

# HOW TO REDUCE THE SIZE OF A VIDEO RECORDING

## Desktop Computer

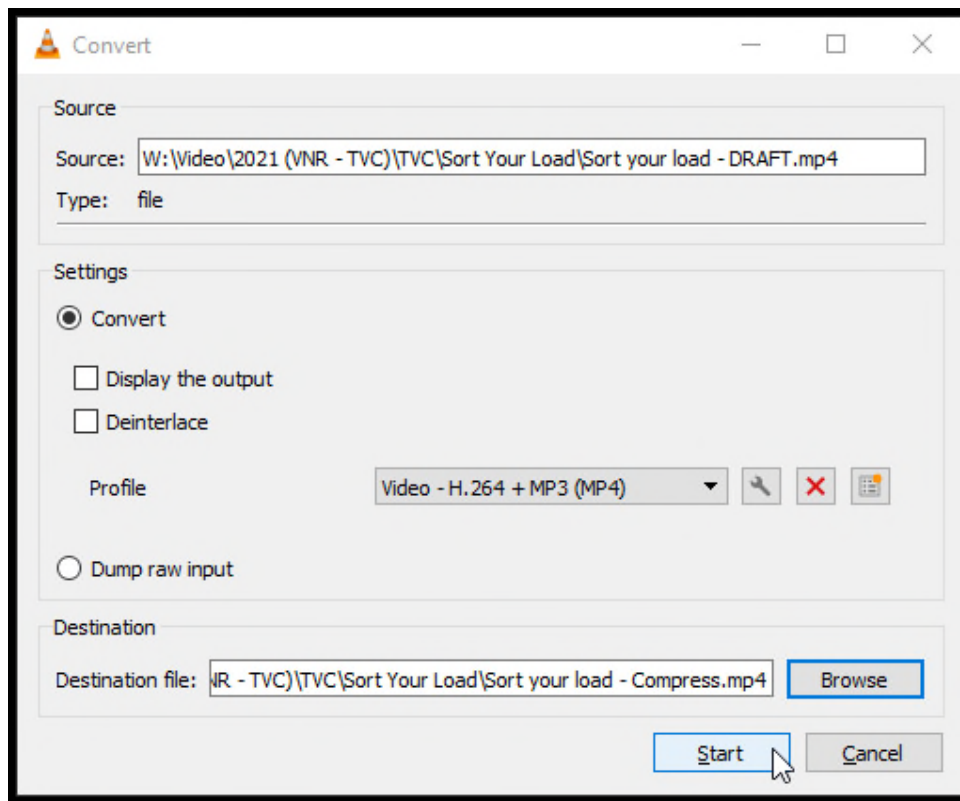
### VLC Compress Video to Smaller Size

Step 1: Download, install the VLC Media Player and open it. The download URL is <https://www.videolan.org/index.html>

Step 2: Go to Menu and click on Media > Convert/save and select the video you need clicking on Add > Convert/Save when you were done.

Step 3: Select the type of profile you want to convert the video.

Step 4: Start VLC video compression and select the Start button.

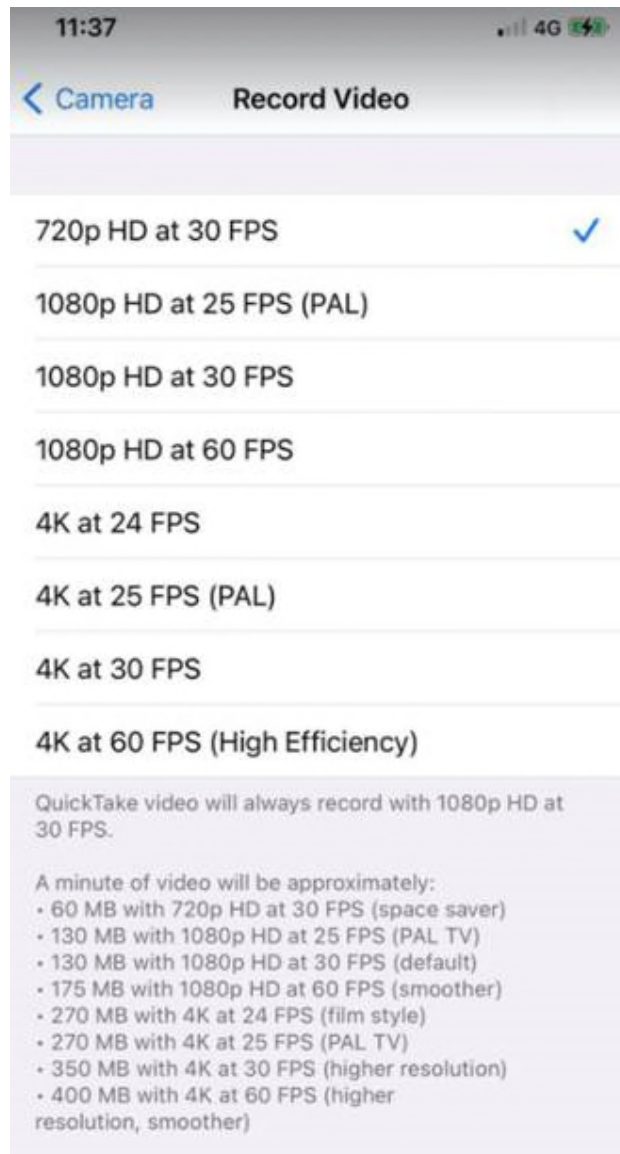


## iPhone

Reduce the resolution of a video before recording.

Step 1: Go to “Settings -> Camera” on your iPhone and find the option for “Record video.”

Step 2: Select the smallest resolution and video quality.



### Use Video Compress App

Step 1: Go to the App Store and search “Video Compress”

Step 2: There are many free apps available to choose from. Install one and follow the steps to compress the video.

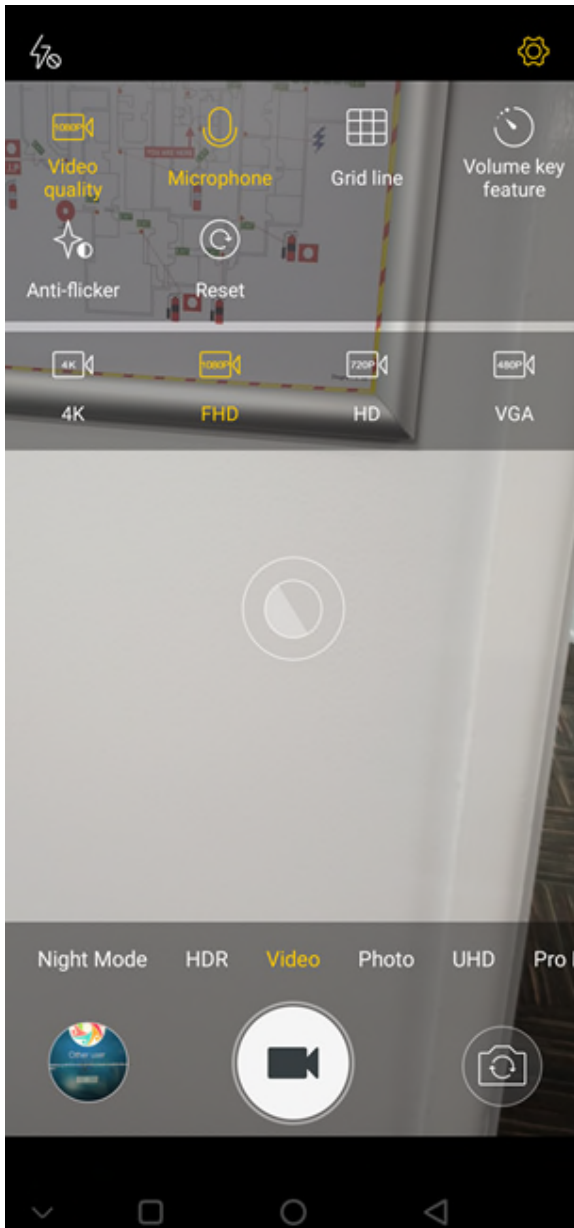
## Android

Reduce the resolution of a video before recording.

Step 1: Tap the "Camera" icon and slide to Video.

Step 2: Go to Settings and Select Video Size/Quality.

Step 3: Select the smallest resolution and video quality.



Use Video Compress App

Step 1: Go to the Play Store and search for "video compressor".

Step 2: There are many free apps available to choose from. Install one and follow the steps to compress the video.

***If the above does not work for you please google other options as there are many available.***