Export video file from Premiere

File>Export>Movie

Click on your folder and your video folder. Click on Settings at bottom right of screen

$\odot \odot \odot$	Export Movie	
Save	As: pettywvid1.mov	
	🔟 😭 sportsblock1	Q search
Documents Movies Music Pictures Applicati	AdobeCS3Clean.log Desktop Documents Downloads Flash Flash Flash Flash Flash	
Summary:		
Export Video and audic Entire Sequence		
		Settings
New Folder	(Cancel Save

With General selected on the left – make all settings the same as below.

Export Mouio Cot

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Video	File Type:	QuickTime	Compile Settings
keyrrame and kendering Audio	Range: (Entire Sequence	÷
		🗹 Export Video	Add to Project When Finished
		🗹 Export Audio	🗹 Beep When Finished
	Embedding Options:	Project	\$

Click on Video on left – make all settings the same as below.

Export Movie Settings				
General Video Keyframe and Rendering Audio	Video Compressor: MPEC-4 Video Color Depth: Millions of colors Frame Size: 320 h 240 v 6:5 Frame Rate: 29.97 • fps Pixel Aspect Ratio: D1/DV NTSC (0.9) Quality Data Rate Lumit Data Rate to: 3500 K/sec M Recompress: Maintain Data Rate ¢			
Load) Save)	Help Cancel OK			

Click on Audio on left – make all settings the same as below.

Export Movie Settings				
General Video Keyframe and Rendering Audio	Export Movie Settings dio Compressor: Uncompressed ample Rate: 32000 Hz ample Type: 16-bit Channels: Stereo Interleave: 1 Second	Compile Settings)		

Then click OK to export. Open the exported video to make sure it looks and sounds like what you edited.