Compressing a Video in iMovie
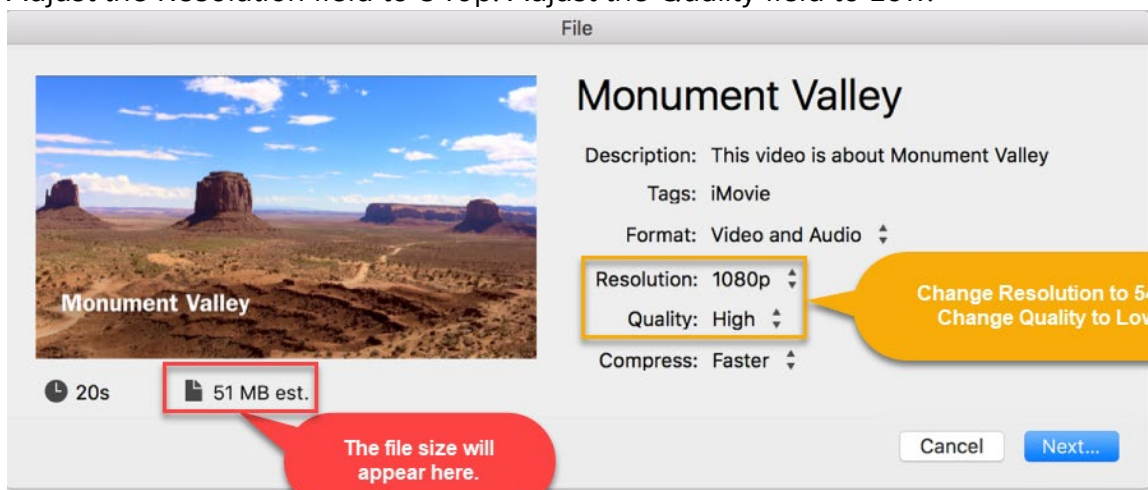
1. Open your video clip in iMovie.

2. Select Share.

3. Select File.

4. Adjust the Resolution field to 540p. Adjust the Quality field to Low.

5. Select Next.

6. Select a file name and location.

7. Wait for the file to process. The progress indicator will disappear when the file is compressed.