

Data Compression

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Document tabs

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Tab 1

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Headings you add to the document will appear here.

File formats:

MP4

MOV

AVI

WebM

Best Tools for Compression on Mac or Online

1- Video

Tool

Type

Notes

Clideo

Online

Easy, drag and drop video

Compressor (by Apple)

Mac app

Pro-level, works with Final Cut

HitPaw Video Compressor

Mac app

Beginner-friendly

YouCompress

Online

Free and simple

HandBrake

Free Mac app

Open-source, advanced options

2-Image

Tool

Type

Notes

ImageOptim

Mac app

Lossless, good for web images

TinyPNG / TinyJPG

Online

Shrinks images without quality loss

Squoosh (by Google)

Online

Choose image quality, see live preview

Preview (macOS)

Built-in

Export and adjust quality manually

3-Audio

Tool

Type

Notes

Audacity

Free Mac app

Edit and export audio (MP3, etc.)

Online Audio Converter

Online

Upload and convert files

FFmpeg

Terminal tool

Pro-level audio/video compression

GarageBand

Mac app

Export as compressed audio

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