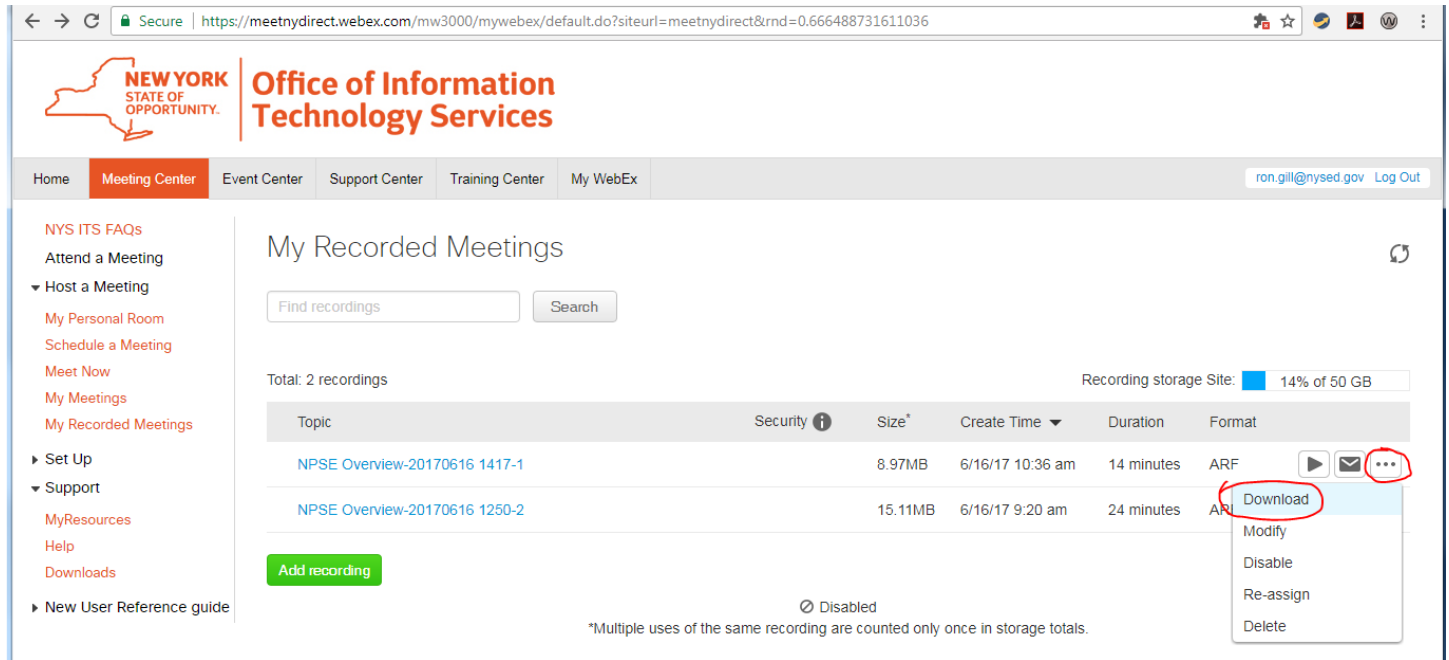


# Exporting Video from WebEx Network Recording Player

**Step 1:** Get the video file (.arf) from WebEx. The host\* for the webinar can download this file after logging into the WebEx Meeting Center:

<https://meetnydirect.webex.com/>

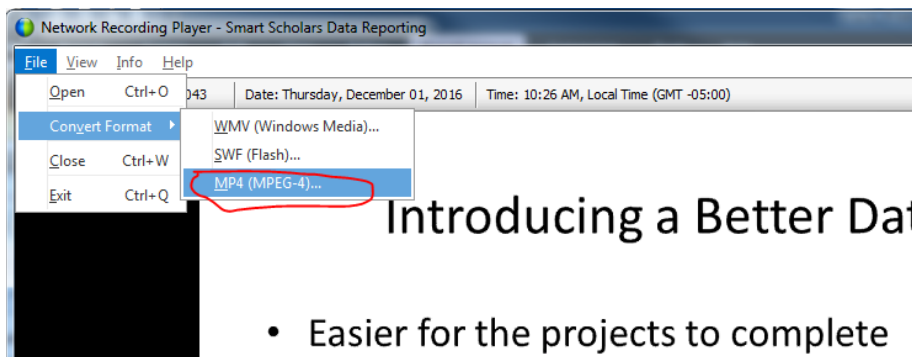
From “My Recorded Meetings” select download:



Additional information about downloading WebEx video files (.arf) is available from the [Cisco WebEx Help Center](#).

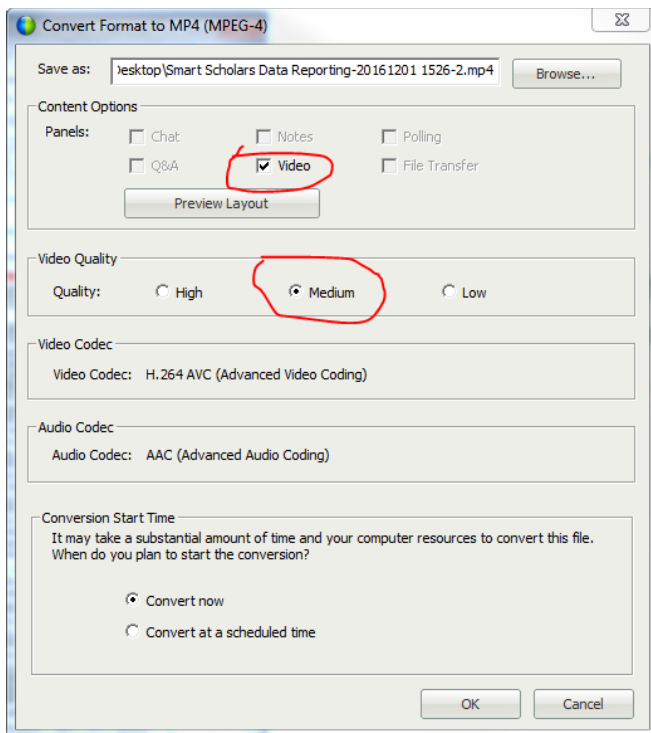
**Step 2:** Open the WebEx video file (.arf) using the WebEx Network Recording Player and select the following menu option:

File > Convert Format > MP4



- Easier for the projects to complete

Check settings and click ok to export the file:



\* The host can re-assign recordings to other WebEx users so that they can download them but this will remove the recordings from the list of recordings (in My Recordings within the WebEx Meeting Center).