iPhone slow-motion clips recorded at 120 fps or 240 fps are incredible to watch. But depending on your use case and preference, you may want to convert a slow-motion video into a standard clip that plays at a regular speed. So, if you are wondering how to turn the slo-mo video of your kid blowing the birthday candles or you somersaulting into a normal video on iPhone or iPad, here are the quick steps to do this.
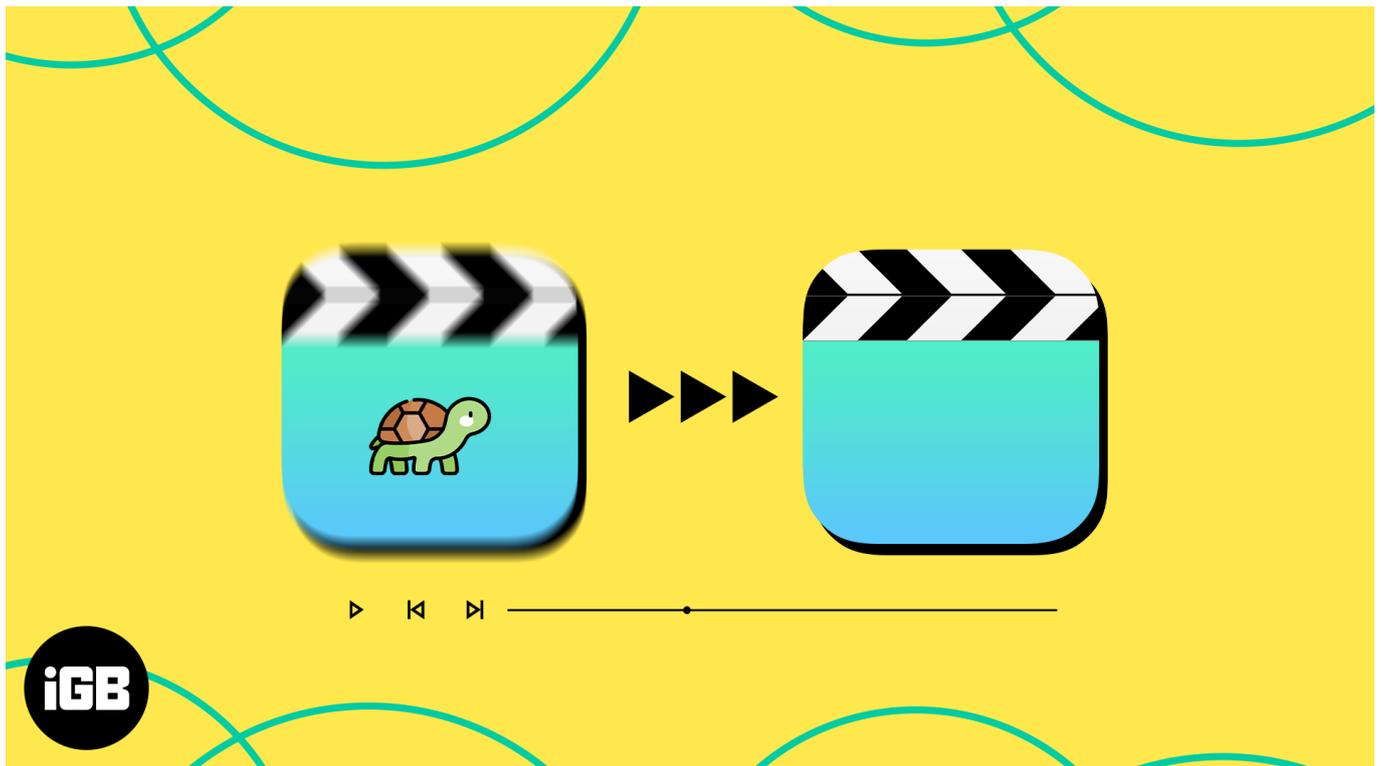
How to change slow-motion video to normal speed on iPhone

1. Launch the **Photos app** → Go to the **Albums tab**.
2. Scroll down and select **Slo-mo** under the *Media Types* label.
3. Tap a **video** to open it in full screen → Tap **Edit**.
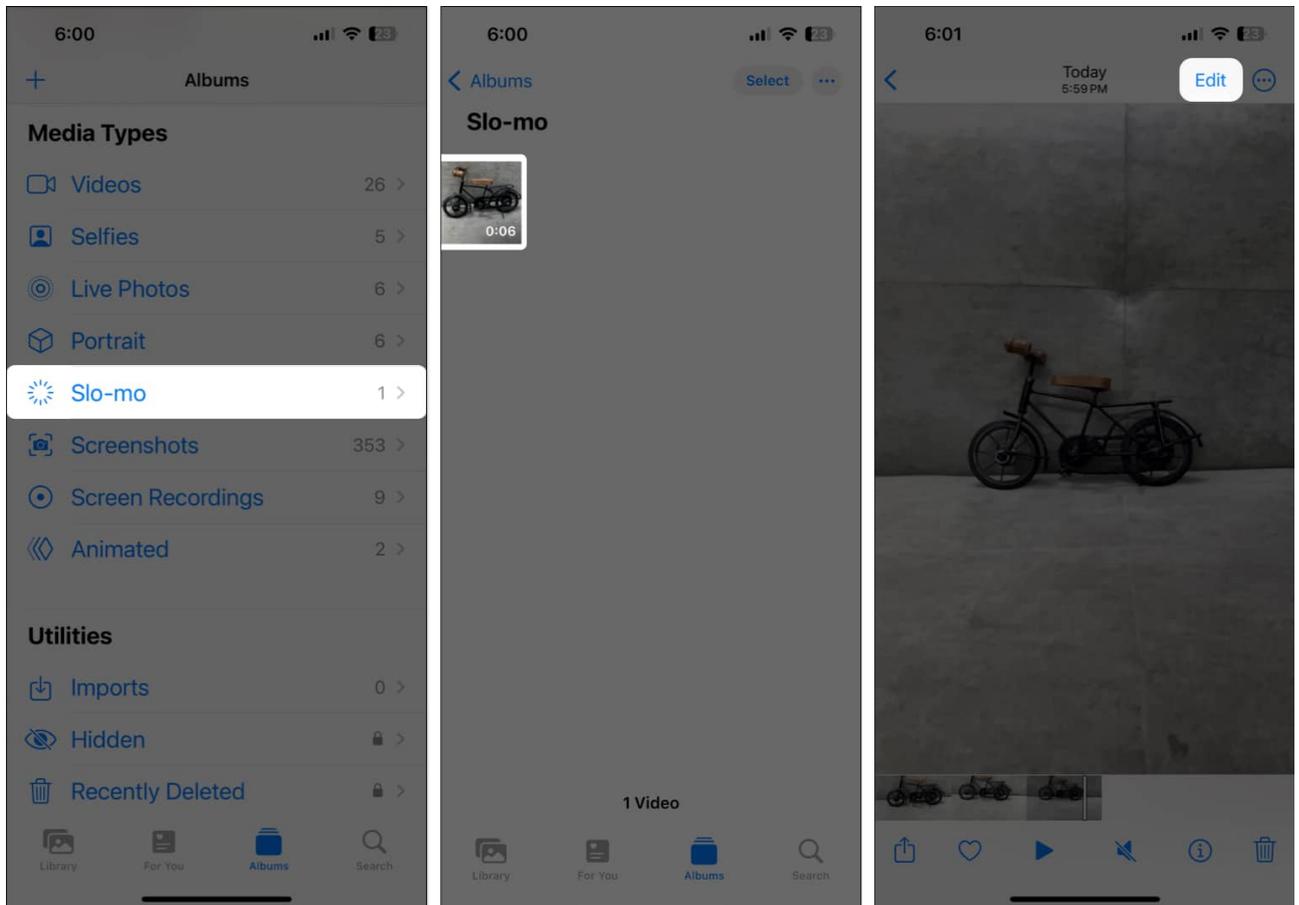
4. Tap the **slider** and drag it towards the other.
   All wide-spaced lines will align tightly, denoting that video will now play at standard speeds.
5. Tap **Done** to convert the slow-motion video to a standard video.

The slow-motion video is successfully converted into a standard video.

Pro tip: You may also use the sliders to specify which portion of the Slo-Mo video you want to play at a slow or normal speed.

If you didn't like the result of the converted video, you can also revert the video to its original slow-motion state, just tap on **Edit → Revert → Revert to Original**.

Note

- Even after converting to normal video, it is still listed under the Slo-mo category.
- Conversion does not reduce the overall video size.
- You can not convert the standard iPhone videos shot at 30fps or 24 fps to slo-mo using the Photos app. But you can use iMovie or other iPhone video editing apps for this job.

How to use iMovie to convert slo-mo video to normal on iPhone

1. Download iMovie and launch it on your iPhone or iPad.
2. Select **Movie** under Start New Project.
3. Select a **slow-motion video** → Tap **Create Movie**.
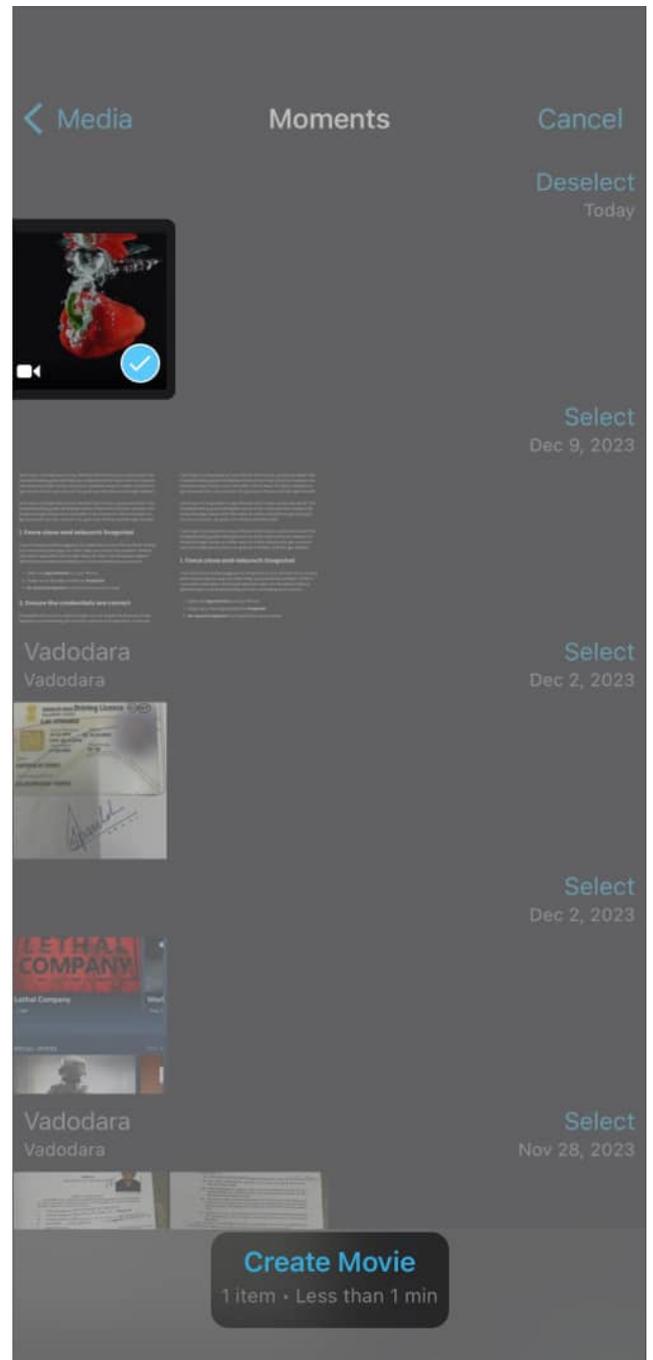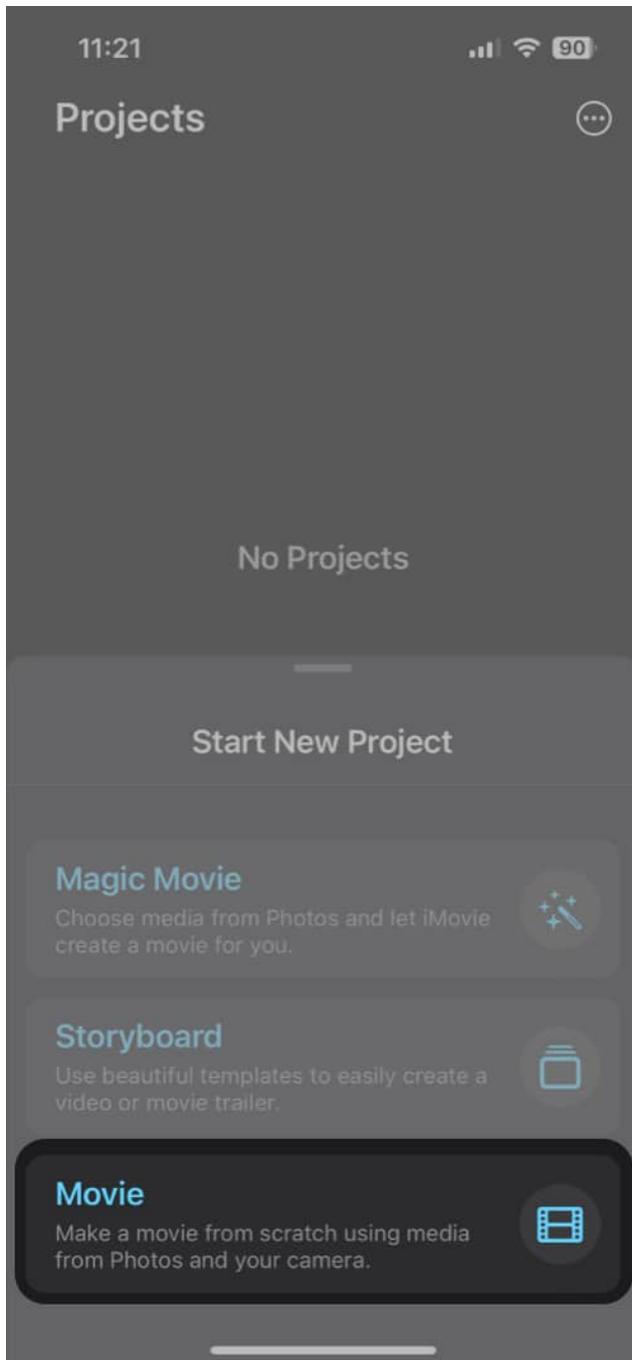
4. Tap the **Settings icon** → Toggle on **Speed changes pitch** → Hit **Done**.
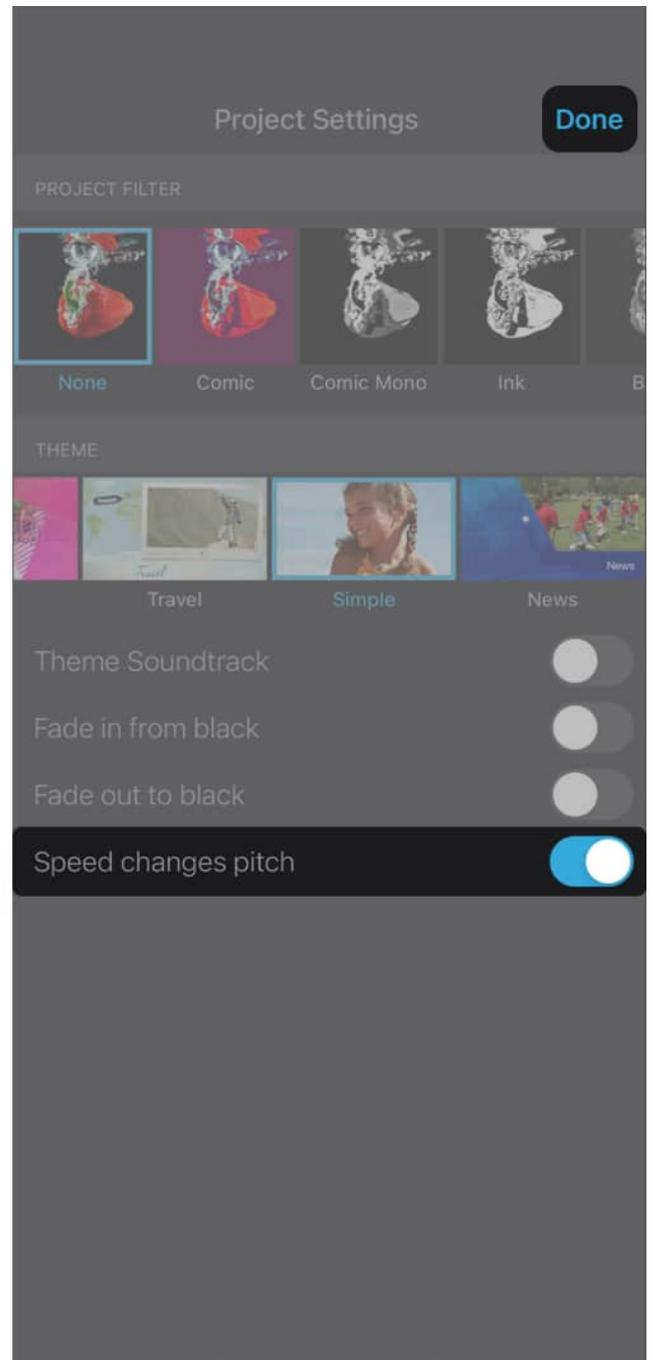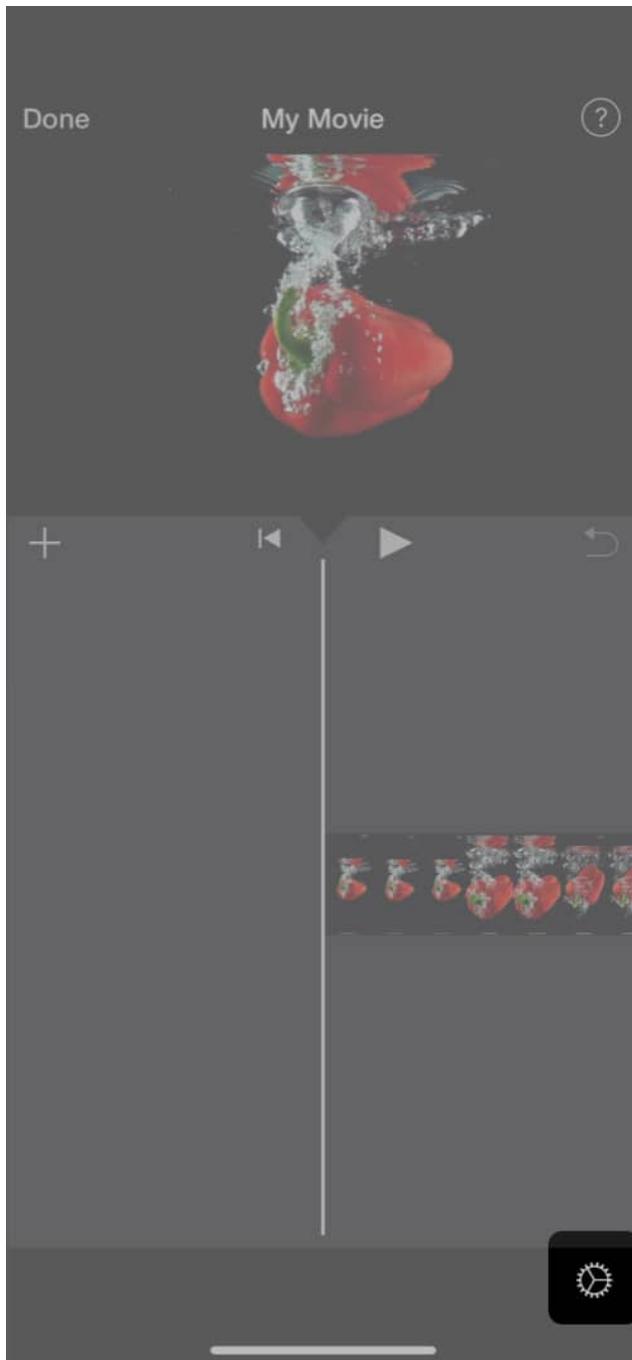
5. Select the **video timeline** → Tap the **speed icon** in the toolbar.
6. Push **the slider** to the right and set it to **1x**.
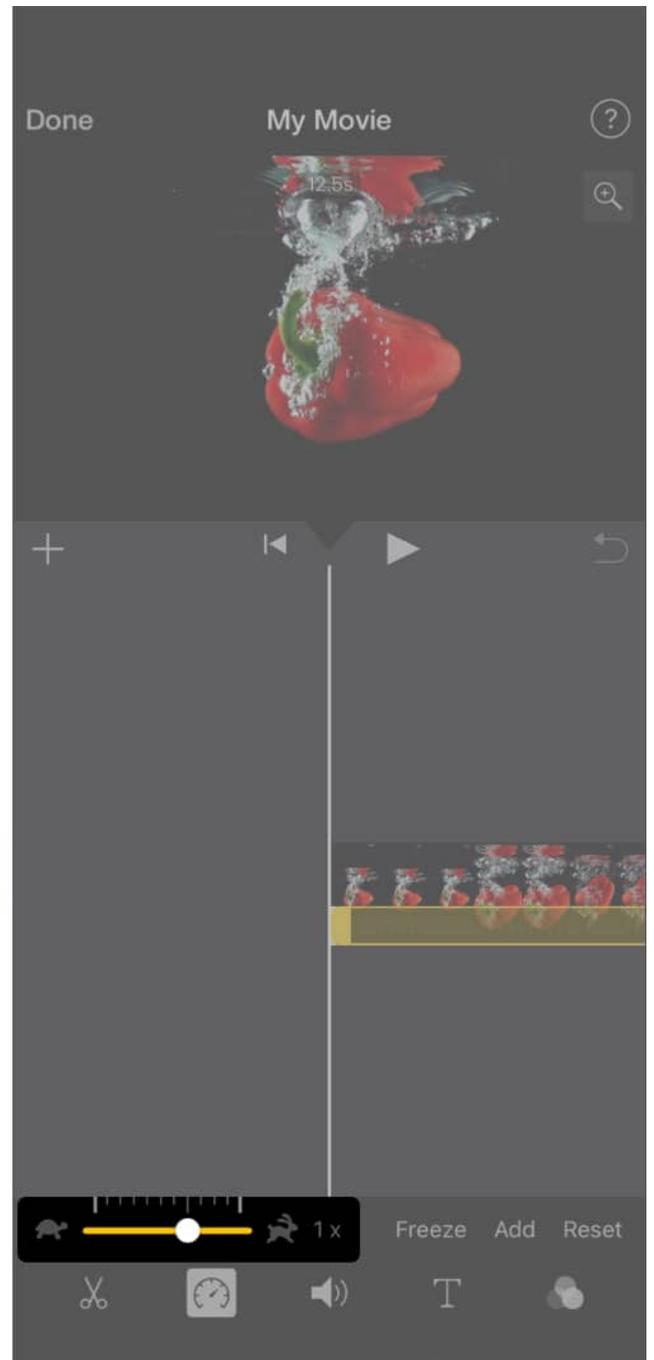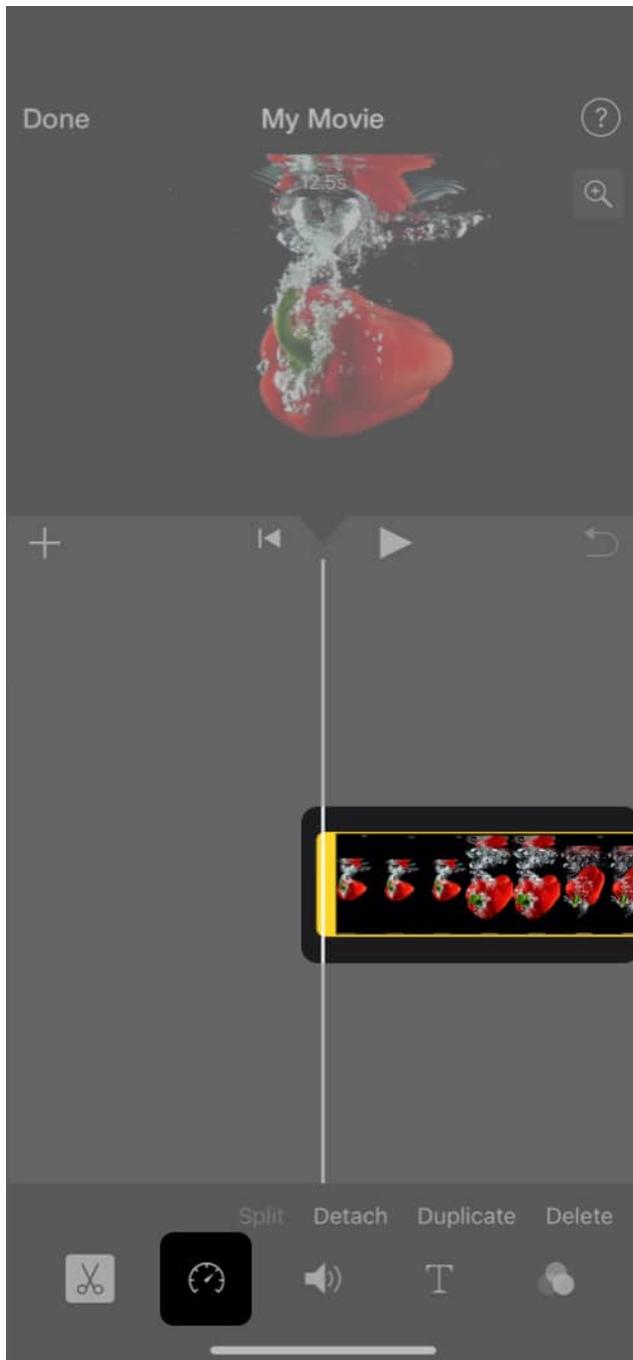
7. Once you're done editing, preview the **video** → Tap **Done** → **Share icon**.
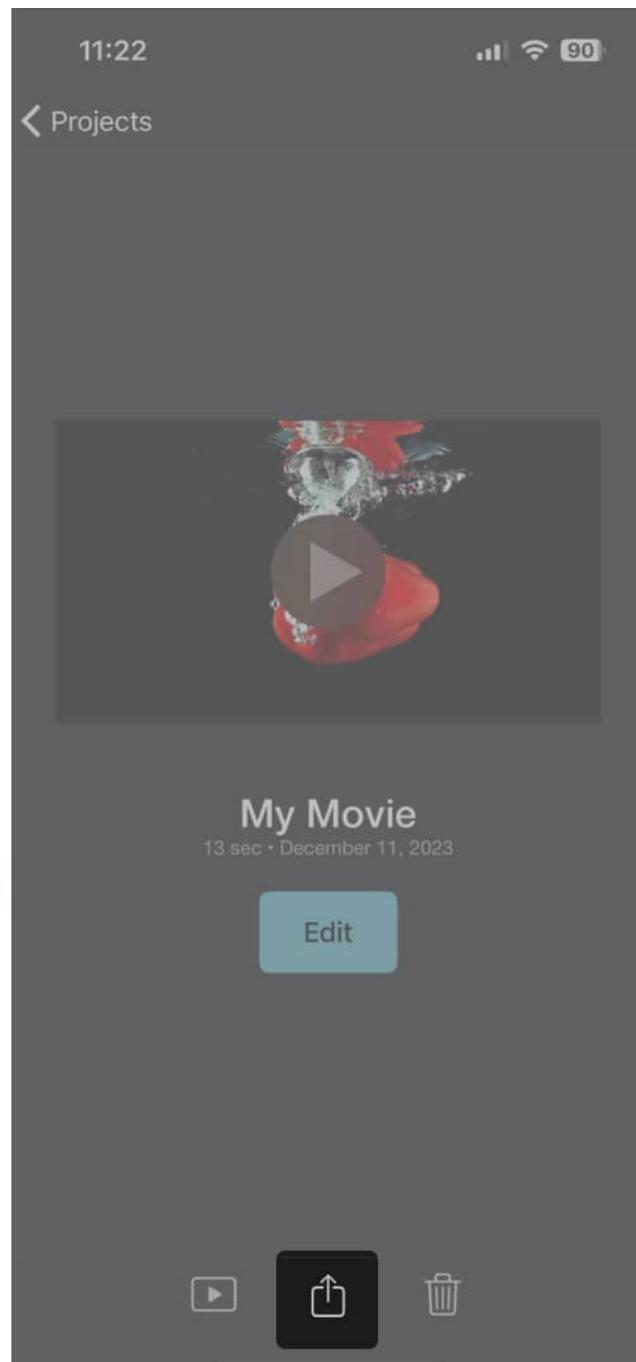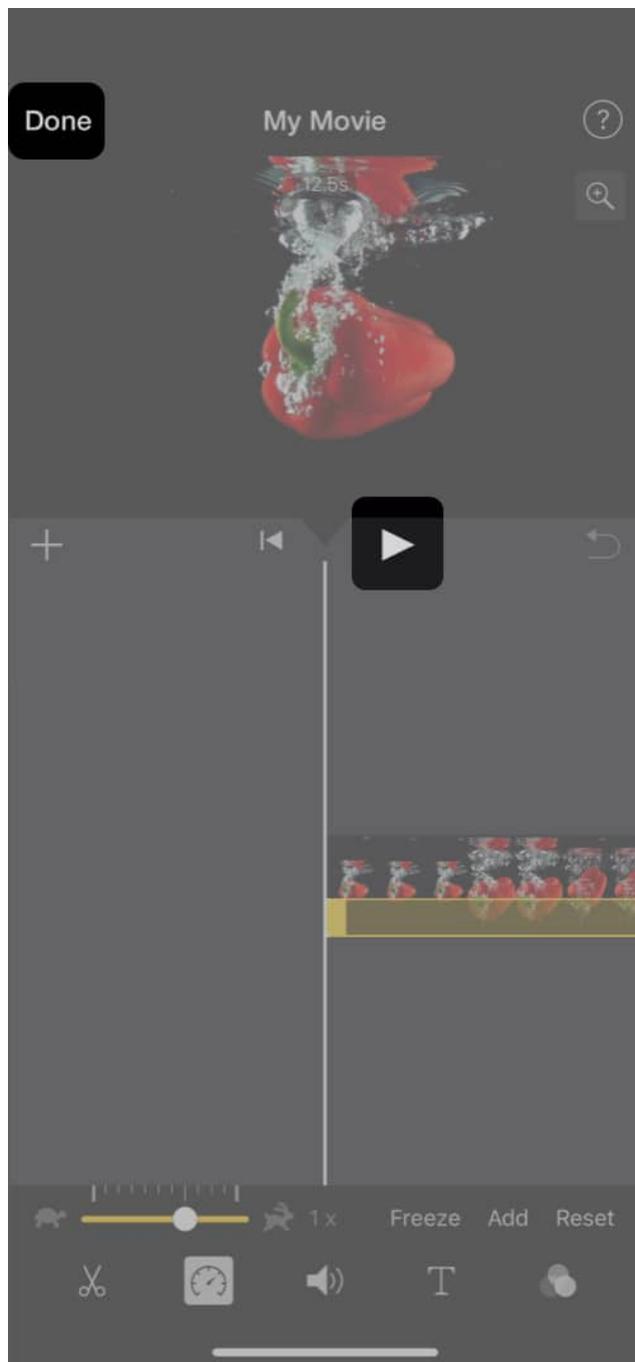
8. Then, select **Share Video → Save Video** to export the edited clip.
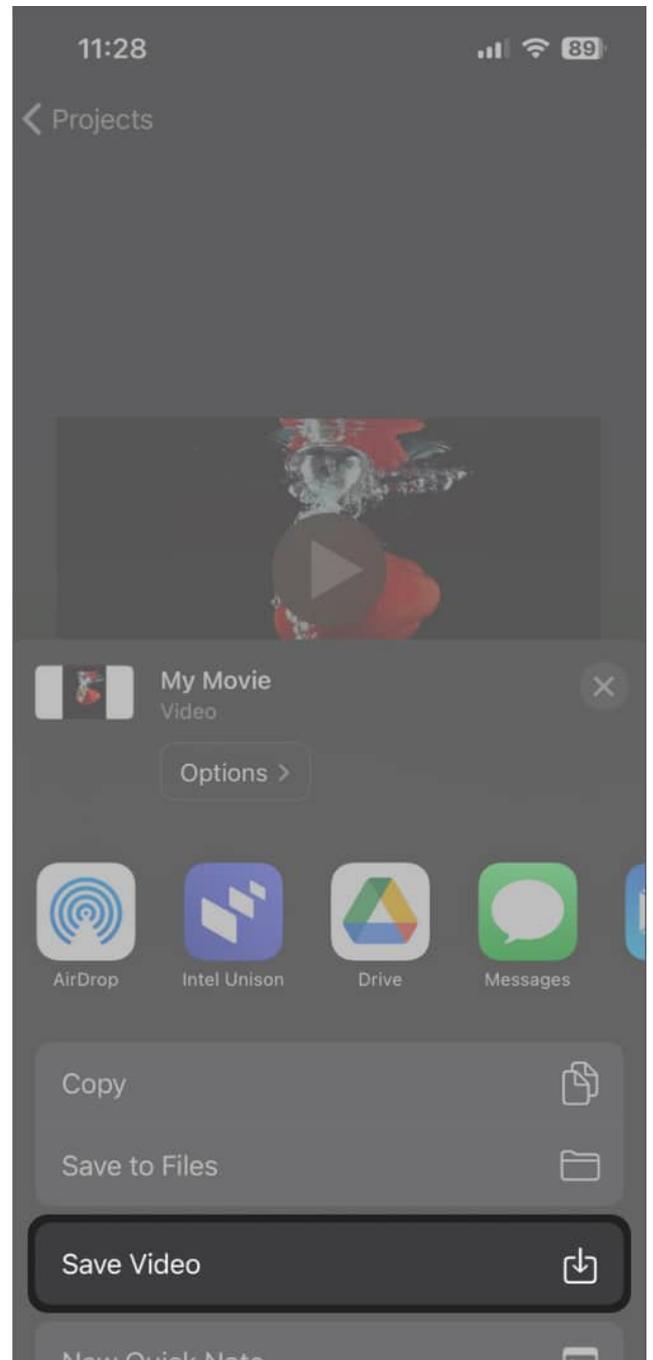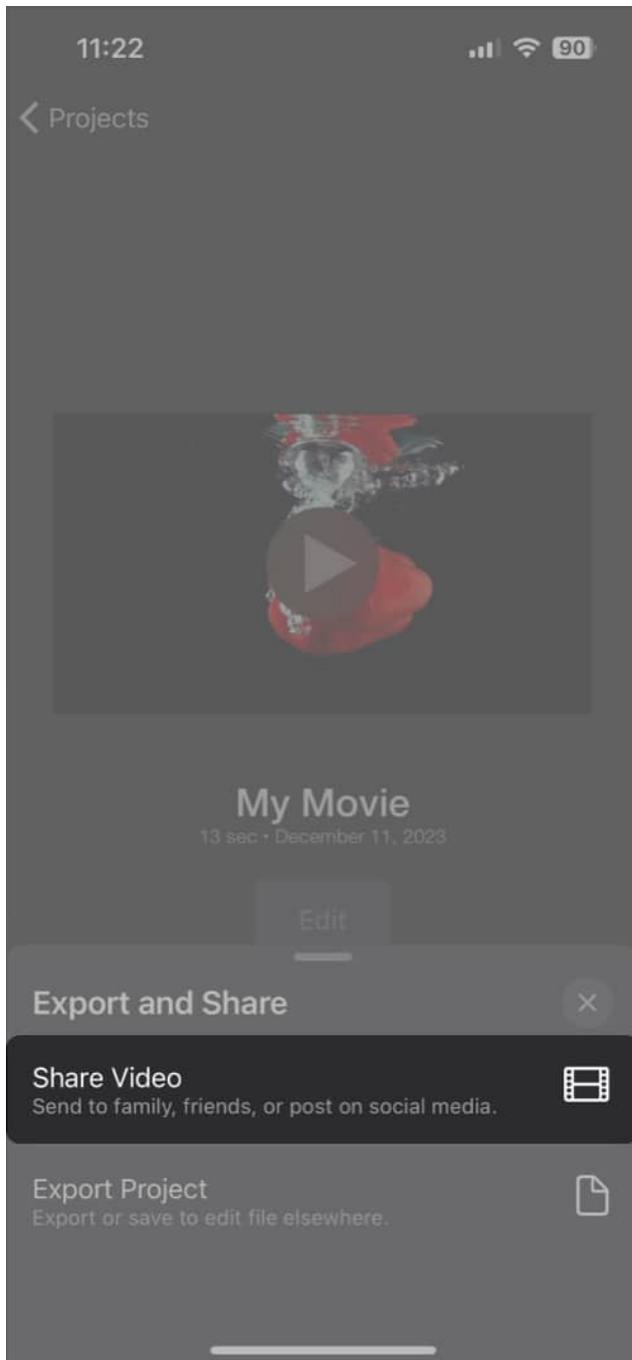
Wrapping up…

All of us love editing videos on the iPhone to create social-media-worthy content. But quite often, the original is more appealing than the edited or processed videos.

What are your thoughts on this? Do you take Slo-mo videos frequently, or is it a rare thing? Tell us in the comments section.

Also read:

- How to extract audio from video on iPhone and iPad
- How to turn a video into a Live Photo on iPhone