Trim a Movie in QuickTime and Optimize with Handbrake

Open Movie in **QuickTime**
1. Click *Edit>Trim*>slide yellow bars to desired portions>Click *Trim* bottom right
2. Click *File>Export* as *480p*>Name and save to desired location

Open **Handbrake**>import movie by selecting file
1. Change Preset to *General> Fast 480p30*>Check box *web optimized*
2. Bottom left: name file>click *Browse* if path shown is not the desired path.
3. Click *Start* in top tool bar, once finished you will find you movie in chosen location

Video tutorial:
https://youtu.be/CeB7GLTROqs