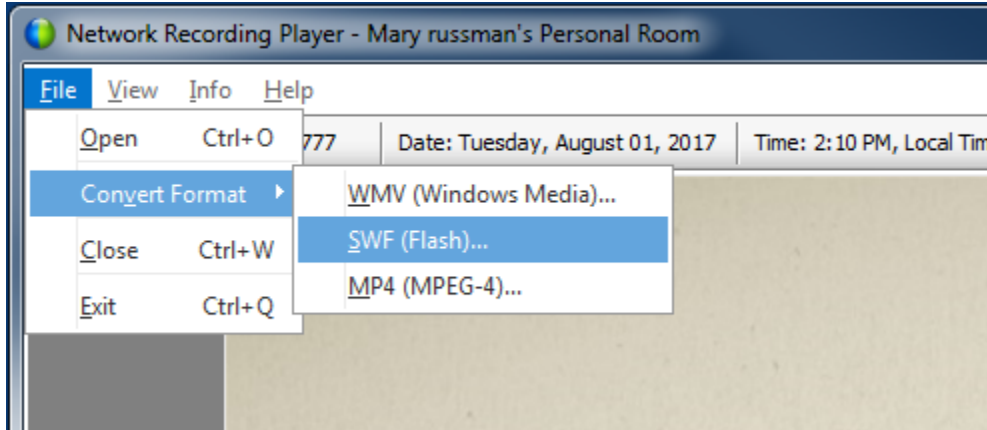# How to Optimize Video and Audio Output from WebEx ARF

Tips for WebEx Recordings
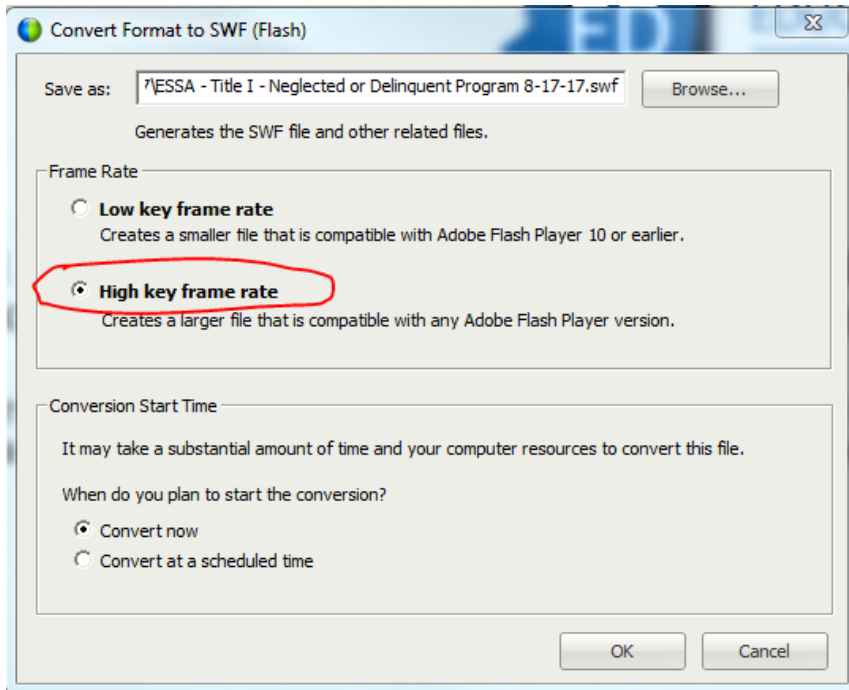
Exporting from .arf to .mp4 has resulted in some glitchy videos. A couple alternative options to fix this include exporting to Flash or WMV.

Option 1: Flash

1. Exporting to Flash (SWF)

Select High key frame rate:

Exporting to Flash will create a folder with multiple files. The file named screen.flv is the video file, the file named voip.flv is the audio.

2. Load the separate Video file (screen.flv) to Vimeo and then once uploaded export this file to MP4 at high quality:

Note: The High Def file may not be immediately available after uploading the file. Wait some time and refresh this screen until the High Def link appears.

3. Open a new project in VSDC Video Editor. Add the exported MP4 file from step 2 and the audio (voip.flv) to the project by dragging the files into the project window. The added files will be indicated in the scene panel:
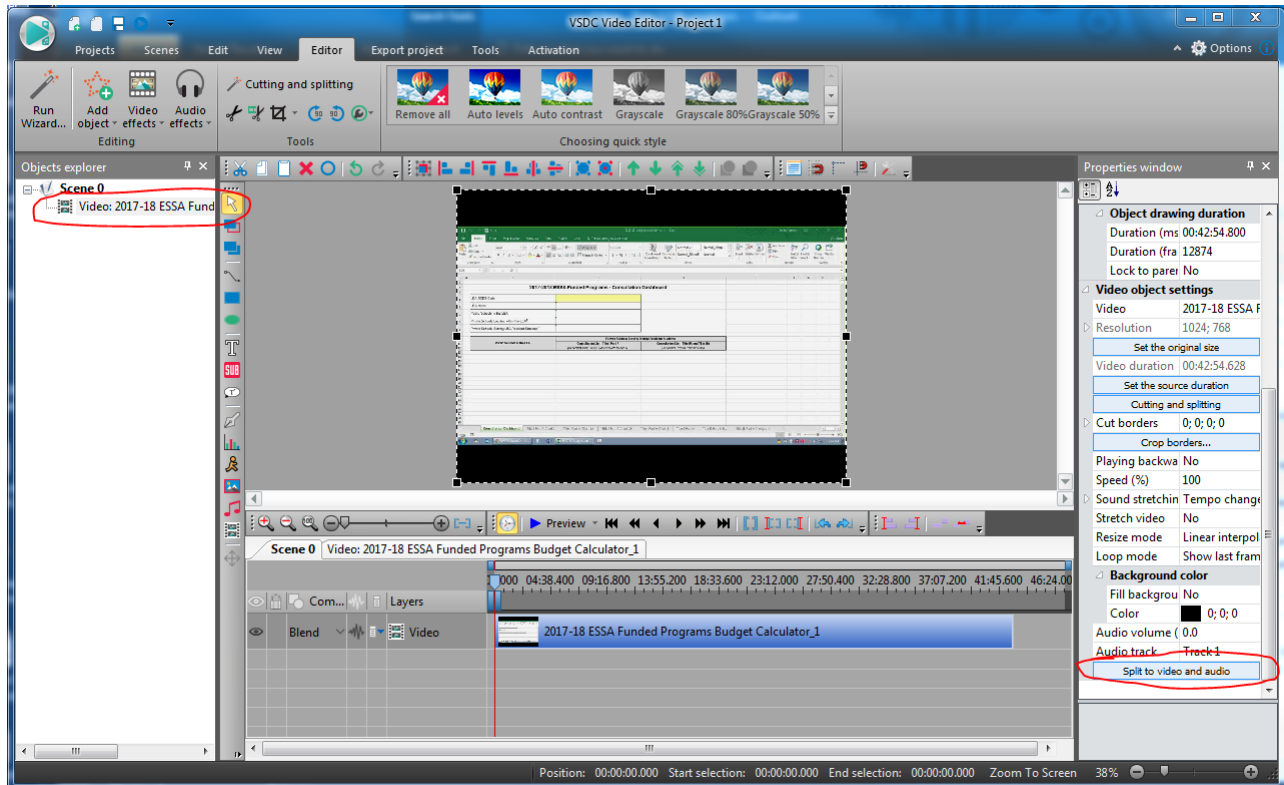

4. Export the project to MP4 to combine the video and audio into a single file.

Option 2: WMV and MP4 Exports

1. Exporting from .arf to .wmv can also produce good video, but sometimes glitchy audio. In cases where this happens, the audio can be extracted from the .mp4 file and used to replace the audio on the .wmv file using VSDC Video Editor.

   To do this load the files, click on the video file and select Split to video and audio:

Do this for both the .wmv file and the .mp4. Delete the audio generated from the .wmv and delete the video from the .mp4 leaving just the good audio and video that can then be exported: