

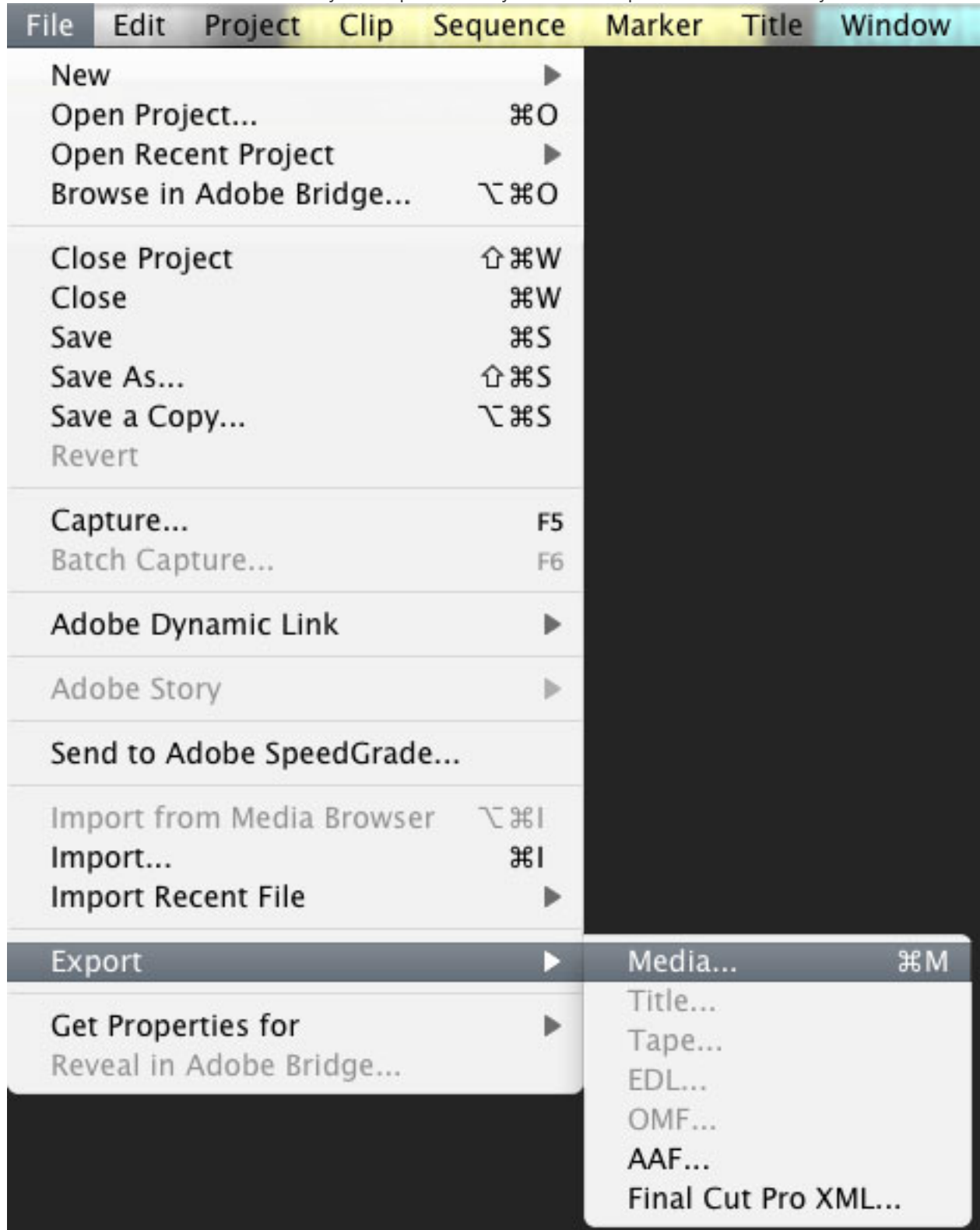


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Step One

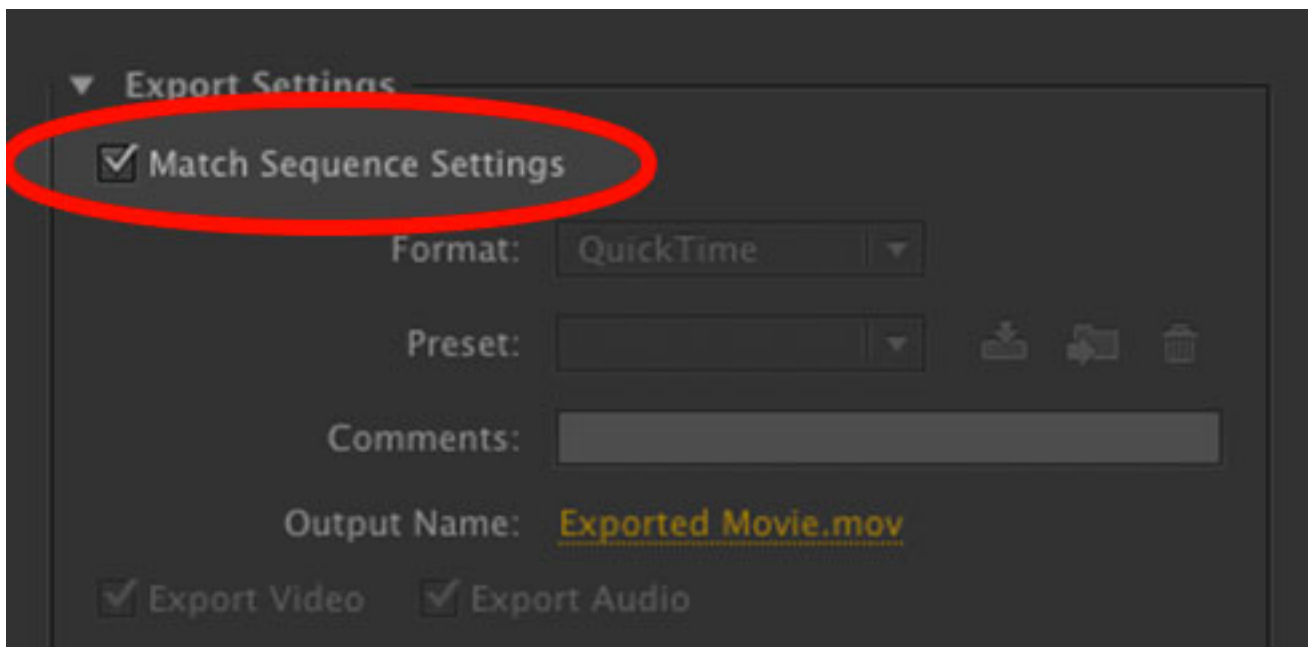
To export a video in Premiere Pro go to “File>Export>Media.” You could also press the shortcut key “control M” on PC, or “command M” on Mac. Make sure your sequence that you want to export is selected when you do this.



This will bring up your export settings window. In this window, you'll select your desired settings or presets for the video before sending it to Media Encoder for exporting.

The first thing to think about when exporting a video is to think about where the video will be delivered and how it will be viewed. Are you going to upload to Youtube and Vimeo? Are you going to burn it to a DVD? Are you going to give the client a highly compressed rough copy to watch on their phone? **The delivery destination is very important on deciding what the settings need to be.** There are loads of useful presets already pre-installed with Premiere Pro and Media Encoder. You can use these presets to quickly choose settings for your exported file.

If you want to bypass these custom settings and export with the EXACT settings of your sequence, you can select "match sequence settings" at the top. That will change your export settings to exactly match your sequence settings, although I don't recommend this because most delivery destinations require codecs other than your common editing or intermediate codec.



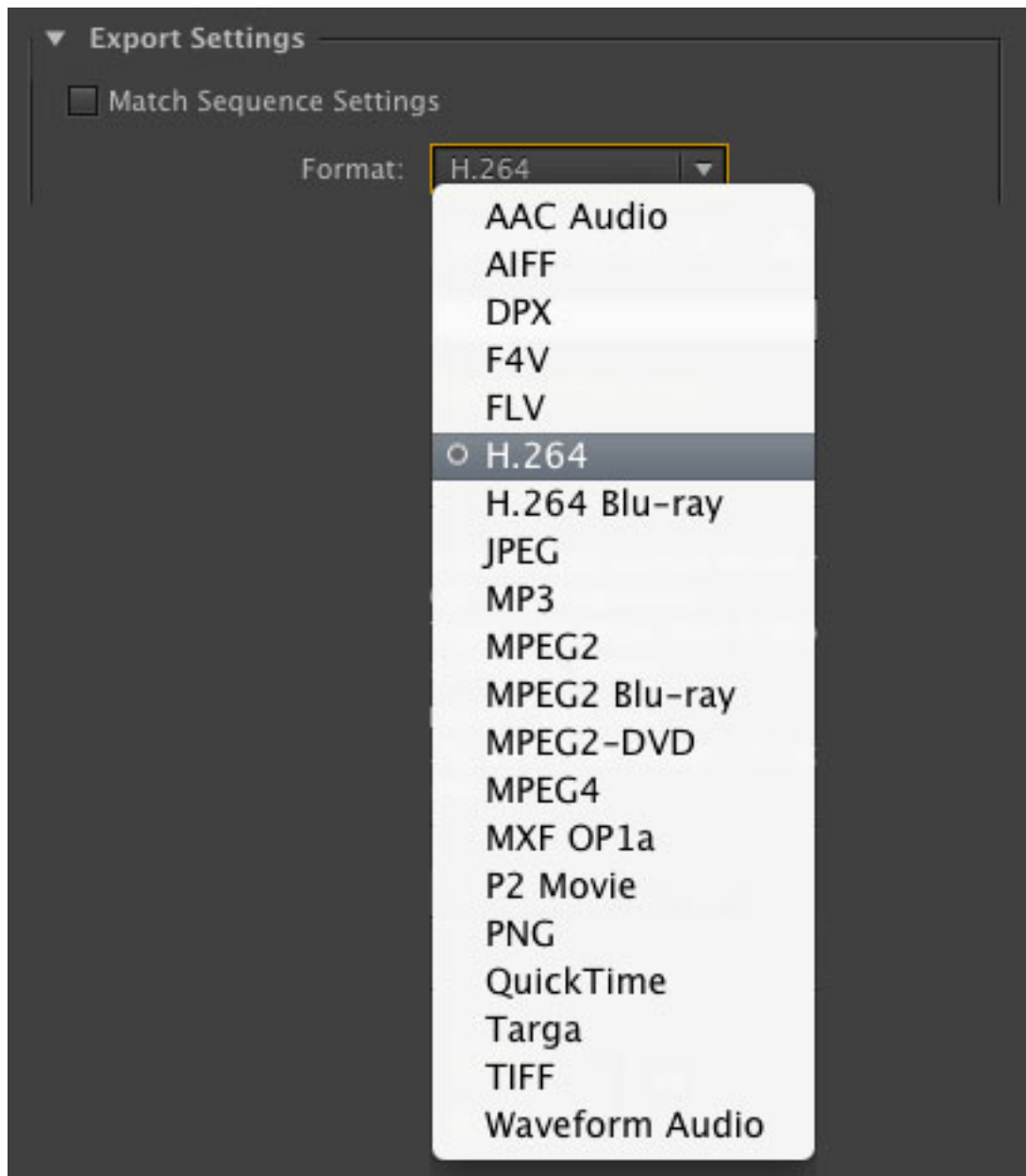
For this example, we'll be exporting from Premiere Pro to upload to Vimeo. Note, these video export settings for Vimeo are applicable for other online video services as well, such as YouTube.

The best setting for web playback is the H.264 codec. So we'll select our format as H.264.



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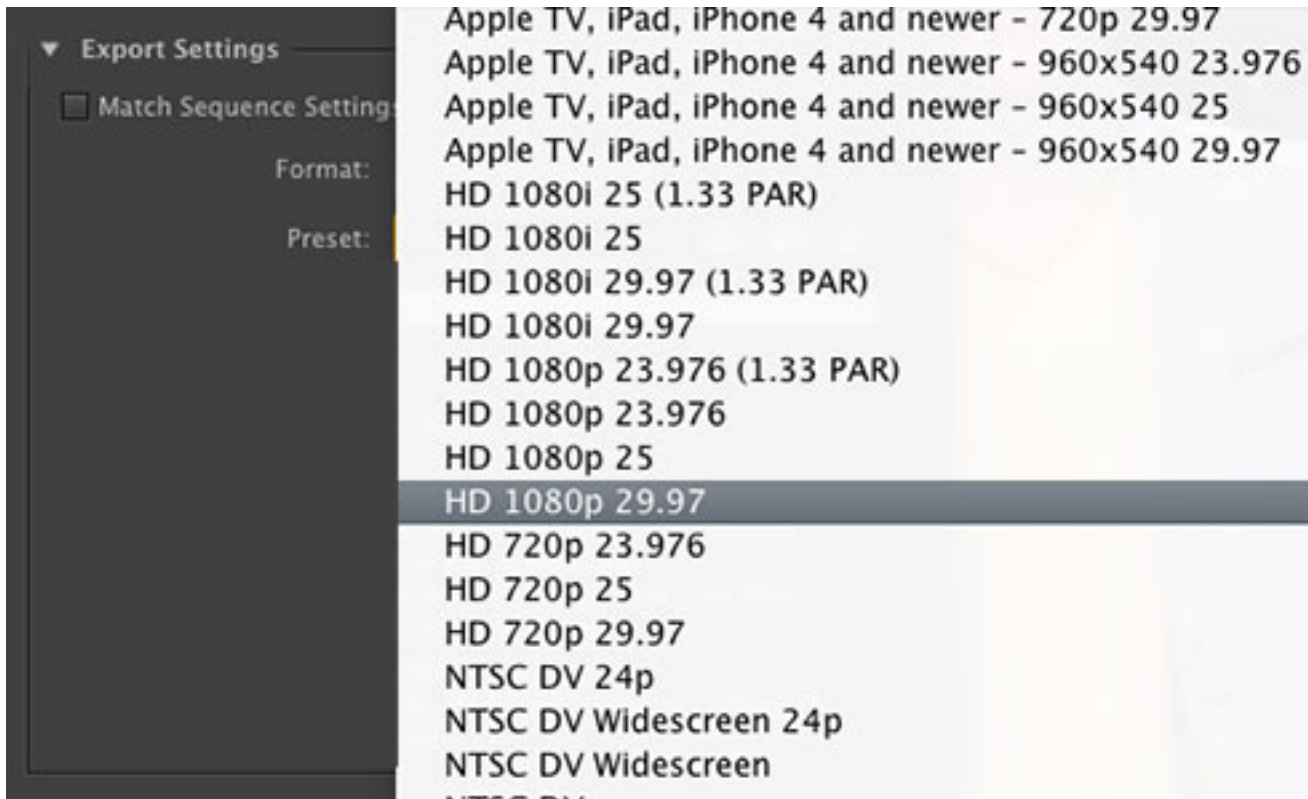


We'll select a preset that matches our sequence and our desired output. Our sequence is 1080p with a frame rate of 29.97. So, we'll select the "HD 1080p 29.97" preset.

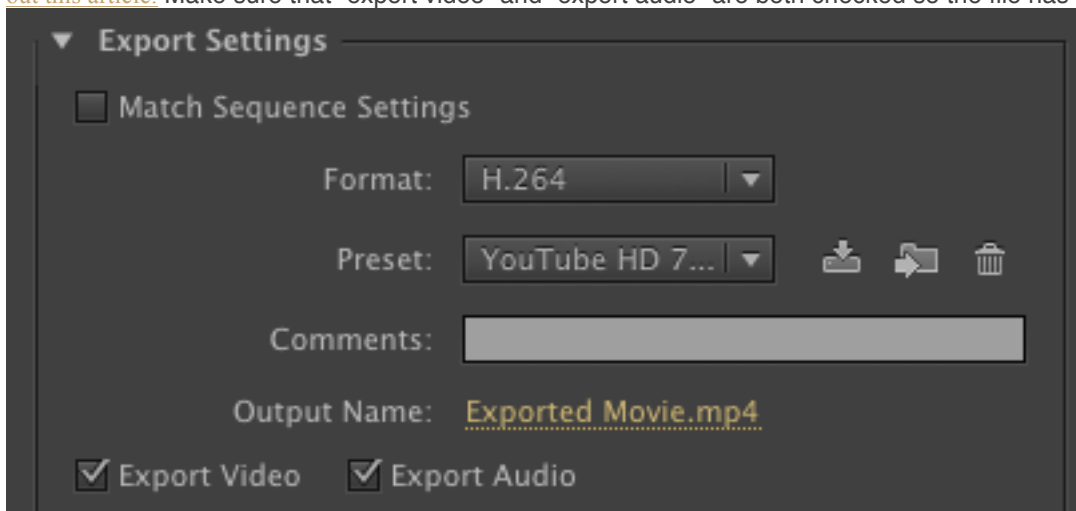


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Click the output name to specify an output name for the exported video file. To learn more about properly naming a file, [check out this article](#). Make sure that “export video” and “export audio” are both checked so the file has both video and audio.



If you feel comfortable with changing settings to make them more customizable, this can also be done in this window. Double check your settings to make sure everything is the way you want.

Now, you can select one of two Premiere Pro export options: “Queue” or “Export.”

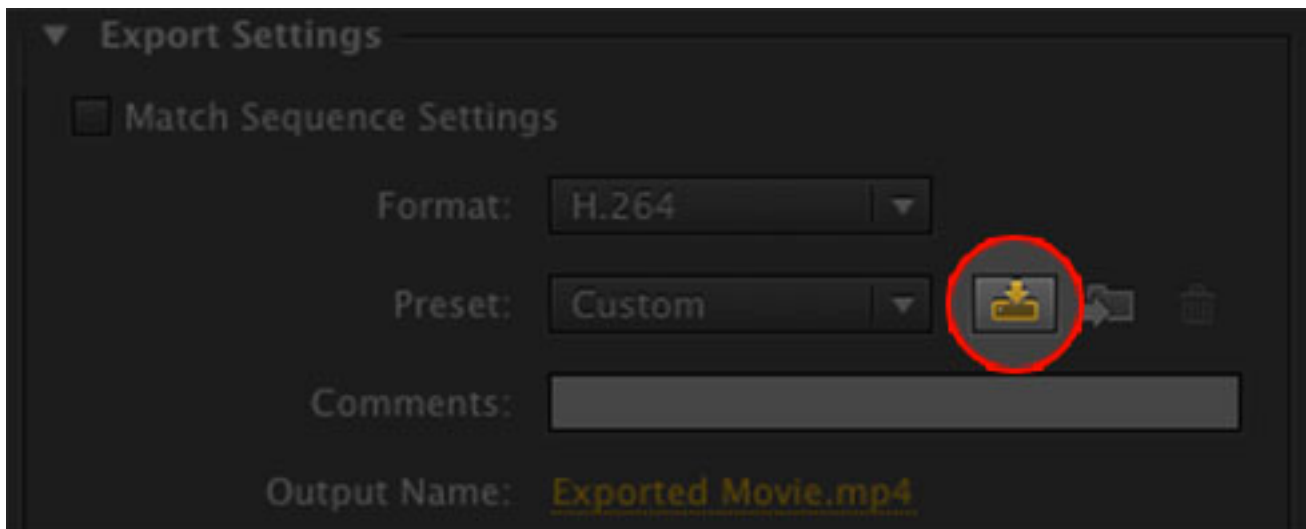


Selecting “Queue” will send you to Media Encoder with the sequence added to a queue. Then, all you have to do is press the green play button at the top to start the export. This is good if you want to **add multiple Premiere Pro sequences to export at the same time**. This also allows you to continue working in Premiere Pro while Media Encoder exports in the background. I usually use this method of exporting.

Selecting “Export” simply exports the sequence right from that window. You will not be able to use Premiere Pro while it is exporting this way.

That’s it! You just exported your finished video.

If you find yourself using a custom setting frequently, you can save your export settings as a new preset. Click the “save preset” button next to the preset dropdown in the export window. You can then name the preset whatever you like. Now, you can use that saved preset in the future.



As you can see, **exporting a finished video from Premiere Pro** is super easy and very customizable. Want to streamline your exporting even more? You can also add additional output files from the same source sequence in Media Encoder – very useful for creating different file types and sizes of the same video.