the instructions on the website and the installer to install Any Video Converter 5.8.3. Note that you should perform a Custom Installation to avoid installing additional software. Please note that links to third-party software are provided by Pearson as a courtesy, and do not constitute an endorsement of any third-party products or services you may access. If you do access a third-party site and/or software, you do so at your own risk.	
 Click the output video profile drop-down menu in the upper right corner next to the "Convert Now" button and scroll down to select "Customized MP4 Movie (*.mp4)" under "Common Video Formats." 	
A Click "Pasic Sattings" in the lower right corner and	

4. Click "Basic Settings" in the lower right corner and ensure that your settings match those in the picture to the right. You may also adjust start and stop times (not pictured) if you intend to convert only a portion of your original file.