How to create standard image, movie, and audio files

In this guide, you export sequences, clips, and video frames to several standard computer-file formats. Later you will create files for distribution on DVDs or the web or on iPods, cell phones, and other mobile devices.

You can export a single video frame as an image by selecting one of several file types. Or you can export a video clip, a portion of a clip, an entire sequence, or a segment from a sequence as an audio/video file, audio-only file, or video-only file.

When you export a clip or sequence as a standard computer video or audio file, it is typically rendered without compression at the full resolution of the project. You will be able to edit these files later like any other video clip without loss of quality or performance. You might choose to export sequences or clips into uncompressed files for either of the following reasons:

- To flatten the contents of a multitrack sequence into single video and audio tracks to use in another project
- To convert a large project with many clips into a more manageable form

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Making single-frame image files

In this first task, you create a still image from a singe frame in your video footage.

To make a single-frame image file:

1. Start Adobe Premiere Pro and open an existing project.
2. In the Timeline panel, move the current-time indicator (CTI) to the video frame you want to export.
3. Select File > Export > Media.

   The Export Settings dialog box appears (**Figure 1**). The most recently used file format is selected.
4. Open the Format menu and select a file type for the image (**Figure 2**).

   Note: Three of the image file types—Windows Bitmap (Windows only), Targa, and TIFF—are uncompressed. They retain the full image quality of the selected frame. GIF (Windows only) is a highly compressed format (about 20% as large as the other three formats) and does not retain the full image quality.
5. Depending on which file format you selected, you can select from additional file settings on the Preset menu.
6. Click the Output Name to open the Save As dialog box.
7. Select a location and enter a name for the file in the File Name box (Windows) or Save As box (Mac OS). Click Save.
8. Click the Video tab in the lower-right panel of the Export Settings dialog box to switch to the video settings.

   Note: You may need to expand the dialog box or scroll to see all of the video export options.

   You can change the frame size and pixel aspect ratio (**Figure 3**).
9. Make sure that Export As Sequence is not selected (**Figure 3**), and click Export.

   The file is exported to the location you selected in step 7.

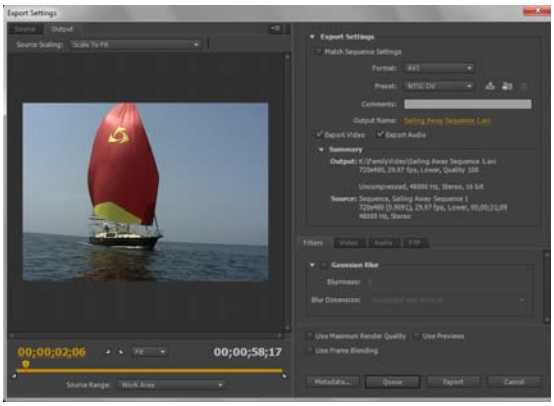

Figure 1 Export Settings dialog box

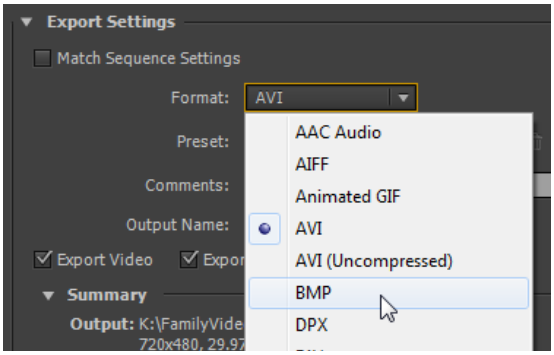

Figure 2 Format menu

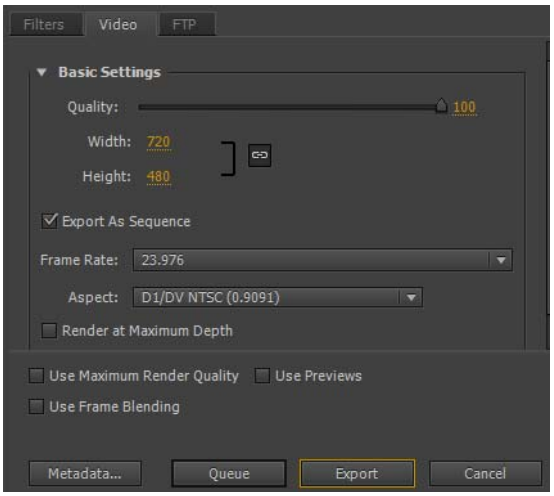

Figure 3 Export Settings, Video tab

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Exporting a clip or a range of frames within a clip

In addition to exporting a single frame, you can export a short video clip or range of frames.

To export a clip or range of frames:

1. Start Adobe Premiere Pro and open an existing project with a clip you want to export.
2. Do one of the following:
   - To export an entire clip, select the clip in the Project panel.
   - To export a range of frames in a clip, do the following:
     - In the Project panel, double-click the clip to open it in the Source Monitor.
     - Drag the Source Monitor CTI to where you want the exported clip to begin, and click the Mark In button (**Figure 4**).
     - A left-bracket appears in the time ruler, with light-blue shading to the right.
     - Drag the Source Monitor CTI to where you want the clip to end and click the Mark Out button.
     - A right-bracket appears and shading falls between the In point and the Out point.
3. Select File > Export > Media.

   The Export Settings dialog box appears. The most recently used file format is selected.
4. Open the Source Range menu below the preview on the left and select Clip In/Out (**Figure 5**).
5. Open the Format menu (**Figure 6**) and select a file type for the sequence. The following are some options for exporting the clip or range of frames as video.
   - *FLV | F4V (H.264)*: Creates Adobe Flash Video, a format for delivering audio and video over the web and other networks. Adobe Flash Video will play on any computer with a Flash-enabled browser.
   - *H.264*: An MPEG-4-based standard for web delivery and for a variety of devices, including HD video, 3GPP cell phones, video iPods, and PlayStation Portable (PSP) devices.
   - *QuickTime*: Creates a compressed or uncompressed video file. (You must have QuickTime installed.)
   - *Microsoft AVI* (Windows only): Creates a compressed or uncompressed video file.
   - *Microsoft DV AVI* (Windows only): Creates an uncompressed video file.

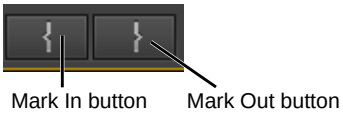

Figure 4 Source Monitor Mark In and Mark Out buttons

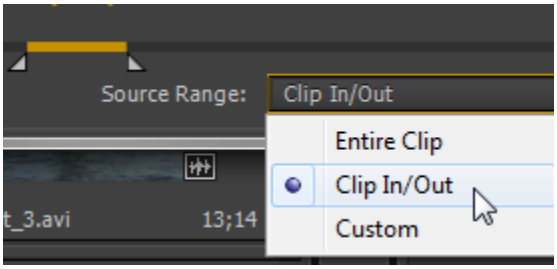

Figure 5 Source Range menu

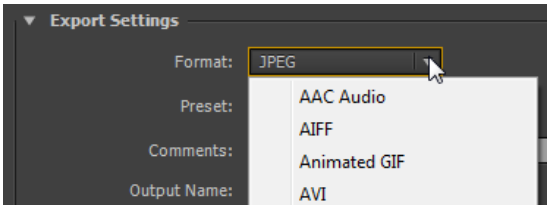

Figure 6 Format menu

6. Depending on which format you selected, you can select from additional file settings on the Preset menu.
7. Click the Output Name to open the Save As dialog box.
8. Select a location and enter a name for the file in the File Name box (Windows) or Save As box (Mac OS). Click Save.
9. Make sure that Export Video and Export Audio are selected (**Figure 7**).
10. Click the Video tab in the lower-right panel of the Export Settings dialog box to display the video settings (**Figure 8**).

    Note: Each video and audio compressor has attributes that work best under certain circumstances. You may need to expand the dialog box or scroll to see all of the video or audio settings.
11. Click the Audio tab to display the audio settings (**Figure 9**).

    Different settings are available depending on which file format you selected. For detailed explanations of these items, see Adobe Premiere Pro Help.
12. Click Export to export the selected clip or range of frames.

    The clip is exported to the location you selected in step 7.

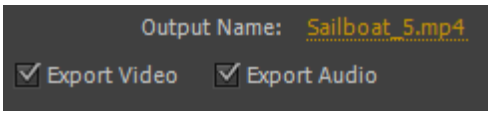

Figure 7 Export Video and Export Audio selected

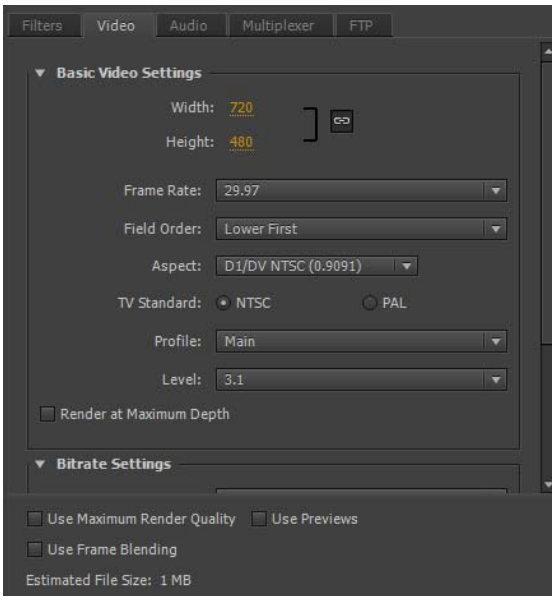

Figure 8 Export Settings, Video tab

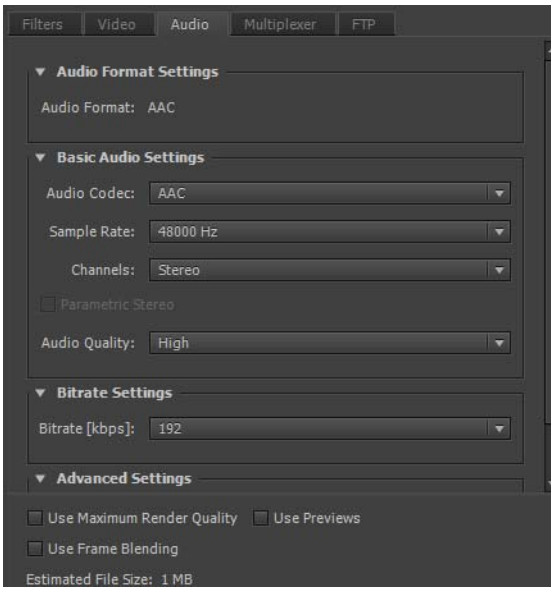

Figure 9 Export Settings, Audio tab

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Exporting an entire sequence or a sequence segment

You can also export an entire sequence or a range of frames within an edited sequence in the Timeline.

To export a sequence:

1. Start Adobe Premiere Pro and open an existing project with a sequence you want to export.
2. Do one of the following:
   - To export a sequence, select the sequence in the Timeline panel or click its icon in the Project panel.
   - To specify a range of frames in a sequence to export, do the following:
     - Select the sequence in the Timeline panel.
     - In the Timeline panel, set the work area by dragging the work area bar handles to the In and Out points of the segment you want to export (**Figure 10**).
3. Select File > Export > Media.

   The Export Settings dialog box appears (**Figure 11**).
4. Open the Format menu and select a file type for the sequence (**Figure 12**). The following is a partial list of options.
   - *FLV | F4V (H.264)*: Creates Adobe Flash Video, the format for delivering audio and video over the web and other networks. Adobe Flash Video will play on any computer with a Flash-enabled browser.
   - *H.264*: An MPEG-4-based standard for web delivery and for a variety of devices, including HD video, 3GPP cell phones, video iPods, and PlayStation Portable (PSP) devices.
   - *QuickTime*: Creates a compressed or uncompressed video file. (In Windows, you must have QuickTime installed.)
   - *Microsoft AVI* (Windows only): Creates a compressed or uncompressed video file.
   - *Microsoft DV AVI* (Windows only): Creates an uncompressed video file.
5. Depending on which file format you selected, you can select from additional file settings on the Preset menu.

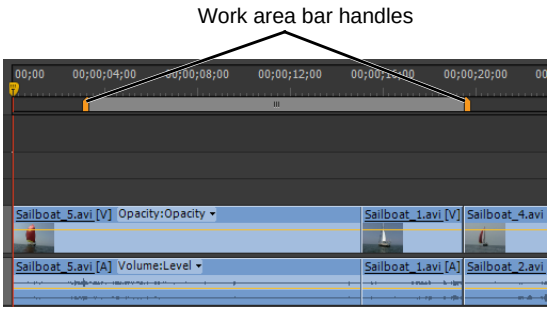

Figure 10 Timeline panel work area bar handles

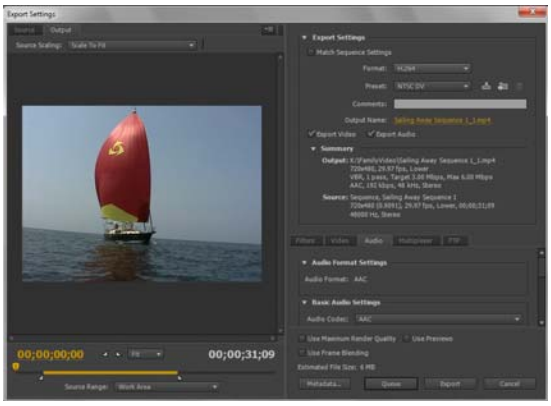

Figure 11 Export Settings dialog box

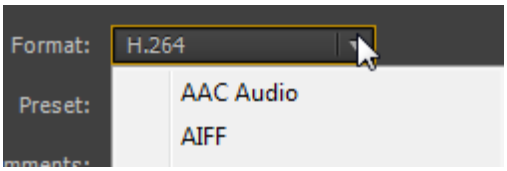

Figure 12 Format menu

6. Click the Output Name to open the Save As dialog box.
7. Select a location and enter a name for the file in the File Name box (Windows) or Save As box (Mac OS). Click Save.
8. Make sure that Export Video and Export Audio are selected (**Figure 13**).
9. Click the Video tab in the lower-right panel of the Export Settings dialog box to display the video settings (**Figure 14**).

   Note: You may need to expand the dialog box or scroll to see all of the video and audio settings. Each video and audio compressor has attributes that work best under certain circumstances.
10. Click the Audio tab to display the audio settings (**Figure 15**).

    Different settings are available depending on which file format you selected. For detailed explanations of these items, see Adobe Premiere Pro Help.
11. Click Export to export the selected sequence or sequence segment.

    The sequence or segment is saved as a new file in the location you selected in step 7.

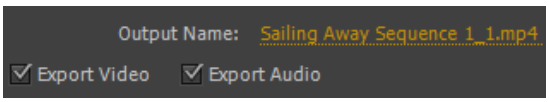

Figure 13 Export Video and Export Audio selected

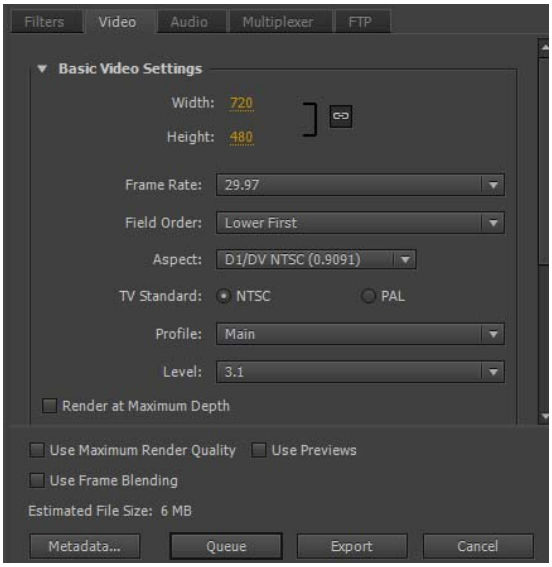

Figure 14 Export Settings, Video tab

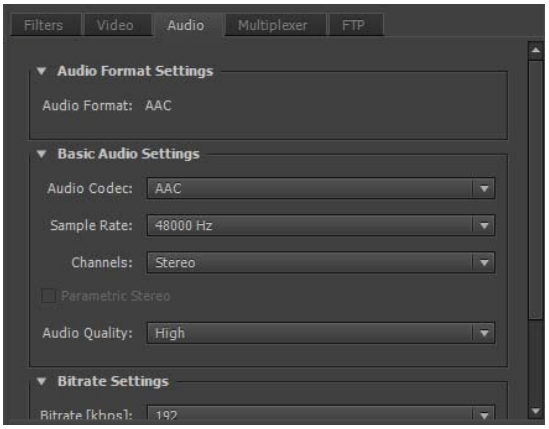

Figure 15 Export Settings, Audio tab

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Exporting audio only

There may be times when you want to export and reuse the auto portion of your edited movie.

To export audio:

1. Start Adobe Premiere Pro and open an existing project with a sequence or clip you want to export as an audio file.
2. Select the sequence or a clip.
3. Select File > Export > Media.

   The Export Settings dialog box appears (**Figure 16**).
4. Open the Format menu and select a file type for the audio file (**Figure 17**).
5. Depending on which file format you selected, you can select from additional file settings on the Preset menu.
6. Click the Output Name to open the Save As dialog box.
7. Select a location and enter a name for the file in the File Name box (Windows) or Save As box (Mac OS). Click Save.

   The Audio tab (at the bottom of the dialog box) should be selected automatically (**Figure 18**). The settings change depending on which file format you selected. For example, you may be able to select an audio codec, sample rate, sample type, channels (mono or stereo), and audio interleave. For detailed explanations of these items, see Adobe Premiere Pro Help.
8. Click Export to export the audio portion of the selected sequence or clip.

   The audio file is exported to the location you selected in step 7.

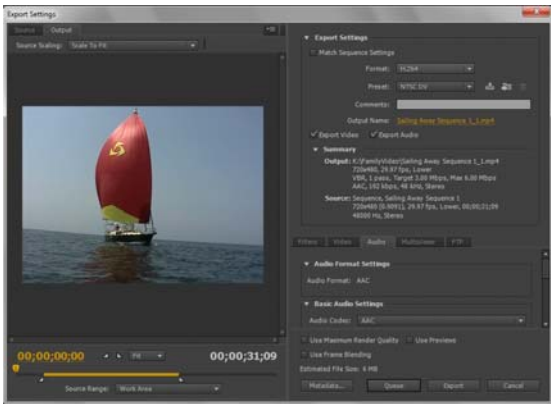

Figure 16 Export Settings dialog box

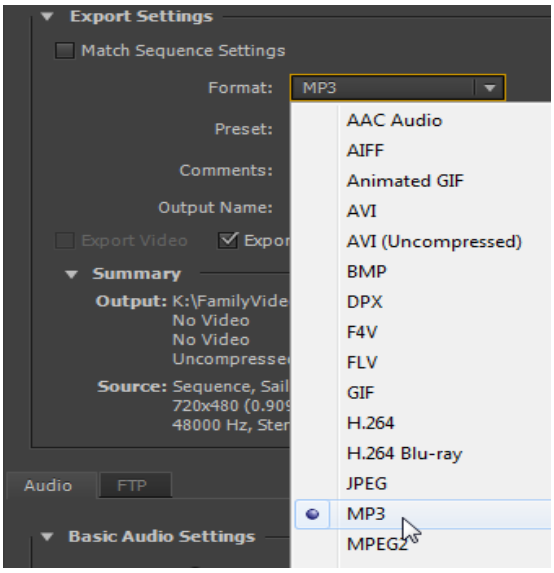

Figure 17 Format menu

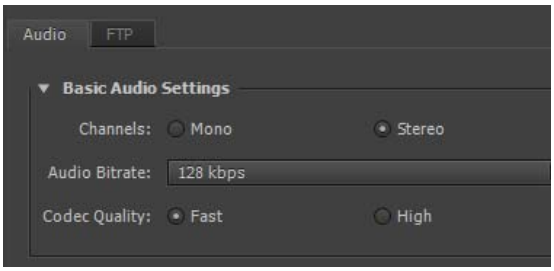

Figure 18 Export Settings, Audio tab