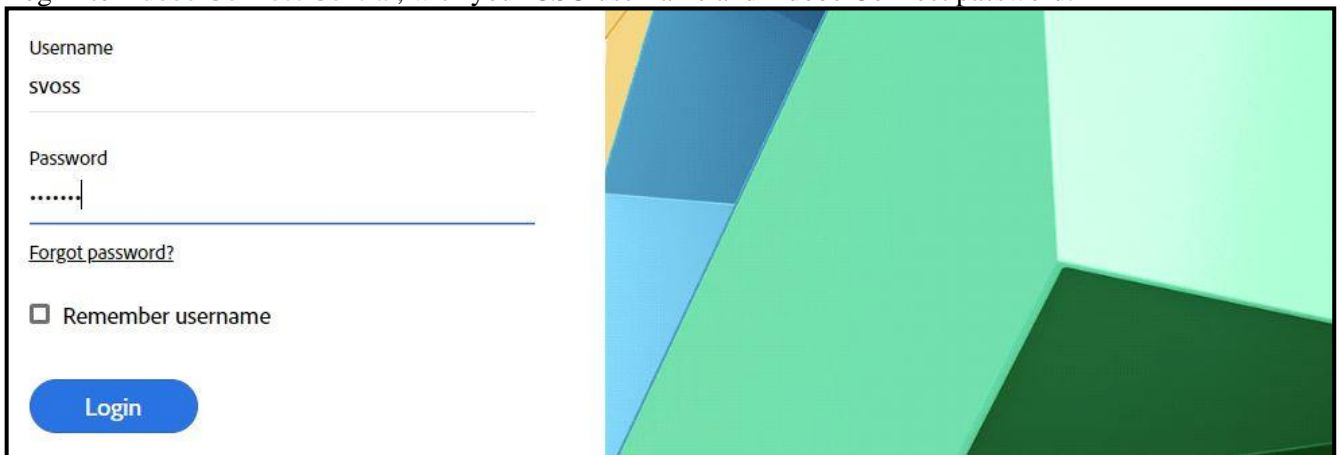


# Convert and download Adobe Connect recordings in MP4 or FLV format

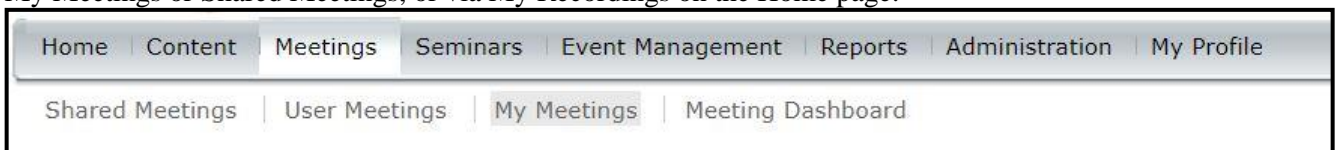
You can convert and download an Adobe Connect session recording offline, in MP4 or FLV format.

This conversion will happen on your local system and uses the [Adobe Connect application for desktop](#).

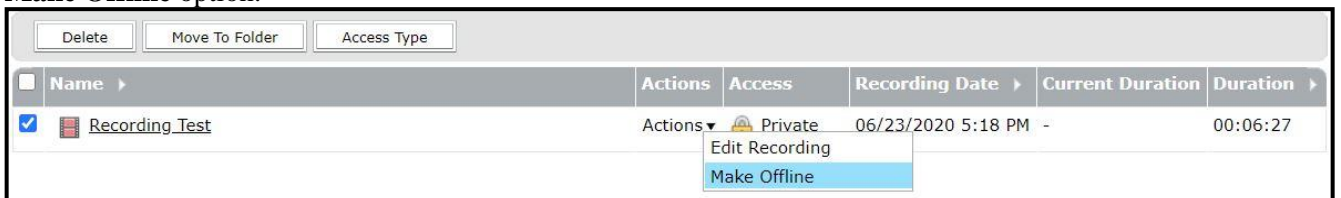
1. Log in to [Adobe Connect Central](#), with your CSU username and Adobe Connect password.



2. Locate the recording(s) that you want to convert to MP4 format. You will generally find these files under either My Meetings or Shared Meetings, or via My Recordings on the Home page.

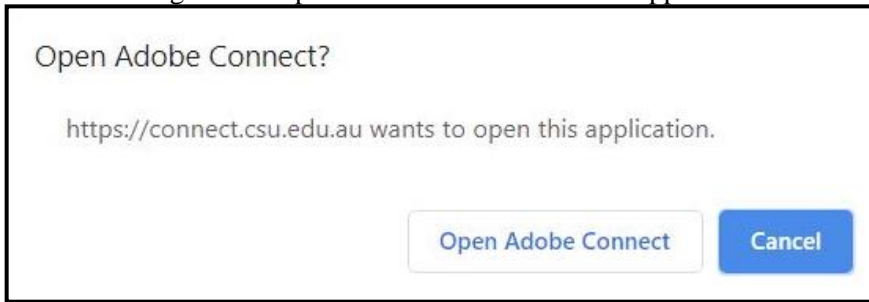


3. Place a tick against the recording you wish to keep, click on **Actions** to open the pop-up menu and the select the **Make Offline** option.

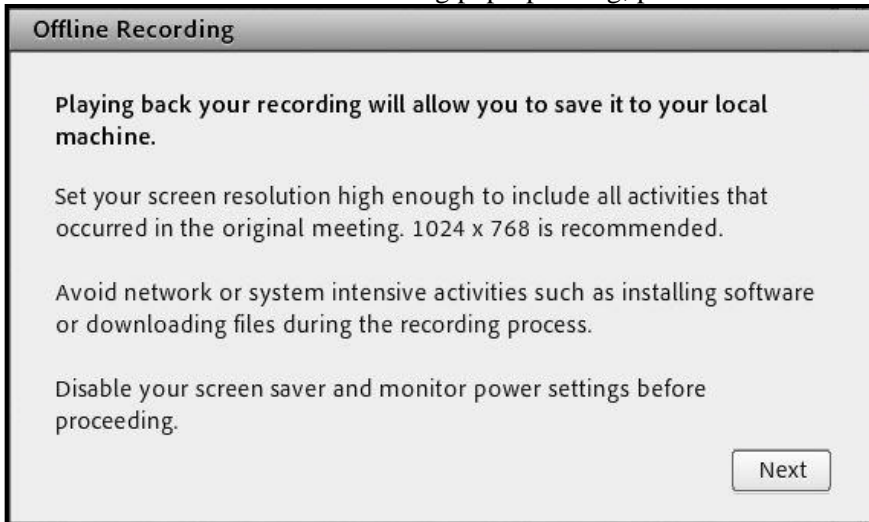


Name	Actions	Access	Recording Date	Current Duration	Duration
<input checked="" type="checkbox"/> Recording_Test	Actions	Private	06/23/2020 5:18 PM	-	00:06:27

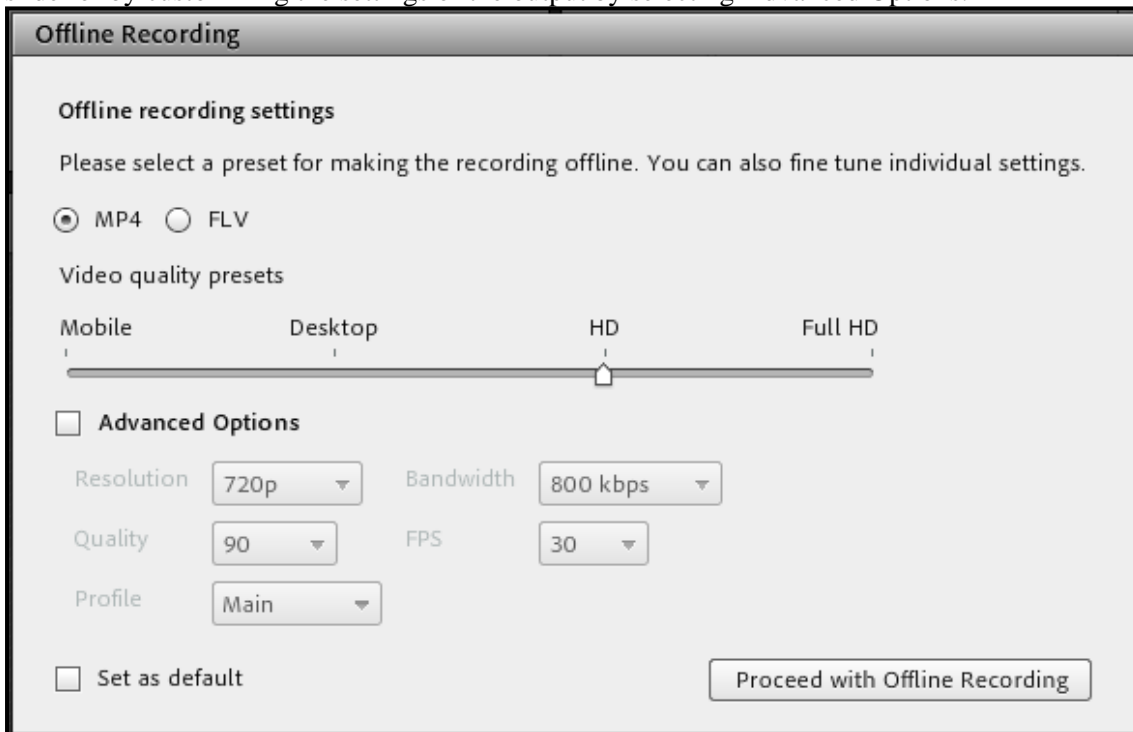
4. Your recording will be opened in the Adobe Connect application.



5. You will also encounter the following pop-up dialog; press Next to continue.



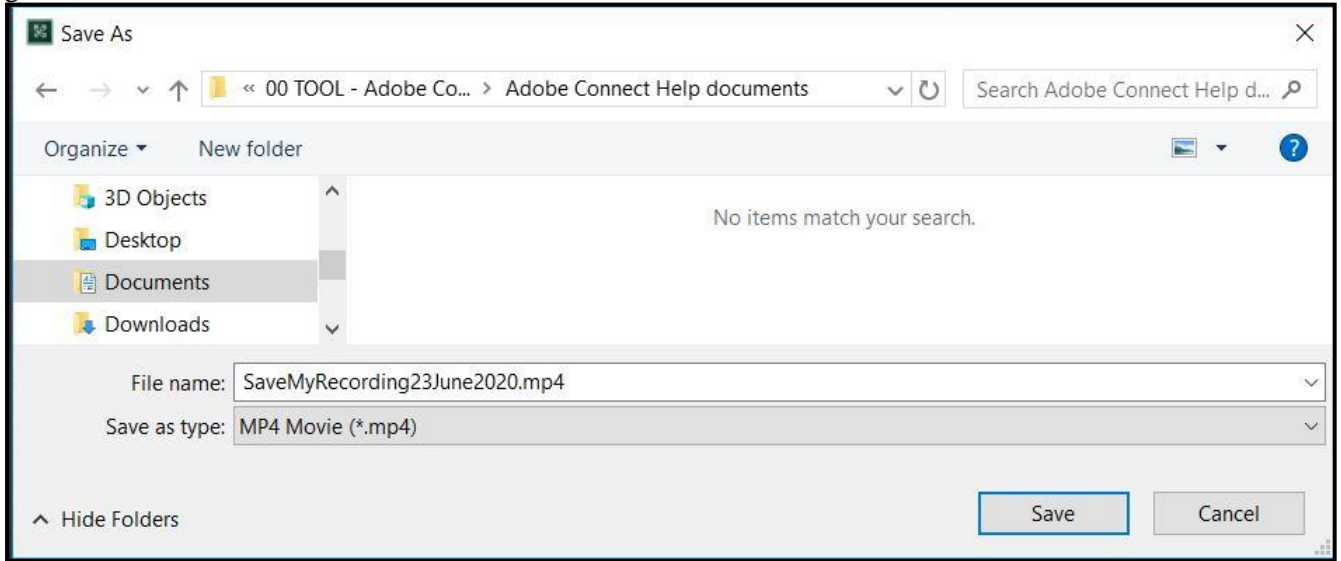
6. In the Offline Recording dialog, select MP4 or FLV as an output option. Also, select the quality using either the slider or by customizing the settings of the output by selecting Advanced Options.



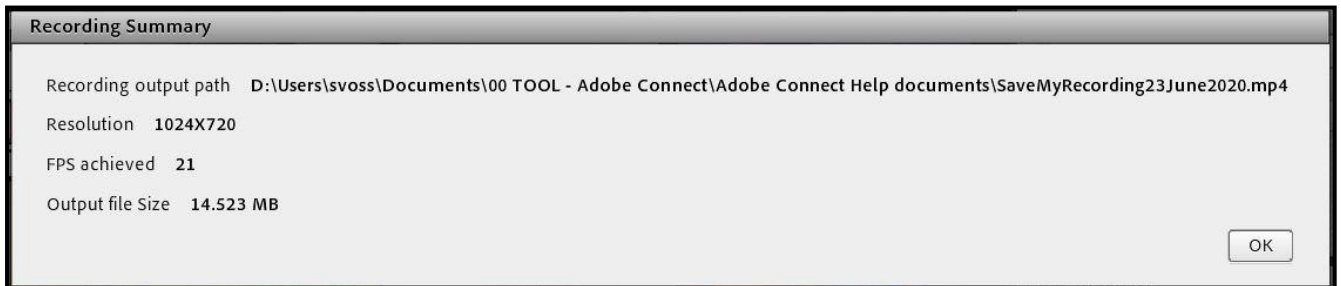
7. Optionally, to save the Advanced Options as the default, click the check box Set as default.

**Note:** The set as default option is client-specific that means on a specific machine a user can continue to use set defaults. On a different machine, the system default (HD quality) remains.

- Click **Proceed with Offline Recording**.
- Browse and save the file in a local folder. The recording will play back in the Adobe Connect application and get converted to MP4 or FLV file.



- A dialog box pops up when the conversion has finished and provides the details of the actual recording. The actual quality and resolution of the generated MP4 file depends on your system resources and may be equal to or lower than the chosen settings. Check the pop-up dialog box at the end for the Resolution and the FPS achieved.



- Repeat this process for every recording you wish to keep.
- You can perform other tasks on your pc whilst each offline recording is being produced in the background.
- Please do not attempt to make more than one offline copy at a time.

**More help on recordings can be found via the following links:**

YouTube - [Converting your Adobe Connect recording to MP4](#) by Alistair Lee from Adobe Connect

Adobe Connect - <https://helpx.adobe.com/adobe-connect/using/recording-playing-back-meetings.html>

**More help on downloading content can be found via the following links:**

YouTube – [Downloading content from your content library](#) by Hunter Mozer, Adobe Connect Specialist

Adobe Connect - <https://helpx.adobe.com/adobe-connect/using/content-content-library.html>