

Coaching Companion

How to Use HandBrake to Compress Video Files

Download HandBrake

1. Navigate to the main [HandBrake](#) page and then click on the download button.

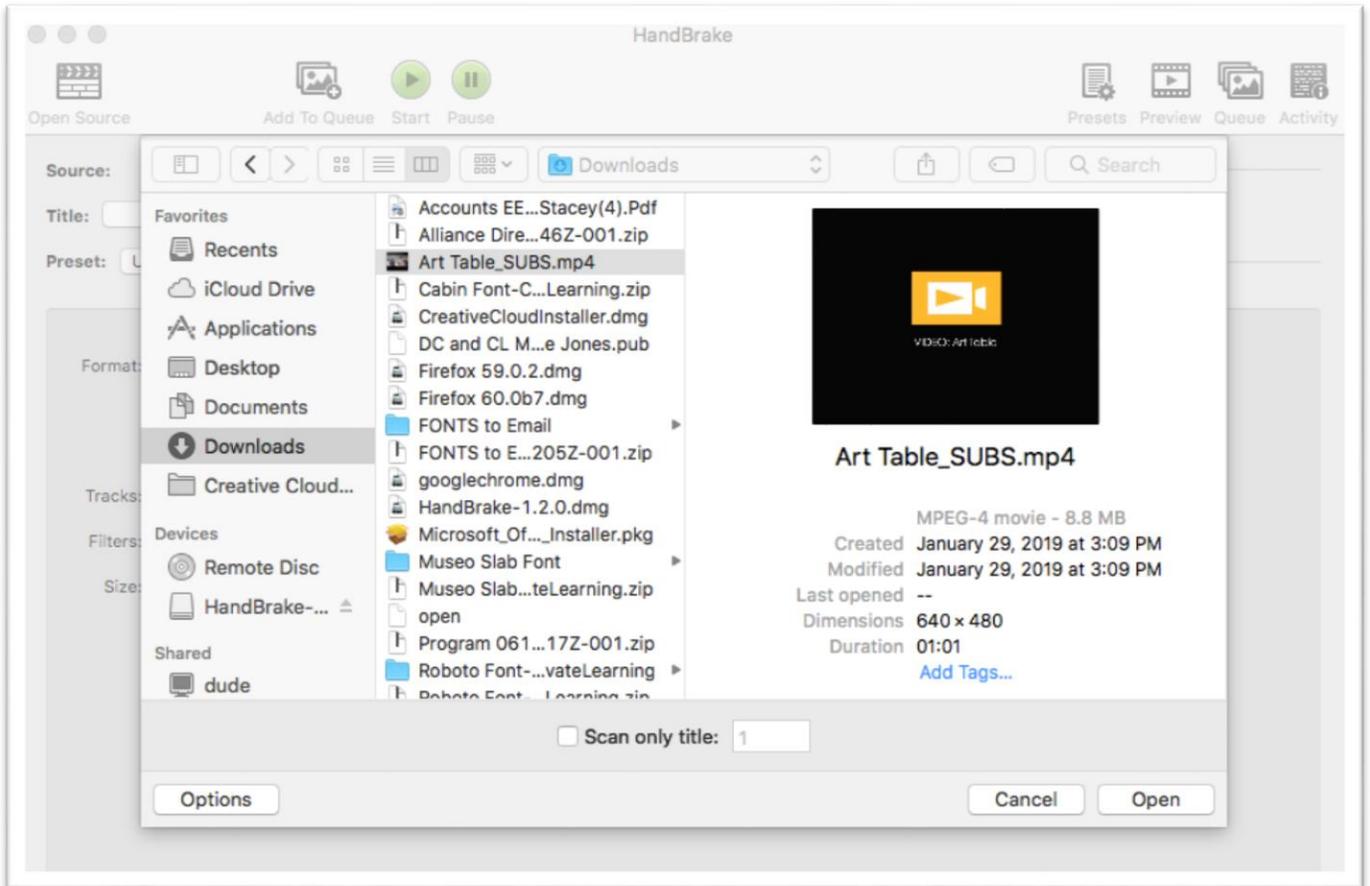


2. From the download page, follow the download and installation instructions.
3. For detailed installation instructions, refer to the [HandBrake Installation Guide](#).
4. After installation, launch HandBrake and then follow the instructions in the next section.

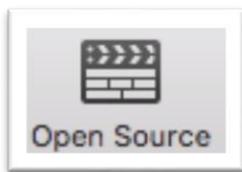
Compress Video Files

Handbrake is a feature rich application that can be configured in many ways. This document describes the simplest way to use HandBrake. You can visit the [HandBrake documentation](#) page if you would like to learn about other HandBrake features and options.

1. Open HandBrake. By default, the application opens in the Source Selection screen.
2. Navigate to your video file in the Finder.



- a. To reach the **Source Selection** screen from the main screen, click the Open Source button on the top menu



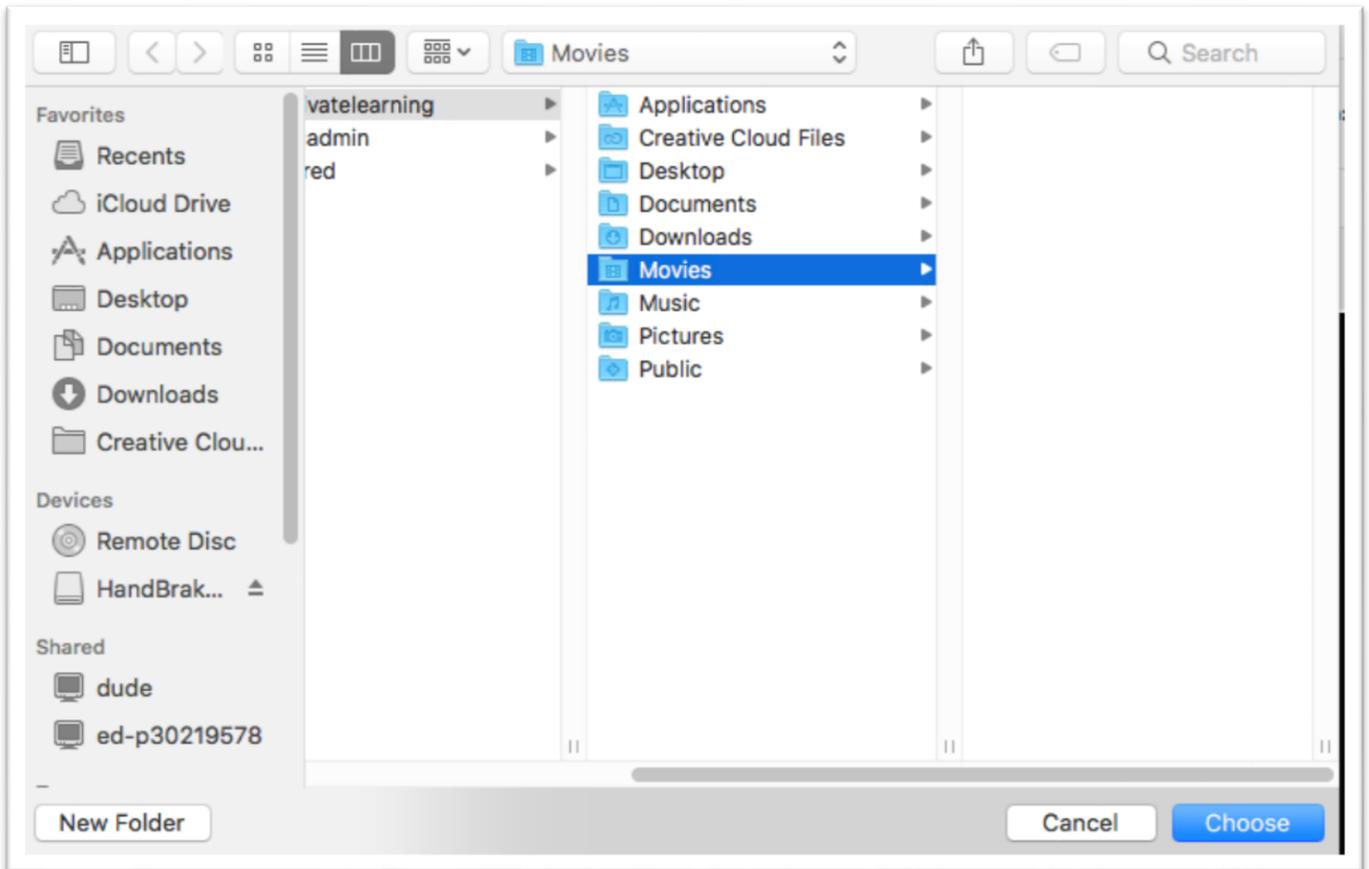
3. Click on the file, and then click the **Open** button to open this video file into Handbrake.
4. There are many options that you can configure for the compression process. We recommend you check the **Web Optimized** box and then use the standard pre-set configuration that loads automatically.
 - a. If you would like to learn more about the configuration options, visit the Handbrake [Opening a video source](#) documentation.
5. Enter a name for the compressed file in the **Save As** field

Save As: Art Table_SUBS_compressed.mp4

6. Click the **Browse** button in the lower right of the screen to set the location where the compressed file will be saved.

Browse...

7. Select the destination folder where the compressed file will be saved, and then click the Choose button.



8. The destination folder for the compressed file will appear at the bottom of the screen

Save As: Art Table_SUBS_compressed.mp4

9. The compressed file name and destination folder will display at the bottom of the screen
10. Press Start button in the top menu to begin the compression process.



11. The status bar at the bottom of the screen displays the status of the compression operation.



12. When finished, the status bar will display **Encode Finished**

