Instructions for video codec:

When designing experiments, particularly for multiple monitor setups, you may need to lower the video quality in order for the videos to run smoothly. These are the settings I discovered that will drastically reduce file size, but still barely sacrifice video quality:

In Adobe Media Encoder:

* Make new preset
* Format: AVI
* Video Codec: Xvid MPEG-4 Codec
  + Codec settings:
    - Profile @ Level = Xvid HD 1080
    - Encoding Type = Single pass
    - Target Quantizer (slider) = 4
* Frame rate: 29.97
* Field Order: Lowest first
* Width/Height: 1440 x 1080
* Aspect: Square pixels

Now, the MOST important thing to affect file size is the target quantizer in the codec settings. Play with the slider, and see how it affects video quality, but that will help to drastically reduce file size.