

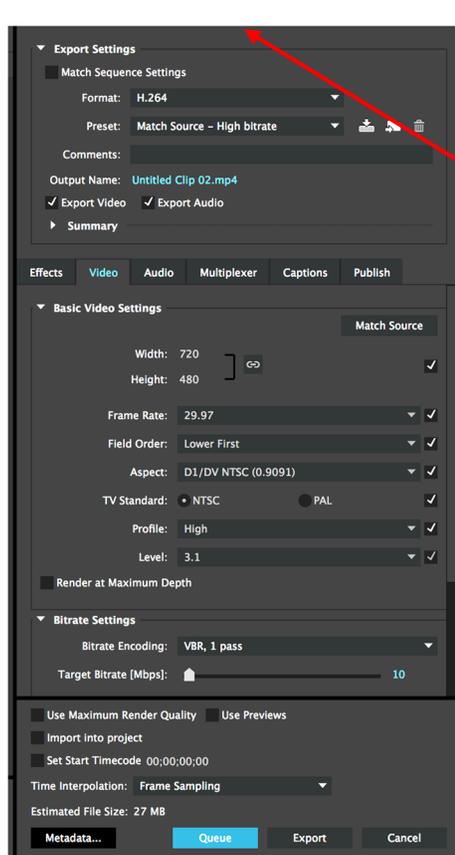
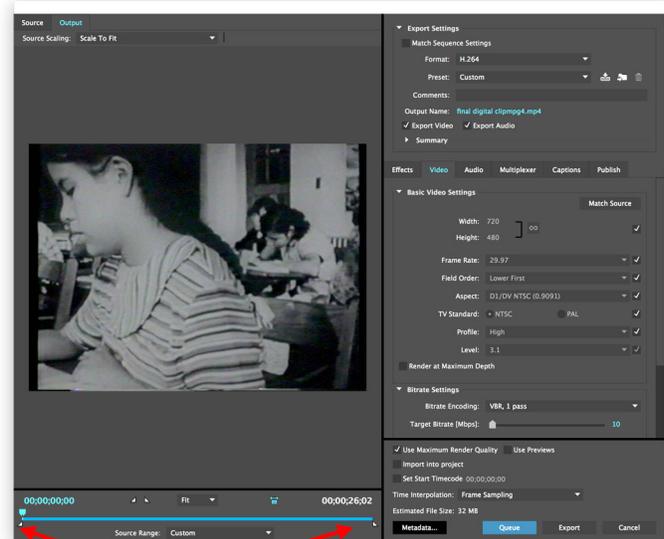


Adobe Premiere - Export Project to Mp4

When ready to create the video file Save the project.

Select **File > Export > Media**

Reset the In and Out on the sequence to select only the video or a piece of the clip to export. Frequently, no video is captured at the beginning and/or end of the import process



Recommended settings:

Export Settings: Format: H.264
Preset: Match Source- High Bit Rate

Output Name: Name your file and select an export location. It is recommended that you export to the Mac and then copy to another location [external hard drive, sd card, etc.] after the mp4 file is made

Please note, when naming the file, only use numbers and letters; do not use special characters or spaces.

Select Export.

The encoding window appears showing progress.

When encoding reaches 100% and closes, your video is digitized.

