- 2 Press the focus stick (focus lever) up or down to highlight the desired frame size and aspect ratio (1) and press the stick right.
  - Choose **213** 16:9 or **101** 17:9 for 4K movies with aspect ratios of 16 or 17 to 9.
  - Choose 110 16:9 or 110 17:9 for Full HD movies with aspect ratios of 16 or 17 to 9.
- 3 Press the focus stick (focus lever) up or down to highlight a frame rate (2) and press the stick right.

Options					
23.98P	24P	25P	29.97P	50P	59.94P

4 Press the focus stick up or down to highlight a bit rate (3) and press MENU/OK.

Options				
50Mbps	100Mbps	200Mbps		

The choice of frame and bit rates varies with the movie mode.

## **FILE FORMAT**

Choose a movie format.

Option	Description		
MOV/H.264 LPCM	High picture and sound quality.		
MP4/H.264 AAC	A format suitable for movies that will be uploaded to the web.		

