
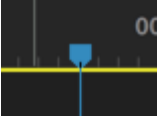

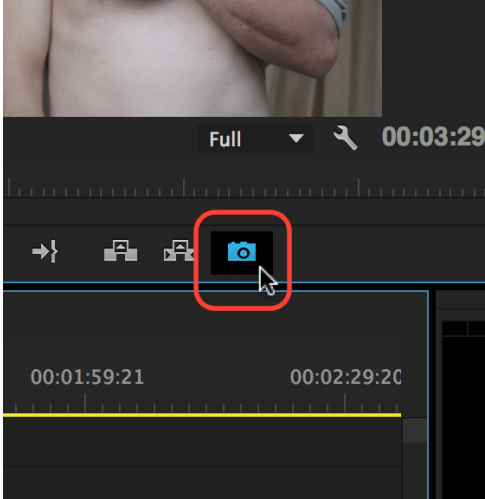


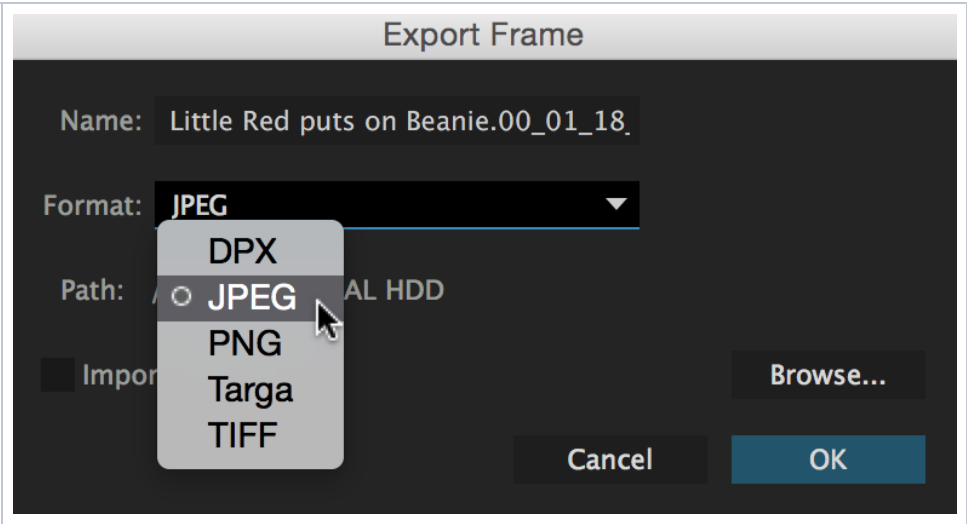
# Adobe Premiere Pro - Export a still frame from Premiere

This workflow covers the process of exporting a still frame from Premiere.

<p>If Premiere is not open, open it.</p>	 <p>Adobe Premiere Pro CC 2015.app</p>
<p>If you have not set up a project yet, please refer to this wiki:</p>	<p><a href="#">Adobe Premiere Pro - Get Started Using Premiere - Project Setup</a></p>
<p>Move your playhead through Premiere until you find the single frame that you would like to export. Park your playhead on that frame in the timeline.</p> 	
<p>Click the "Export Frame" button or Press Shift+E</p>	

Name your Still frame  
Select 'Format > JPEG'  
Browse to where you'd like to save

Click OK



To create a zoom and pan effect on your still image, [go to this wiki here.](#)