

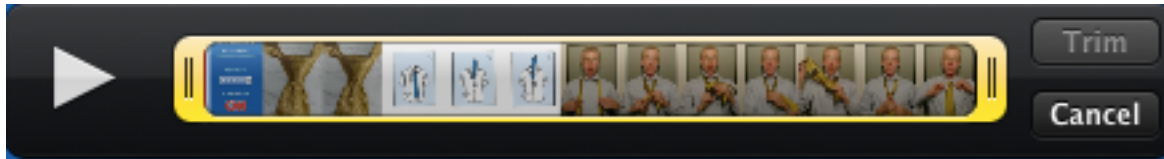
Using QuickTime to Trim Video

Trimming Video

Open the **QuickTime** Movie you would like to trim

Go to **Edit...Trim**

At the bottom of the screen you will see the trimming bar



Use the trimming bar to select the portion of the movie that you want to keep.

Drag the **red playhead**, to find the portions of the movie you want to eliminate

Drag the **yellow** handles at the start and end of the trimming bar to select the portion of the movie you want to keep

Click the **Trim Button**

File...Export

Name the movie file

(Leave it in **iPad touch, iPhone & Apple TV**, to keep the format as m4v. If you need it in **.mov** format change to 480p)

Click on **Export**

The **m4v** file can then be opened through iTunes on computer, laptop, iPad or iPods.