Download MPEG streamclip http://www.squared5.com/svideo/mpeg-streamclip-mac.html

Install MPEG streamclip on your system.

Open MPEG Streamclip.

Load one of the 5D clips into MPEG Streamclip

Under the File menu choose "Export to Quicktime..."

In the "MPEG Streamclip - Movie Exporter" window set it to: Compression: Apple ProRes 422 HQ Frame Size: 1920 x 1080 (unscaled) If it doesn't say "unscaled" next to the 1920 x 1080 Frame Size, select the frame size that does say "unscaled" It'll probably be 1280 x 720 if it's not 1920 x 1080. Delect for Progressive Movies: delect all the options

Field Dominance: Upper Field First

MPEG Streamclip - Movie Exporter						
Compression: Apple ProRes 422 (HQ) Image: Options Quality: 2-Pass 50 % B-Frames						
Limit Data Rate:						
Sound: Uncompressed 🗘 Stereo 🗘 Auto 🗘 256 kbps 🛟						
Frame Size: A professional 2D-FIR Frame Rate:						
$\bigcirc 1280 \times 720 \text{ (16:9)} \qquad \qquad \bigcirc \text{Better Downscaling}$						
O 960 × 720 (unscaled) O 720 × 576 (DV-PAL)						
O 720 × 480 (DV-NTSC)						
O 1280 × 720 (HDTV 720p) ● 1920 × 1080 (HDTV 1080i) ✓ Reinterlace Chroma						
O Other: 320 × 240 × Deinterlace Video						
Field Dominance: Upper Field First Use "Upper Field First" for all codecs except DV						
Rotation: No Source 🗘						
Zoom: 100 • % X/Y 1 • Center 0, 0						
Cropping: Top 0 Left 0 Bottom 0 Right 0 Destinat \$						
Presets Reset All Adjustments						
Preview						

Click on "Presets..." button

In the MPEG Streamclip - Preset Manager window, click "New..." When it asks "Do you want to create a new preset?" click Yes

>>>>	Do you want to create a new preset? Current settings will be stored in the new preset.			
	No Yes			

Enter a name for the preset like "5D to ProRes HQ" Click "OK" Then click "Load"

MPEG Streamclip - Preset Manager						
1. 5D>1080p ProResHQ						
Codec: apch - Frame: 1920 × 1080						
↑ ↓ New Save						
Rename Delete						
Cancel Load						

Back in the Exporter window click Make Movie

Enter name you want to give the movie, it will probably already have one from the 5D file name. Keep that. Then select where you want to save the converted movie.

Click "Save" and the movie will convert.

If you want do a bunch of files at once, under the "List" menu choose "Batch List" Then just drag a bunch of clips into the Batch List window and click "Go"

🔴 🔿 🔿 MPEG Streamclip – Batch List					
Source	Task	Destinatio	n	Status	
Simultaneous tasks:			Automatic star	t	
Hold Repeat Del	ete Up Down Redirect	Script Clear	Add Files	Go	