

Premiere Pro

Keyboard Shortcuts



KEY	NAME	WHAT IT DOES	VARIATIONS
j	Shuttle left	Play backwards one notch	
k	Shuttle stop	Stop playback	Use shift to play a few frames behind and in front of the playhead. Use alt to play only between in/out points
l	Shuttle right	Play forwards one notch	
left-arrow	Step back 1 frame	Move the playhead 1 frame back	Hold shift to move several frames. Frame amount can be changed in preferences
right-arrow	Step forward 1 frame	Move the playhead 1 frame forward	Hold shift to move several frames. Frame amount can be changed in preferences
up-arrow	Go to previous edit point	Move playhead to previous edit point on selected tracks	
down-arrow	Go to next edit point	Move playhead to next edit point on selected tracks	
-	Zoom out	Zooms out of the timeline	
=	Zoom in	Zooms in to the timeline	
i	Mark in	Sets the in point	Use alt to delete in point and shift to move playhead to in point
o	Mark out	Sets the out point	Use alt to delete out point and shift to move playhead to out point

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Keyboard Shortcuts



KEY	NAME	WHAT IT DOES	VARIATIONS
,	Insert	Inserts the footage from source monitor into timeline at playhead and moves everything forward	
.	Overwrite	Overwrites the footage from source monitor over the top of anything forward of the timeline playhead	
cmd-s	Save	Saves your project. Obviously!	
cmd-c	Copy	Copies the selected clips/effects/parameters to the clipboard	
cmd-x	Cut	Cuts out the selected clip/effects/parameters and puts it in the clipboard	
cmd-v	Paste	Pastes the clipboard	
cmd-k	Add edit	Add edit point (/cut) at the playhead for selected clips (or active tracks if no selection)	
alt-backspace	Ripple delete	Deletes selected clips and closes the gap left behind	
cmd-z	Undo	Undoes the previous action. Duh!	
hold shift	Multiple select	Hold down shift to select more than one thing	
hold cmd	Select edit points	Hold down cmd to select edit points	Hold cmd and drag the mouse to draw a marquee around many points