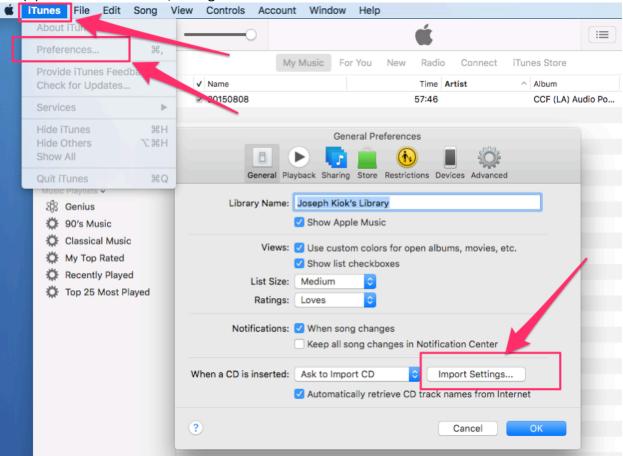
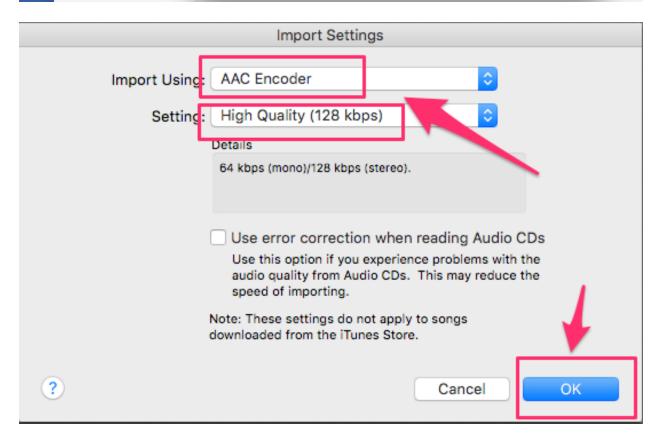
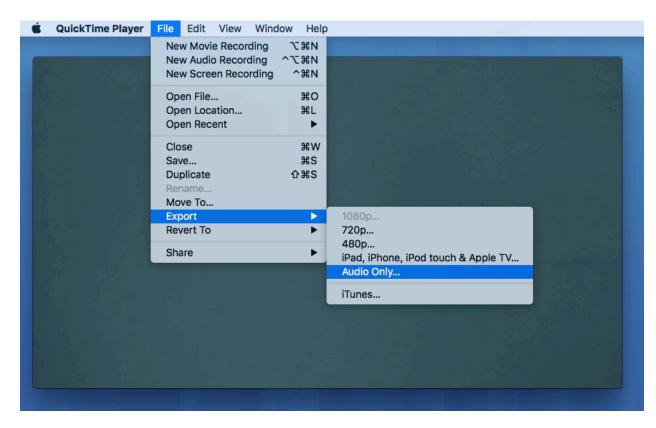
(1) For first time users, configure this

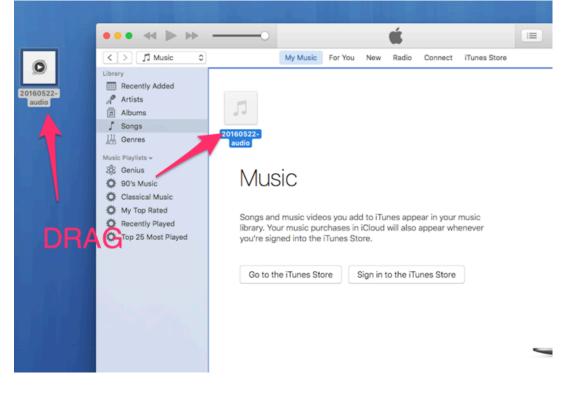




(2) Extract audio from the VIDEO FILE.



(3) Drag the generated file to iTunes



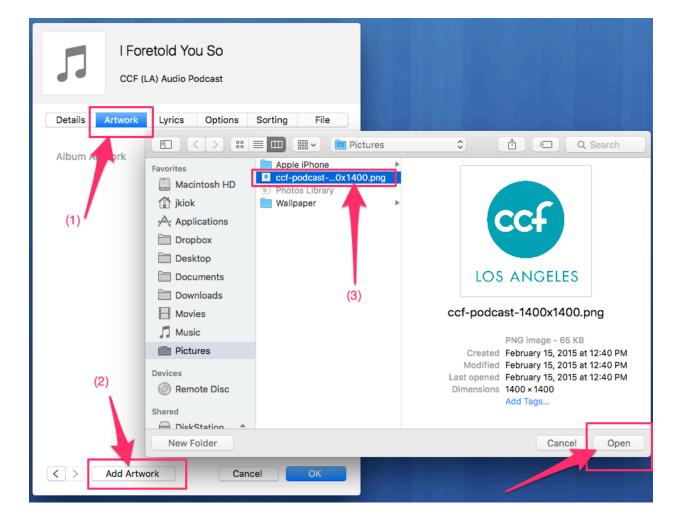
(4) Convert it to a lower AAC (size)

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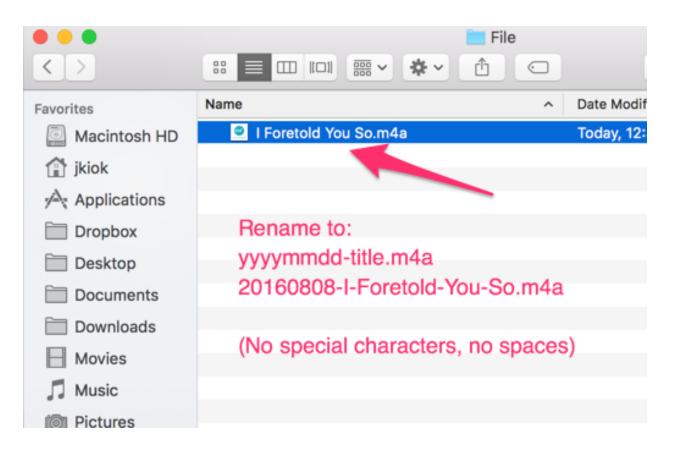
(5) Enter data for podcast file

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THEN UPLOAD BY SFTP!