

SilverFit Mile: Instructions for converting videos

In case your video doesn't show up in the list with own content, we advise you to follow these instructions. By converting your video, the file is changed into a format that can be played on the SilverFit Mile.

Attention: the conversion may lower the quality of the video. With big video files it may take a few minutes to convert.

1. Open the program VLC Media Player. If you don't have this program on your computer, you can download it for free on <https://www.videolan.org/vlc>
2. Click in the top left corner on "Media" ⇒ "Convert/Save" (image 1)

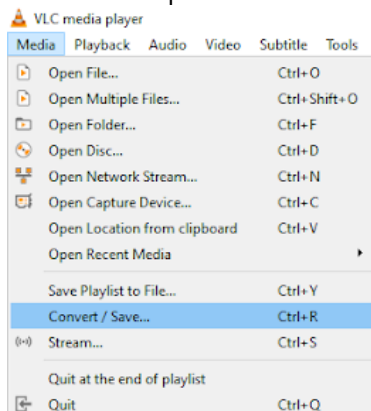



Image 1. Convert/Save

3. Click on "Add" and select the file or multiple files that you would like to convert.
4. Click below on the "Convert/Save" button.
5. Click next to the text "Profile" on the rightmost icon  to create a new profile.
6. Fill out a profile name up top, for example "SilverFit Mile videos"
7. Select in the tab "Encapsulation" the option "MP4/MOV".
8. Go to the tab "Video codec" and tick the box next to "Video".
9. Select for "Codec" the option "MPEG-4" and change the "Bitrate" to 2500 kb/s" The tab "Video codec" should look as follows now (image 2).

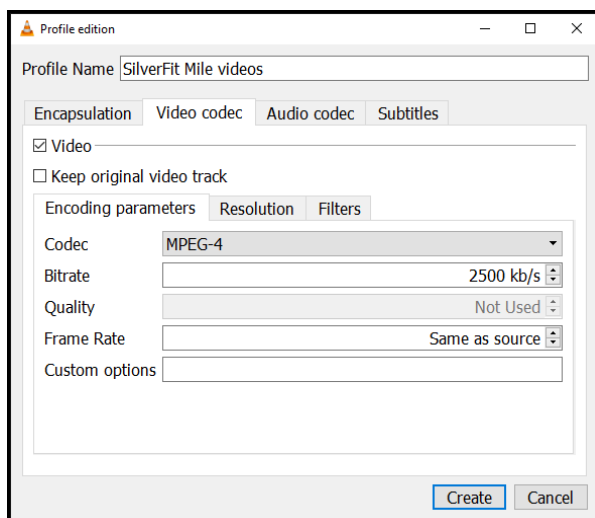


Image 2. The tab Video Codec

10. Go to the tab "Audio codec" and tick the box next to "Audio".
11. Select for "Codec" the option "MPEG 4 Audio (AAC)" and change the "Bitrate" to "150 kb/s". The tab "Audiocodec" should look as follows now (image 3).

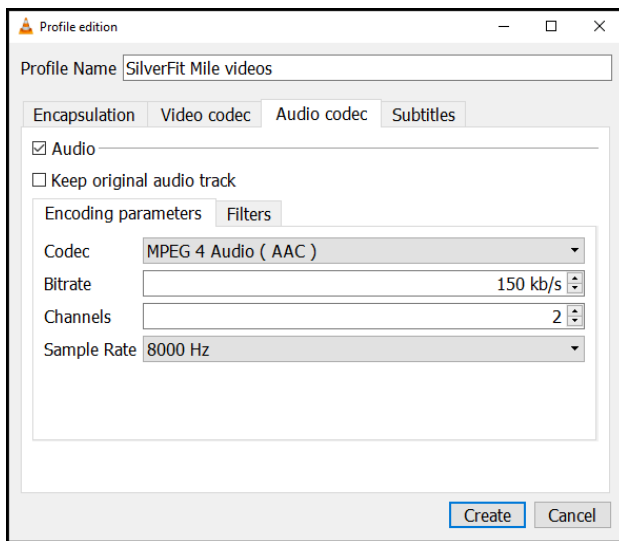


Image 3. The tab Audio Codec

12. Click on the "Create" button.
13. Select in the dropdown menu next to "Profile" the profile you just created. This one should be at the bottom of the list.

In case you are converting 1 single file, follow 14 A.

In case you are converting multiple files, follow 14 B.

14. A. Click on the button "Browse" at the right bottom. Select the location where you want to save the file and rename the file.
Attention: The new name must differ from the original filename to make sure the original file will not be overwritten. In this way, the original file will remain.
- B. Tick the box next to "Append '-converted' to filename" to make sure the original file will not be overwritten. In this way, the original file will remain.
15. Click on "Start"
16. The playback bar at the bottom of the VLC screen will now slowly turn blue. When the bar turns back to grey, the conversion is finished.
17. Close the VLC program.
18. Copy the converted video(s) to a USB-stick and connect it to the SilverFit Mile.

If you have already followed all the steps on your computer and you would like to convert another video, you can skip step 5-12. You can directly select the profile you made before.