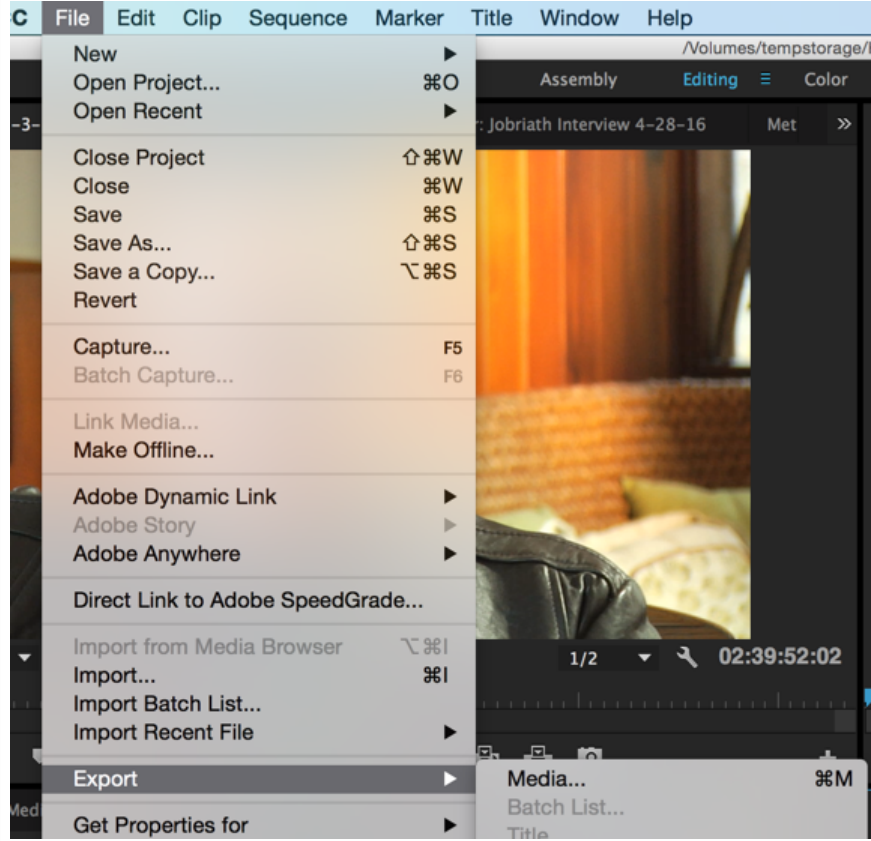
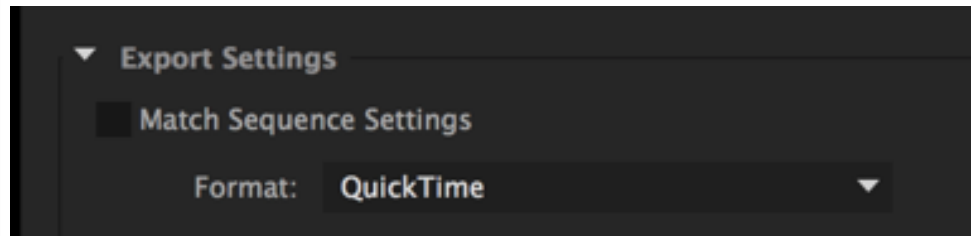


Adobe Premiere Pro - Apple ProRes Export Workflow

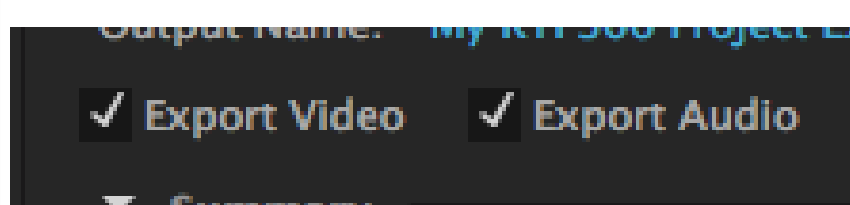
Click on the Sequence to export and choose >File>Export>Media or click "Command M"



Choose Format QuickTime

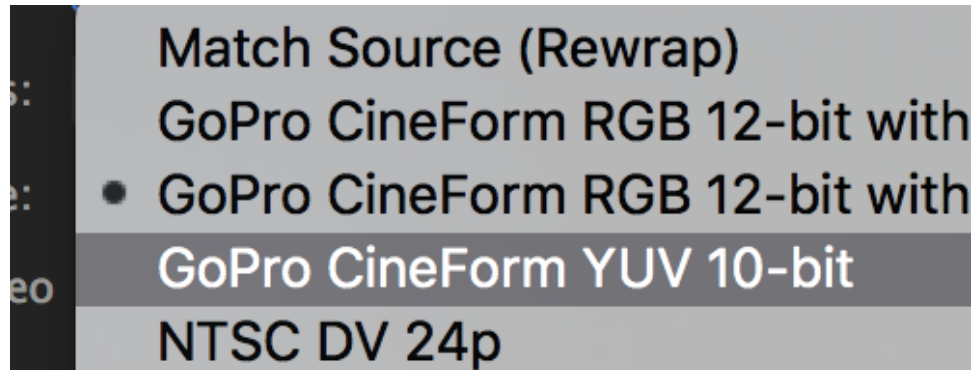


Choose to Export Video and Export Audio

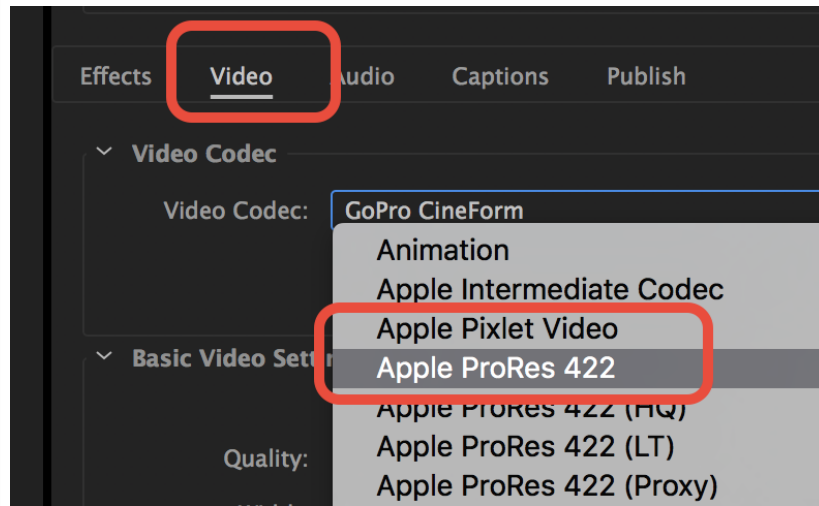


Preset Settings won't work we will have to make a custom setting.

But in the meantime choose GoPro whatever so we can modify it



Click on the Video tab and choose the Video Codec as Apple ProRes 422



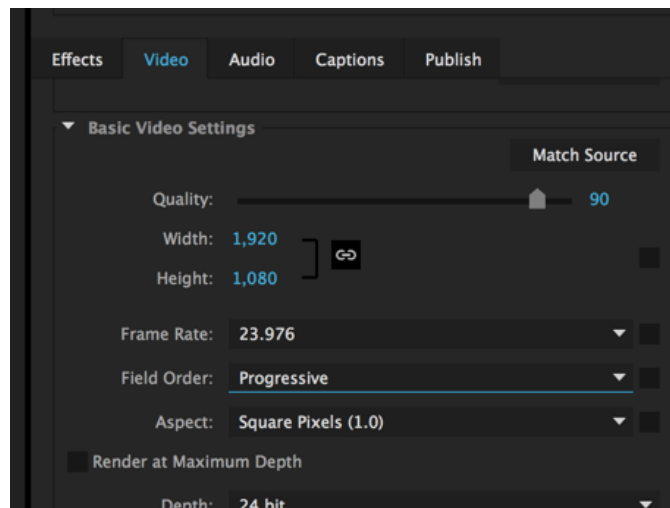
Go to Video>Basic Video Settings

Change to 1920 x 1080

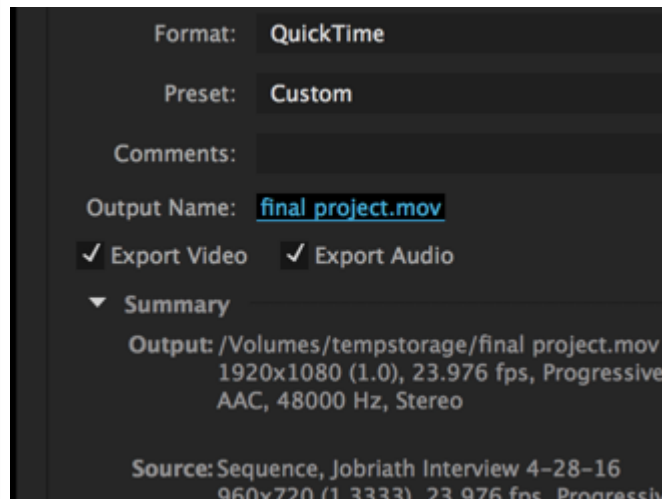
23.976

Field Order - Progressive

Aspect - Square Pixels

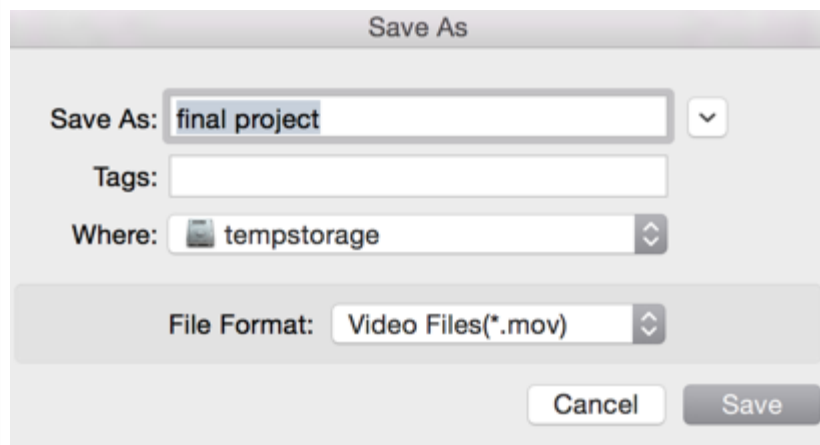


Click on Output Name - and choose where you want to save the file.



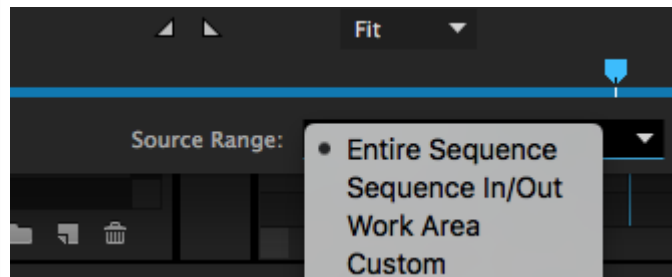
Navigate to your hard drive and title the file

Click Save



Check to make sure that the Source Range is set to

Entire Sequence



Last step is to Click Export to begin exporting the file.

