



AV CaptureAll

How-to Guide: Convert a Video Recording to an MP3

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Overview

The purpose of this guide is to walk you through the steps necessary for converting a video recording to an audio-only MP3 file. If your intent is to create an audio clip of only part of a recording, you may first want to follow Steps 1-7 of our [how-to guide for the clipping tool](#). If at any time you have questions regarding this process, please call our customer support line at [888-360-2822](tel:888-360-2822) or email us at Support@AVCaptureAll.com.

Prerequisites

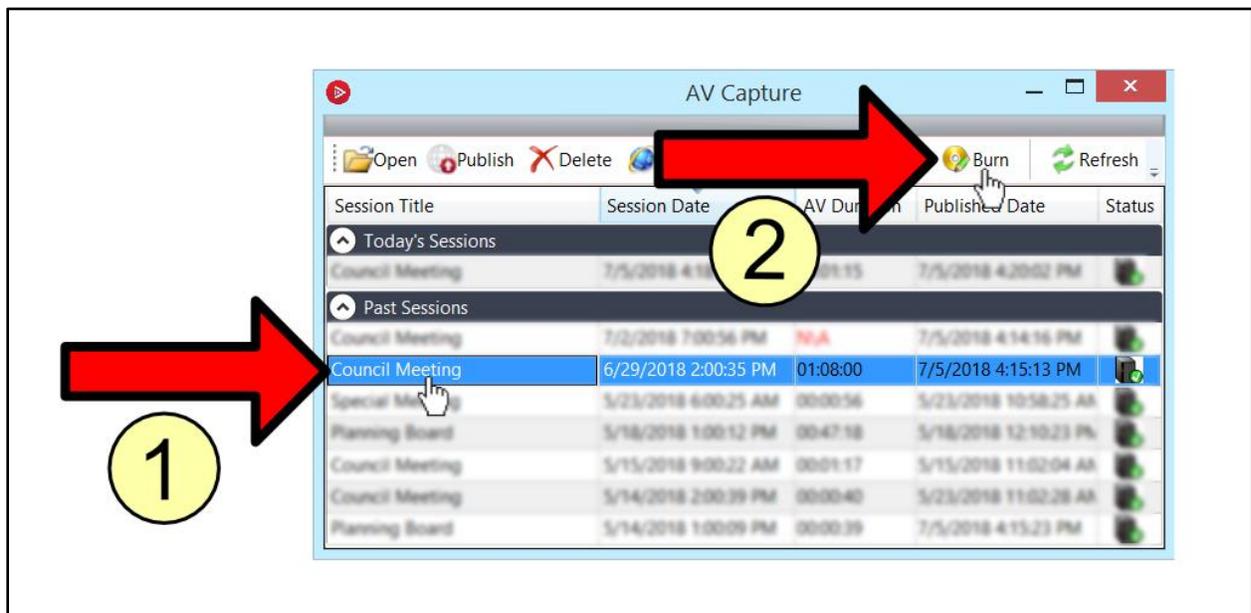
Third-party software is required for the conversion. We recommend Any Video Converter, though any software that provides the necessary conversion may be used. To provide the level of detail desired in this guide, the following directions assume Any Video Converter is used.

The free version of Any Video Converter is available for download [here](#). During installation, select Advanced Options, and deselect any bundled software listed.

📍 Directions 📍

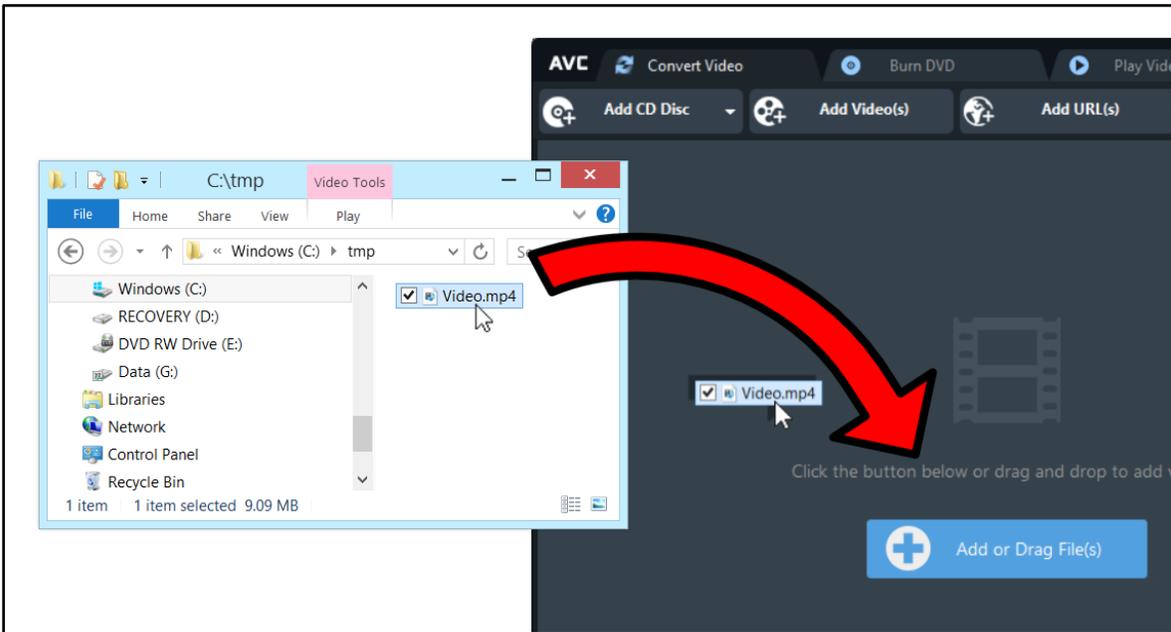
Step 1: Open Windows File Explorer and navigate to the folder where the video file is located. If the video is in a session, and you are uncertain where to find it in File Explorer, it can be located via AV Capture. If this is the case, launch AV Capture and open the Browse Sessions window. Next, Select the desired session (①) and click Burn (②). This will open the session folder containing the media file in File Explorer.

Note that the conversion process does not modify the original file. Instead, it will create a new file in the desired format. In other words, there is no need to create a copy of the video file.

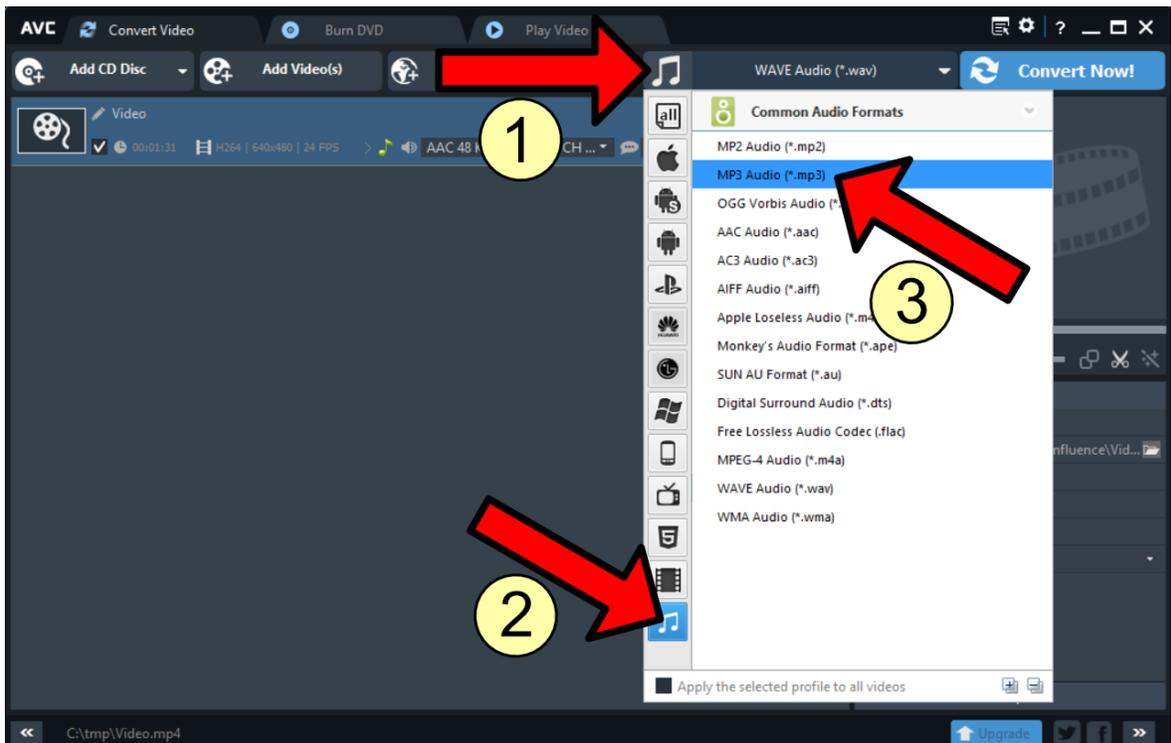


Step 2: Open Any Video Converter.

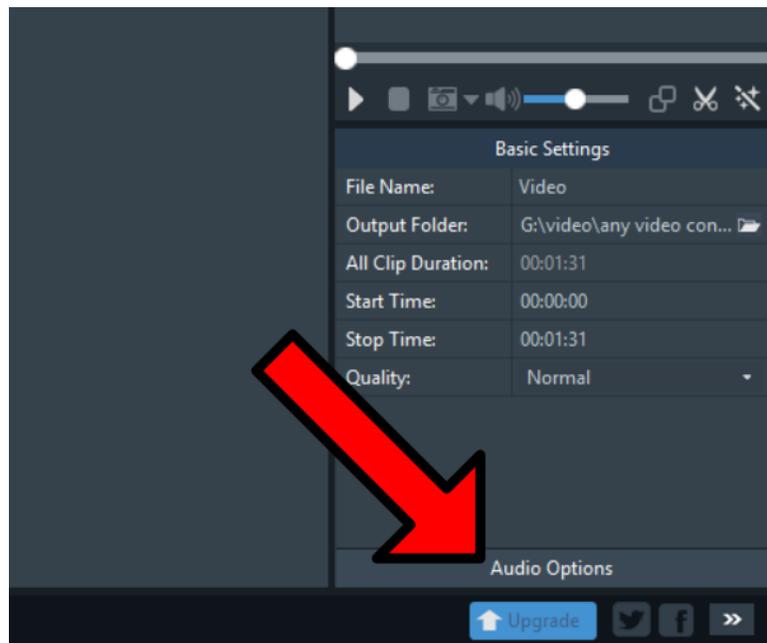
Step 3: Drag the video file from the File Explorer window and drop it on Any Video Converter.



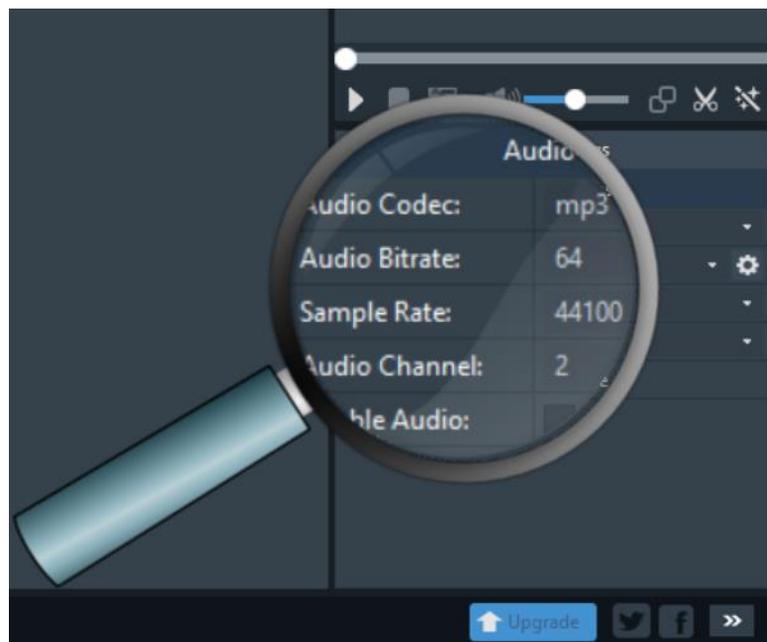
Step 4: Next, click the Select Output Profile drop-down menu (1), navigate to the Audio Files tab (2), and select MP3 Audio (3).



Step 5: In the lower-righthand corner of the window, click to expand the Audio Options menu.



Step 6: Set the Audio Bitrate to 64, and Sample Rate to 44100.



Step 7: In the upper-righthand corner of the window, click the Convert Now button.



Upon completion, a File Explorer window will open to the temporary location of the converted file. The MP3 can now be moved to a more permanent location.

🔗 Summary 🔗

If you followed the steps above, you have successfully converted a video file to an audio-only MP3 file. If this is not the case, please call our customer support line at [888-360-2822](tel:888-360-2822) or email us at Support@AVCaptureAll.com.

🔗 Related Support Documents 🔗

[How-to Guide: Import an MP3](#)

This guide walks you through the steps necessary to import an MP3 media file into an AV Capture session.

[How-to Guide: Burn a Session to Disc](#)

This guide walks you through the steps necessary to burn a session's recorded media file to disc. If you are burning the MP3 directly from File Explorer, skip to Step 4.