- Movie to 3G
- Movie to AVI
- Movie to BMP
- Movie to DV Stream
- Movie to FLC
- Movie to Hinted Movie
- Movie to Image Sequence
- Movie to iPod (320x240)
- ✓ Movie to MPEG-4
- Movie to Picture
- Movie to QuickTime Media Link
- Movie to QuickTime Movie
- Sound to AIFF
- Sound to AU
- Sound to Wave