Choose Create a New Project. Name your Project, and make sure you save it on the desktop.
2. From the File menu choose Import, locate the movie you need and click open.