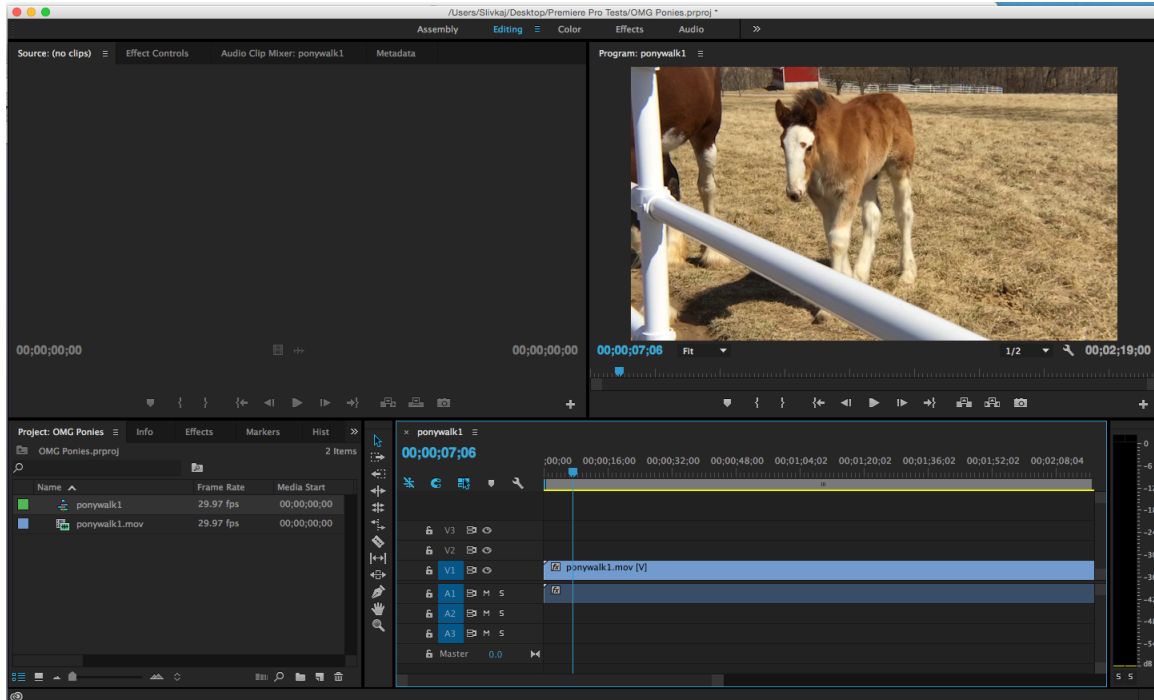
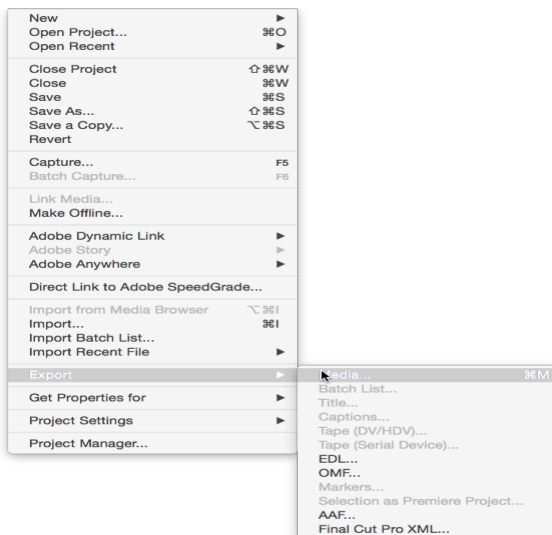


How to export media from Adobe Premiere Pro

1. Make sure all tracks are de-selected in the sequence window, but the sequence window is still active (has a blue outline around it).



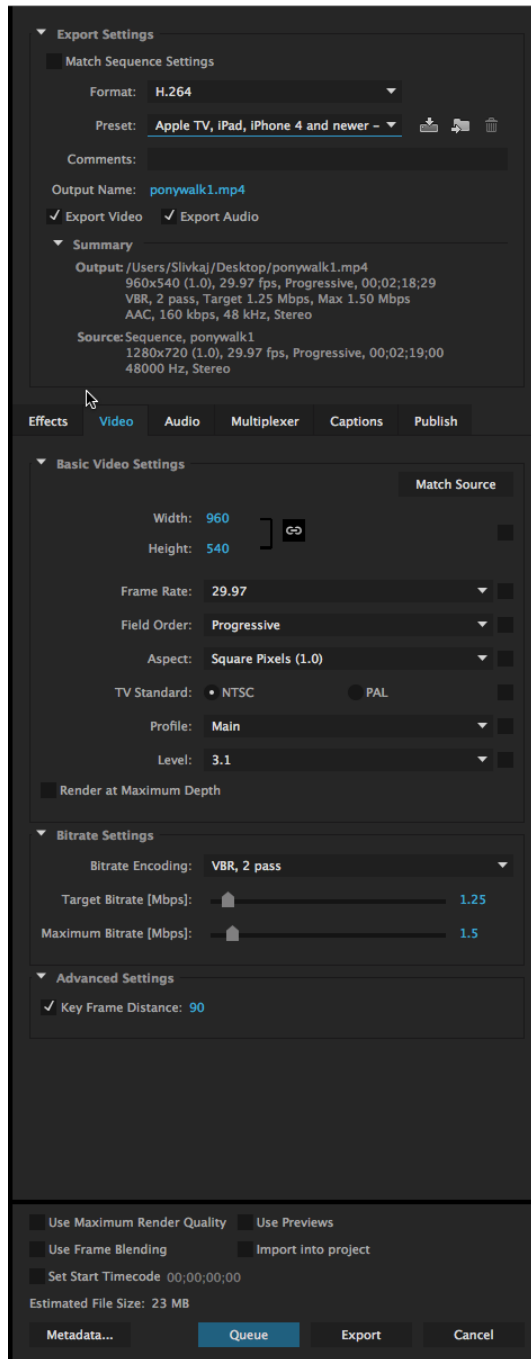
2. Go to File → Export and choose Media.



3. Choose the following settings:

Format: H.264

Preset: Apple TV, iPad, iPhone 4 and newer 960x540 29.97



4. Click Output name to name and export the file to your preferred location.

5. Click Export.