

Re: Anybody workout during lunch break?

Source: <http://newsgroups.derkeiler.com/Archive/Misc/misc.fitness.weights/2005-07/msg00282.html>

- *From:* "Steve Freides" <steve@xxxxxxxxxxxxxxxxxxxxxx>
 - *Date:* Wed, 27 Jul 2005 09:56:59 -0400
-

"DZ" <3420@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx> wrote in message news:7054@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

> Steve Freides <steve@xxxxxxxxxxxxxxxxxxxxxx> wrote:

>> DZ wrote

>>> Steve Freides <steve@xxxxxxxxxxxxxxxxxxxxxx> wrote:

>>>> By the way, here's a wmv version – it's much smaller, loads

>>>> faster, and still looks fine: http://www.kbnj.com/DZ_MuscleUp.wmv

>>>> Please pull it down for yourself if you like.

>>>>

>>>> Thanks, I saved it but will look at it later – my Linux viewer

>>>> doesn't

>>>> support Microsoft's "wmv" format, somewhat understandably. So I'd

>>>> have

>>>> to boot into Windows.

>>>>

>>>> I can cook one up in Real format just as easily, if it's of use to

>>>> you.

>>>>

>>>> Thanks, don't worry about it now... maybe I'll bother you later with

>>>> some other clip :-)

>>>> What software do you use to do the conversions? I

>>>> suppose the reduction in size is not due to better compression with

>>>> these formats, but rather a function of the chosen quality, right?

I am no expert on this stuff, but I can tell you that the native recording format of my digital video camera is AVI, which means it makes big files but the quality is very good. When I capture the video to disk, it's also AVI format. I'm using Pinnacle Studio, version 8. A free version came bundled with my camera, I liked it well enough, and bought an upgrade a while back for \$59. Here's a review of it I just found.

<http://www.pcmag.com/article2/0,4149,574600,00.asp>

The issues here are quite technical – of course there is much lost when the size is reduced by 80%, but the idea, as I understand it, is that the losses take place in such a way that the perceived quality of the video itself is only lessened slightly. Same thing in audio – there's full CD, then there are MP3 and a variety of other alternatives that sound "good enough" to most people most of the time.

Re: Anybody workout during lunch break?

Since you had AVI format already, all I did was place your clip in the folder on my where captured video is stored, started the software, and told it what output format I wanted to use. Once I choose with WMV or Real, it gives me a range of choices of resolution qualities – I usually pick the highest one or nearly so.

–S–

<http://www.kbnj.com>

• **References:**

- ◆ ***Anybody workout during lunch break?***
 ◇ From: fj
- ◆ ***Re: Anybody workout during lunch break?***
 ◇ From: John Dunlop
- ◆ ***Re: Anybody workout during lunch break?***
 ◇ From: fj
- ◆ ***Re: Anybody workout during lunch break?***
 ◇ From: John Hanson
- ◆ ***Re: Anybody workout during lunch break?***
 ◇ From: Steve Freides
- ◆ ***Re: Anybody workout during lunch break?***
 ◇ From: Steve Freides
- ◆ ***Re: Anybody workout during lunch break?***
 ◇ From: Steve Freides

- Prev by Date: ***Torn bicep***
- Next by Date: ***Re: Torn bicep***
- Previous by thread: ***Re: Anybody workout during lunch break?***
- Next by thread: ***Re: Anybody workout during lunch break?***
- Index(es):
 - ◆ ***Date***
 - ◆ ***Thread***