How to convert Webex recordings to mp4 movie files

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A couple people were interested in how a working group leader might record a meeting that is happening in Webex, and then convert the resulting recording into a common format.

Here is one take on that.

What I did

1. Go to Google and type in 'Converting .arf file to mp4
2. It brought back a Youtube video with this link (https://www.youtube.com/watch?v=T6ZwylFnwJo)
3. I watched some of the movie
4. The movie said to download something called Webex Network Recorder and Player. Apparently this is some application or utility you can find on the web, or find looking through the Webex app itself will lead you to a link to it
5. Download and install
6. Open it up and if it merges right, it will 'see' your existing Webex recordings (the .arf files that Webex automatically generates)
7. Then I looked around in Network Recorder and Player for an instruction to Convert and it offered option to convert to mp4
8. Then when I hit yes, the app had to play back the entire video in the background, and when it was done, there was an mp4 file resulting, in the same directory as my arf file. Presto!

Please don't ask me any other questions on this as I have low technical expertise.