

	Format	Preset	Width & Height	Frame Rate	Field Order	Aspect	Bit Rate Encoding	Max File Size
Online	h.264	n/a	1920x1080		Progressive	Square Pixels	VBR, 2 pass	n/a
Facebook	h.264	Facebook 1080p Full HD	1920x1080	30	Progressive	Square Pixels	VBR, 2 pass	n/a
Instagram (landscape)	h.264	n/a	1800x945		Progressive	Square Pixels	VBR, 1 pass	4GB
Instagram or Facebook (square)	h.264	n/a	1800x1800		Progressive	Square Pixels	VBR, 1 pass	4GB
Youtube	h.264	Youtube 1080p Full HD	1920x1080		Progressive	Square Pixels	VBR, 2 pass	n/a
Loading Zone	h.264	n/a	1920x1080	23.976	Progressive	Square Pixels	VBR, 1 pass	n/a