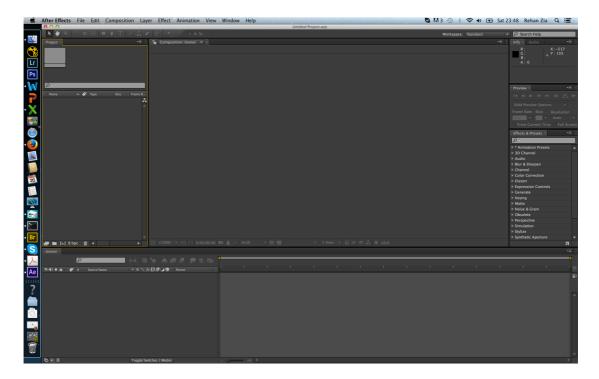
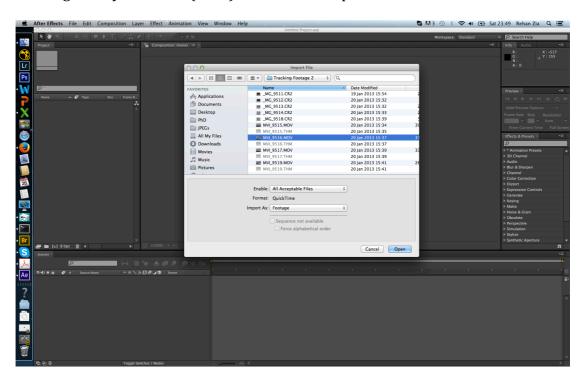
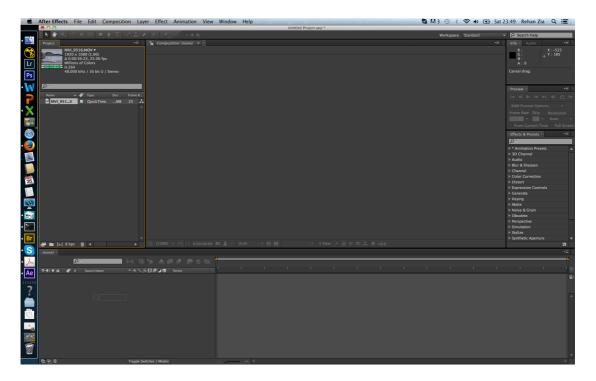
1. Open Adobe AfterEffects CS6 and double-click in the Project Window to open the file browser.



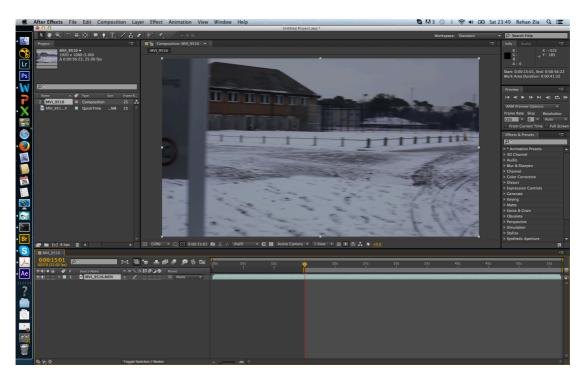
2. Navigate to your video (.mov) file and click 'Open'.



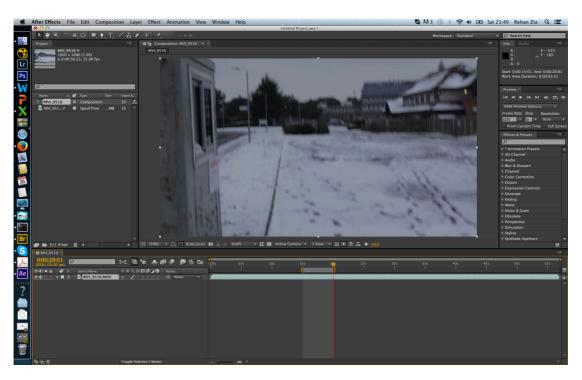
3. Drag the video from the Project window and drop it in the timeline window at the bottom.



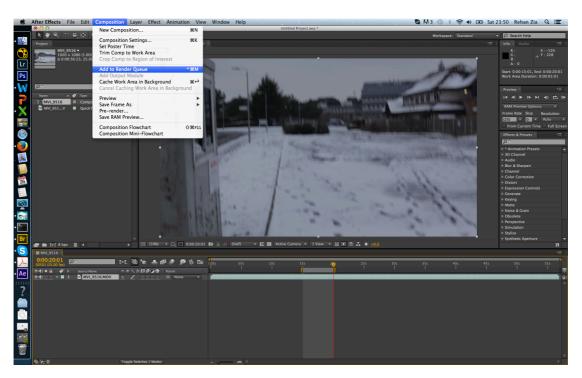
4. Go to the frame you want to start rendering the image sequence from and press 'b' to set the start render region.



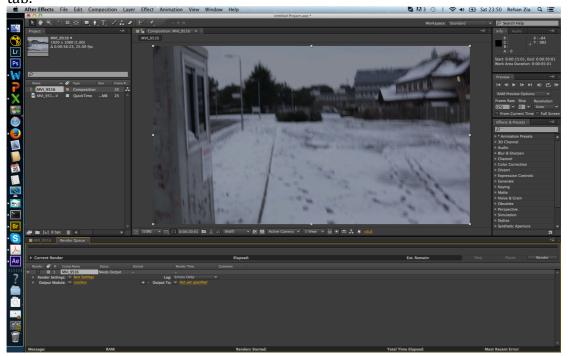
5. Go to the frame you want to end rendering on and press 'n' to set the end render region.



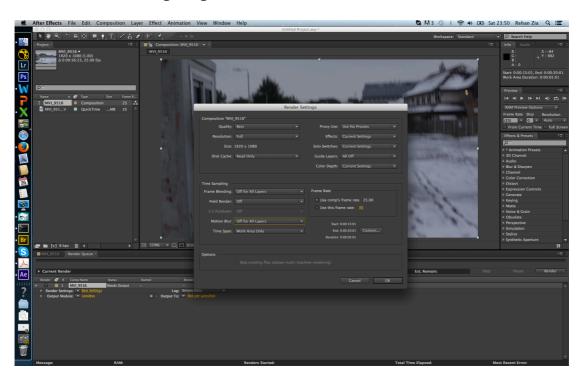
6. Go to Composition>Add to Render Queue.



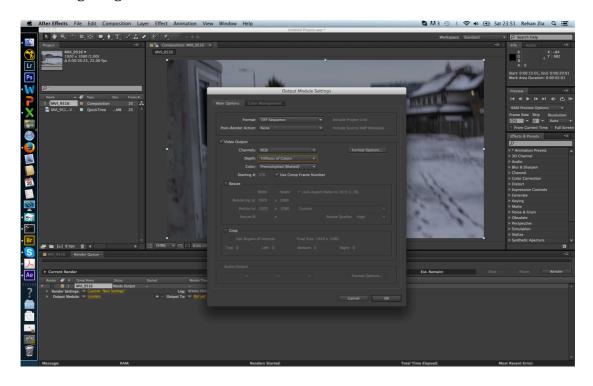
7. The window pane where the Timeline tab was will switch to the Render Queue tab.



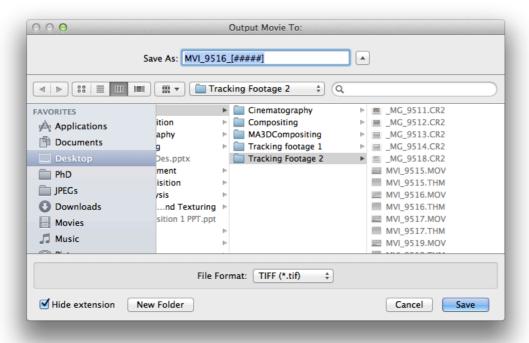
8. In the 'Render Settings' field, click 'Best Settings' and specify the settings as shown in the following image and then click 'OK'.



9. In the 'Output Module', click 'Lossless' and specify the settings as shown in the following image and then click 'OK'.



10. Click 'Output To', and browse to where you want to save the image sequence and click 'OK' (Note: Ideally, you should create a new folder for each image sequence).



To start rendering the image sequence, click the 'Render' button in the 'Render Queue' tab.