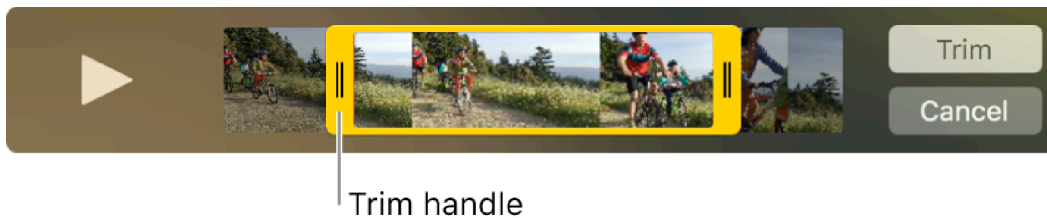


# How to Trim a Movie or Clip with Quicktime

You can use the trimming bar in QuickTime to remove or “trim” parts of a movie or clip.

1. **Start Quicktime** by clicking on Quicktime Icon located in dock bar at the bottom of screen or double click on the Movie or Clip you want to trim.
2. Choose “**Edit**” drop down menu > **Trim**.
3. Drag the yellow handles in the trimming bar to select the portion of the clip that you want to keep. Tip: To make more precise edits, click and hold a handle to see individual frames of the clip.



Above image shows a clip in the QuickTime window, the part of the clip enclosed in the yellow handles show new start and end trim points of the Movie or Clip, the area outside the yellow handles will be deleted.

4. Click Trim to trim Movie or Clip
5. Choose “**File**” > drop down menu > **Save** to save and name the modified Movie or Clip