IMPORTANT: For best project management practices, we strongly recommend that you set up your iMovie Library on an external hard drive (see iMovie - Project Management guide for details).

You can freeze the action (stop the time) in your video by inserting a freeze frame at a specific location in the storyboard. For instructions on how to save freeze frames as .jpeg files, refer to the iSkysoft: Export Still Frames From Video Quick Reference Tutorial.

To Add and Edit a Freeze Frame

1. To create a freeze frame in your project, move the pointer to the designated spot in your video in the timeline and CTRL-click (right-click). From the pop-up menu, select Add Freeze Frame. A four-second freeze frame is inserted at the pointer location.

2. The default length of the frame is 3 seconds. To change the duration, click the hand icon in the middle of the clip you want to adjust. Then, either drag the circle on the top-right corner of the freeze frame or enter a number of seconds for the duration in the speed controls above the viewer.

3. To crop a freeze frame or add a Ken Burns effect, open the clip in the Viewer window by selecting it in the timeline. Select the Cropping on the adjustment bar. Click Crop to Fill or Ken Burns to apply the desired effect. To remove a freeze frame, select it and click Modify—>Remove Freeze Frame.