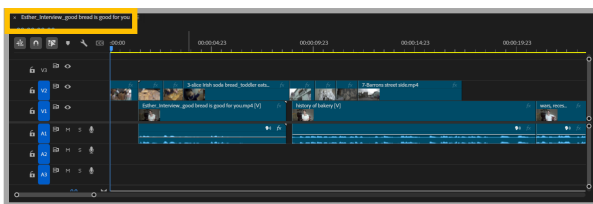
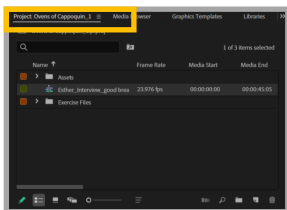


Exporting a file from Adobe Premiere Pro

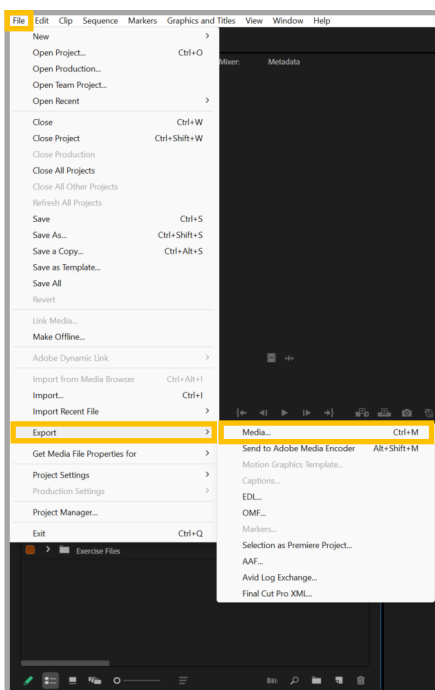
When your video is finalized, you will need to follow these basic steps to export your file from Adobe Premiere Pro. Follow the steps below to export a standalone file.

1. Select the **Sequence** in the Project Panel or the make sure your **Timeline** is selected.



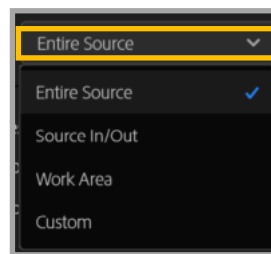
Result: The panel will display a blue box around it.

2. Open the **Export Settings**. Go to File > Export > Media.



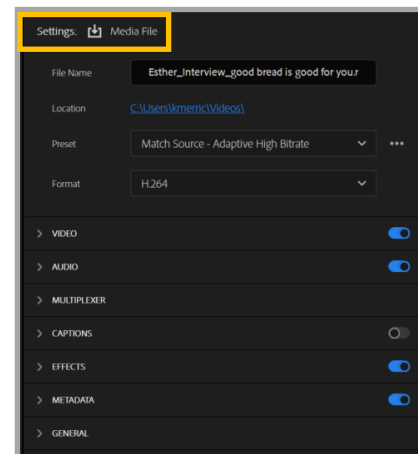
Result: The **Export Settings** window will appear.

3. Choose the **Source Range**. Below the Preview panel, there is a Source Range drop-down menu. Select Source In/Out if you have selected an in and out-point in your sequence. Select Entire Sequence if you want to export the entire video sequence.

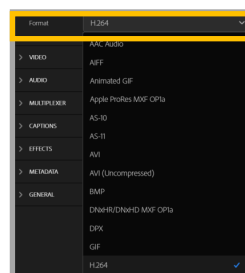


Result: The type of source range will appear in the text field and be applied to your export settings.

4. Configure the **Export Settings**.

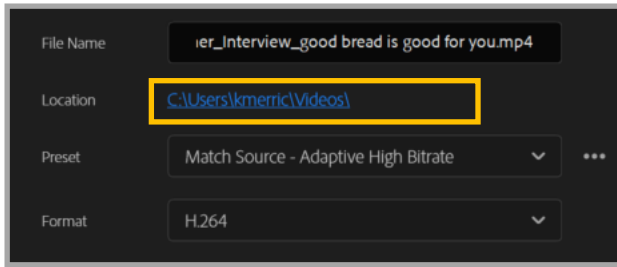


5. Choose the **Format** from the drop-down menu. To export a high quality video that can be shared with a client or added to a training, **select H264**.



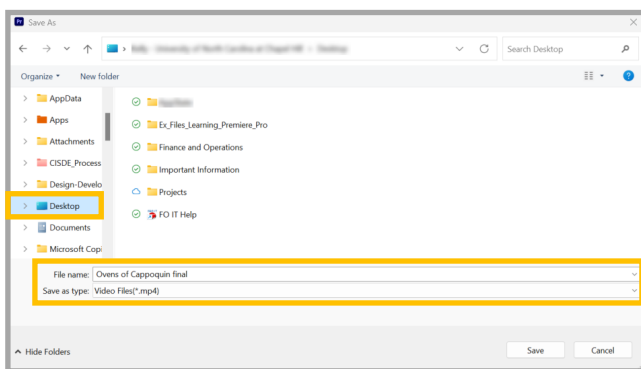
Result: The **Preset: Match Source –Adaptive High Bitrate** will be applied to your video.

6. Click the **Location** link.

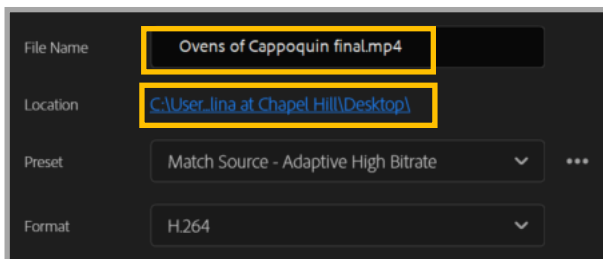


Result: The Save-As window displays.

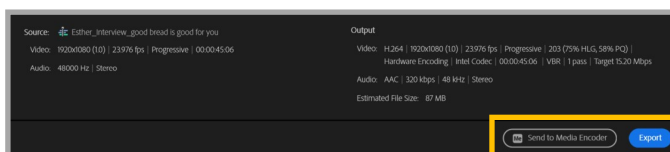
7. **Name your file** in the text field and choose the **destination**.



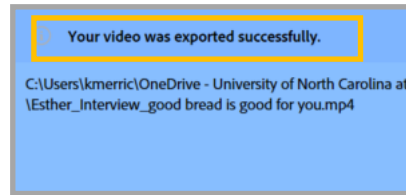
Result: The file name and location will be applied to your Export Settings.



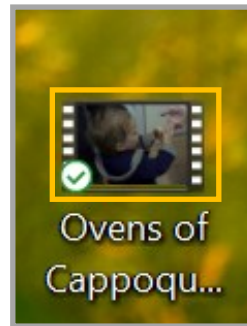
8. Select **Export** or **Send to Media Encoder**. Select Export to export it directly out of Premiere Pro. Select Queue to send the file to Adobe Media Encoder. The latter provides the ability to continue working on the project in Premiere Pro. The former is selected for this QRC.



Result: A blue pop-window will appear with the message: Your video was exported successfully.



9. Check your video file in the location you saved it.



Result: You have your video saved to your computer and now you can share it or add it to training materials.