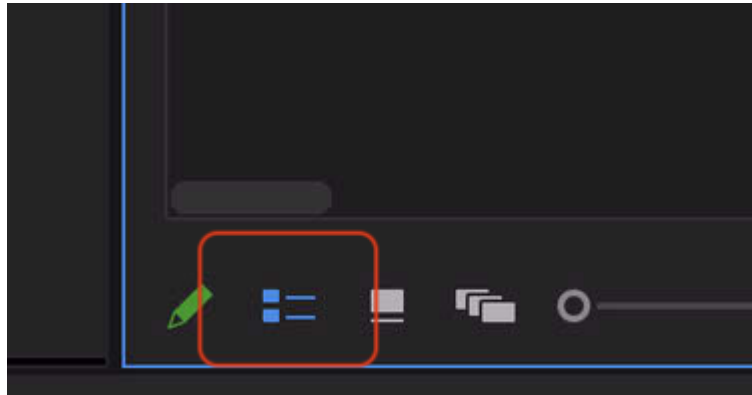


Adobe Premiere Pro - How to Export a H.264 QuickTime

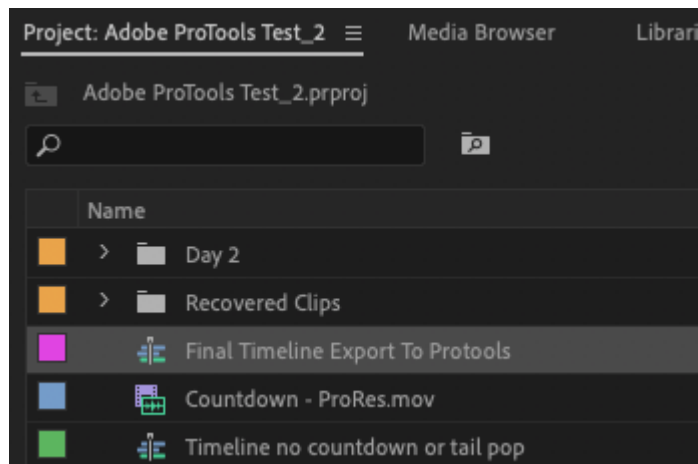
Put your Premiere Project Window in List Mode

this will make it easier to identify your sequence



Find your timeline you want to export

Right click the timeline

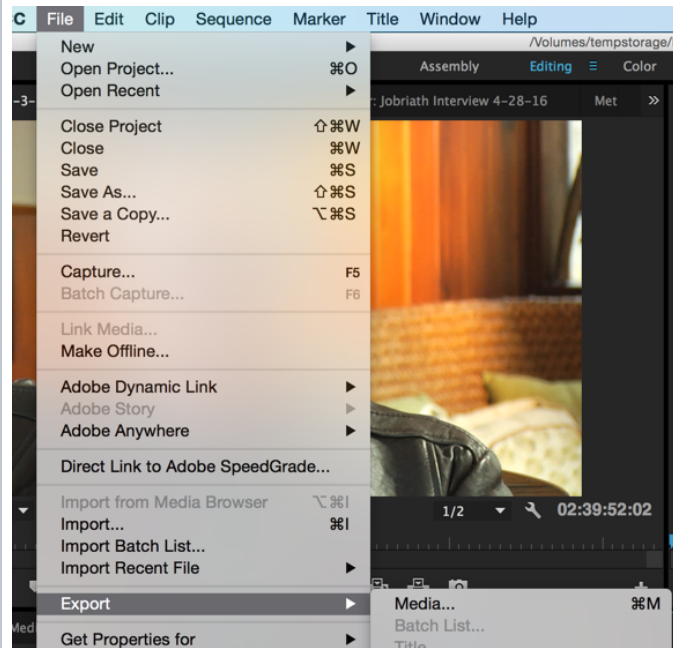


Choose Export Media

Or



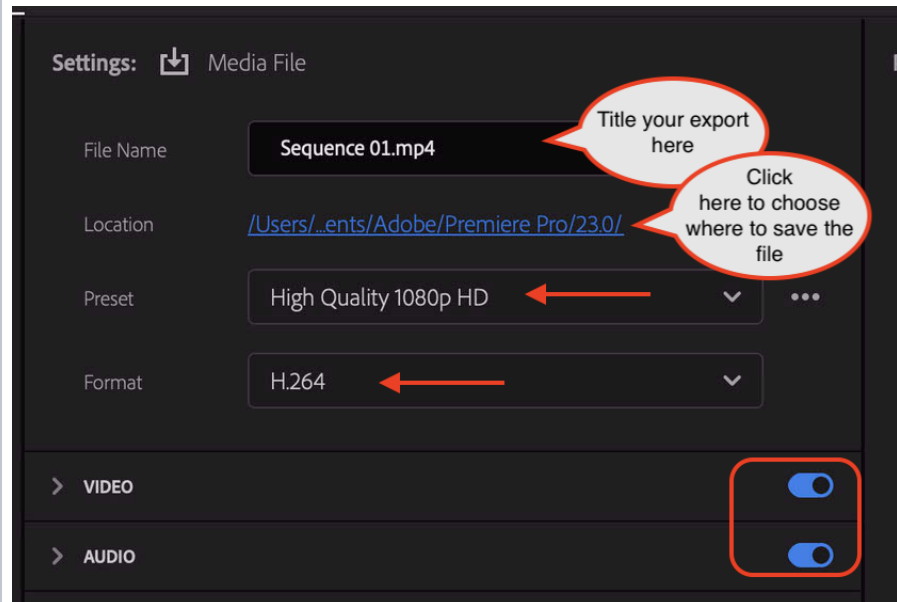
Go to >File>Export>Media



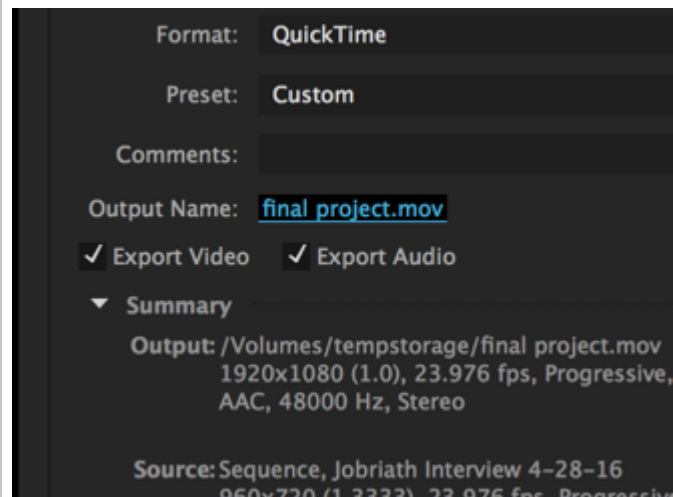
Preset - High Quality 1080 HD

Choose - Format H.264

Make Sure Video and Audio are both turned on as shown here



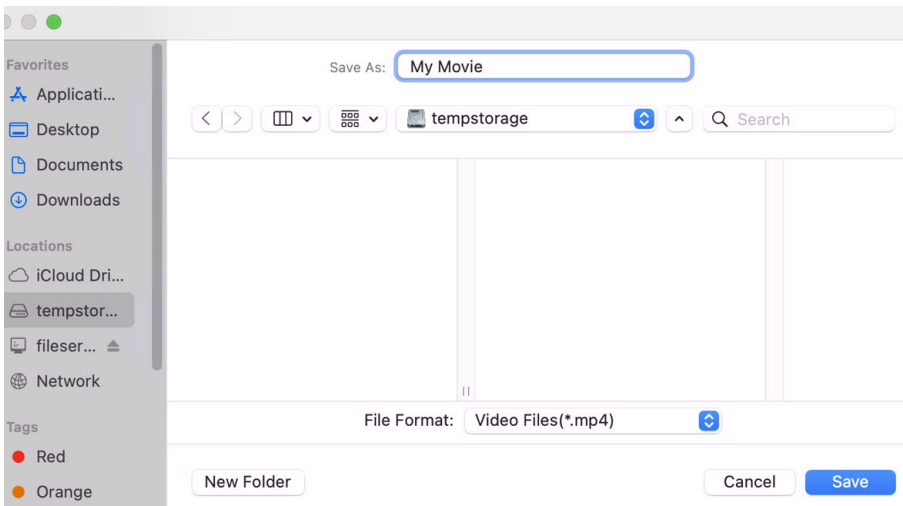
Click on Output Name - and choose where you want to save the file.



Navigate to your hard drive and title the file

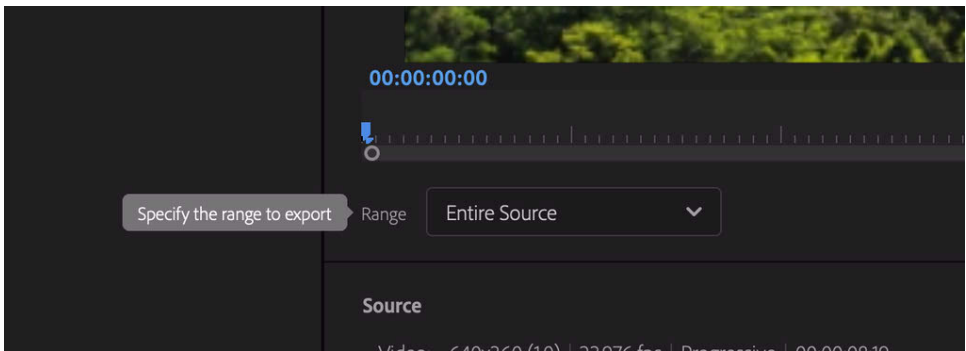
File Format will be .mp4

Click Save



Check to make sure that the Range is set to

Entire Source



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

