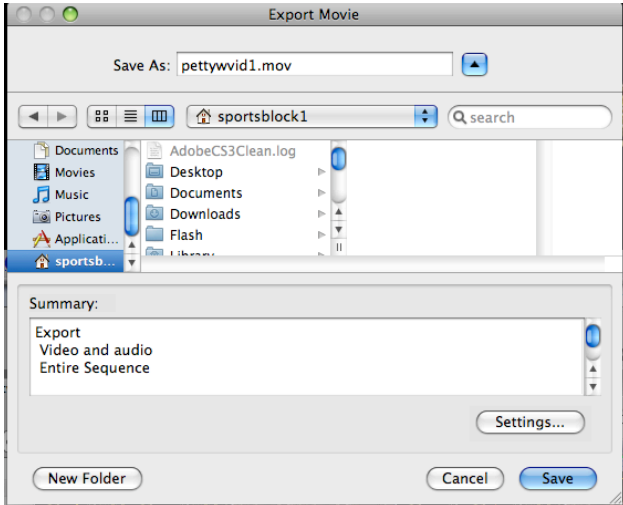


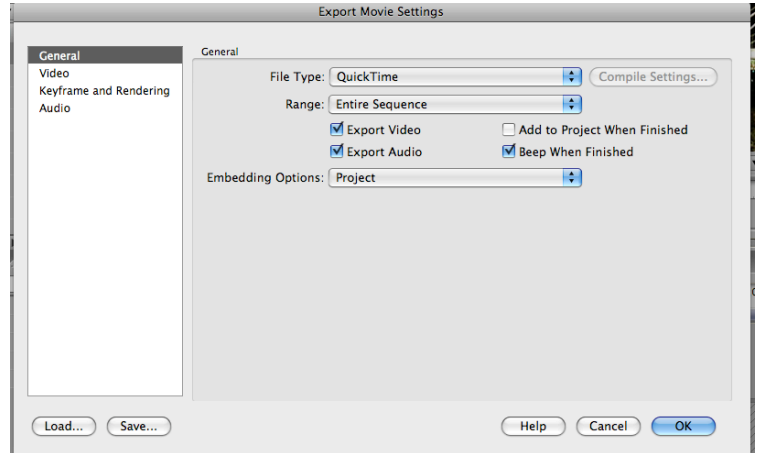
Export video file from Premiere

File>Export>Movie

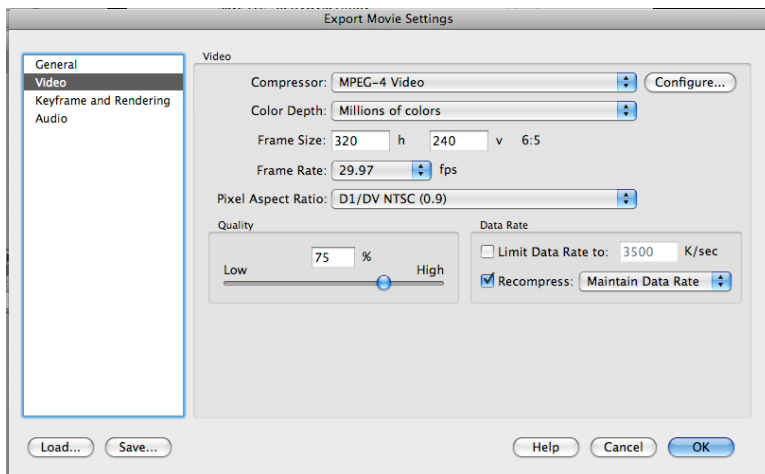
Click on your folder and your video folder.
Click on Settings at bottom right of screen



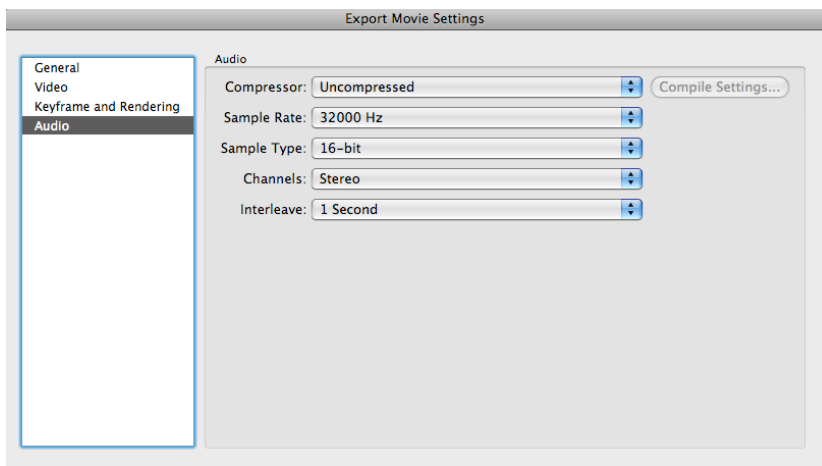
With General selected on the left – make all settings the same as below.



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



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



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