

EXPORTING PROJECTS FROM PREMIERE PRO:

Check timeline for unwanted clips

File>Export>Media

Pick H.264

Pick the HD or HDTV 1080P 24 or HD or HDTV 1080P 30 preset (or matching preset)

---NEXT, ADJUST PRESET AS FOLLOWS:

Dbl check correct frame rate is 23.976 or 29.97 (which ever matches your source)

Dbl check that your aspect ratio is 1920x1080

Dbl check frame rate is 29.97 or 23.976 (which ever matches your source)

Set to Square pixels

Use “Render at Maximum Bit depth”

Always use “VBR 2 pass”

Use “Maximum Render Quality”

On the bottom left panel set “Source range” to “Entire Sequence” or “Work Area” (which ever is correct)

Go to the Audio Settings Tab. Sample Rate = 48, Audio Quality = High and set “Bitrate” to 320

Save file to desired folder and name. File will be an .MP4

CHECK ESTIMATED FILE SIZE, Adjust the “Target Bitrate [Mbps]” lower rate = smaller file size

e.g. a 5min video should be around 500 MB +/-

Click “Export” (walk away from computer)

---SEE SCREEN CAPTURES BELOW:

Export Settings



Source

Output

Source Scaling: Scale To Fit



00:00:00:00

00:00:06:06

Fit

Source Range: Entire Sequence

▼ Export Settings

☐ Match Sequence Settings

Format: H.264

Preset: Custom

Comments:

Output Name: Sequence 03.mp4

☒ Export Video☒ Export Audio

▼ Summary

Output: F:\SAVING_PRIVATE_RYAN\Sequence 03.mp4
1920x1080, 23.976 fps, Progressive
VBR, 2 pass, Target 32.00 Mbps, Max 40.00 Mbps
AAC, 192 kbps, 48 kHz, Stereo

Source: Sequence, Sequence 03
1920x1080 (1.0), 23.976 fps, Progressive, 00:00:06:06
48000 Hz, Stereo

Filters

Video

Audio

Multiplexer

FTP

Width: 1,920

Height: 1,080

Frame Rate: 23.976

Field Order: Progressive

Aspect: Square Pixels (1.0)

TV Standard: ☒ NTSC☐ PAL

Profile: Main

Level: 4.2

☒ Render at Maximum Depth

▼ Bitrate Settings

Bitrate Encoding: VBR, 2 pass

Target Bitrate [Mbps]: 32

Maximum Bitrate [Mbps]: 40

▼ Advanced Settings

☐ Key Frame Distance: 72☒ Use Maximum Render Quality ☐ Use Previews☐ Use Frame Blending

Estimated File Size: 24 MB

Metadata...

Queue

Export

Cancel

▼ Export Settings

☐ Match Sequence Settings

Format: H.264 ▼

Preset: Custom ▼



Comments:

Output Name: Bullets_or_Gum_01.mp4

☒ Export Video ☒ Export Audio

▼ Summary

Output: F:\SAVING_PRIVATE_RYAN\Bullets_or_Gum_01.mp4

1920x1080, 23.976 fps, Progressive

VBR, 1 pass, Target 32.00 Mbps, Max 40.00 Mbps

AAC, 320 kbps, 48 kHz, Stereo

Source: Sequence, Bullets_or_Gum_01

1920x1080 (1.0), 23.976 fps, Progressive, 00:00:18:20

No Audio

Filters

Video

Audio

Multiplexer

FTP

▼ Audio Format Settings

Audio Format: AAC

▼ Basic Audio Settings

Audio Codec: AAC ▼

Sample Rate: 48000 Hz ▼

Channels: Stereo ▼

☐ Parametric Stereo

Audio Quality: High ▼

▼ Bitrate Settings

Bitrate [kbps]: 320 ▼

▼ Advanced Settings

Precedence: ☒ Bitrate ☐ Sample Rate☒ Use Maximum Render Quality ☐ Use Previews☐ Use Frame Blending

Estimated File Size: 11 MB

Metadata...

Queue

Export

Cancel