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 three-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 Cropping** on the adjustment bar. Click **Crop to Fill** or **Ken Burns** to apply the desired effect.

4. To remove a freeze frame, select it and click **Modify→Remove Freeze Frame**.