Adobe Premiere Pro (Mac) cheat sheet

File

Option + Cmd + N	Project/Production...
Cmd + N	Sequence...
Cmd + /	Bin
Cmd + T	Title...
Cmd + O	Open Project/Production...
Option + Cmd + O	Browse in Adobe Bridge...
Shift + Cmd + W	Close Project
Cmd + W	Close
Cmd + S	Save
Shift + Cmd + S	Save As...
Option + Cmd + S	Save a Copy...
F5	Capture...
F6	Batch Capture...
Option + Cmd + I	Import from Media Browser
Cmd + I	Import...
Cmd + M	Media...
Shift + Cmd + H	Selection...

Edit

Cmd + Z	Undo
Shift + Cmd + Z	Redo
Cmd + X	Cut
Cmd + C	Copy
Cmd + V	Paste
Shift + Cmd + V	Paste Insert
Option + Cmd + V	Paste Attributes
ForwardDel	Clear
Shift + ForwardDel	Ripple Delete
Shift + Cmd + /	Duplicate
Cmd + A	Select All
Shift + Cmd + A	Deselect All
Cmd + F	Find...
Cmd + E	Edit Original
Cmd + Option + K	Keyboard Shortcuts

Clip

Cmd + U	Make Subclip...
Shift + G	Audio Channels...
Cmd + R	Speed/Duration...
,	Insert
.	Overwrite
Shift + Cmd + E	Enable
Cmd + L	Link
Cmd + G	Group
Shift + Cmd + G	Ungroup

Sequence

Enter	Render Effects in Work
F	Match Frame
Shift + R	Reverse Match Frame
Cmd + K	Add Edit
Shift + Cmd + K	Add Edit to All Tracks
T	Trim Edit
E	Extend Selected Edit to playhead
Cmd + D	Apply Video Transition
Shift + Cmd + D	Apply Audio Transition
Shift + D	Apply Default Transitions to selection
;	Lift
'	Extract
=	Zoom In
-	Zoom Out
Shift + ;	Next in Sequence
Option + ;	Previous in Sequence
S	Snap

Marker

I	Mark In
O	Mark Out
X	Mark Clip
/	Mark Selection
Shift + I	Go to In
Shift + O	Go to Out
Option + I	Clear In
Option + O	Clear Out
Option + X	Clear In and Out
M	Add Marker

Shift + M	Go to Next Marker
Shift + Cmd + M	Go to Previous Marker
Option + M	Clear Current Marker
Option + Cmd + M	Clear All Markers

Type Alignment

Shift + Cmd + L	Left
Shift + Cmd + C	Center
Shift + Cmd + R	Right
Shift + Cmd + T	Tab Stops...
Cmd + J	Templates...

Select

Option + Cmd +]	Next Object Above
Option + Cmd + [	Next Object Below

Arrange

Shift + Cmd +]	Bring to Front
Cmd +]	Bring Forward
Shift + Cmd + [	Send to Back
Cmd + [	Send Backward

Window

Option + Shift + 0	Reset Current
Shift + 9	Audio Clip Mixer
Shift + 6	Audio Track Mixer
Shift + 5	Effect Controls
Shift + 7	Effects
Shift + 8	Media Browser
Shift + 4	Program Monitor
Shift + 1	Project
Shift + 2	Source Monitor
Shift + 3	Timelines
Cmd + \	Show/hide application title

Help

F1	Adobe Premiere Pro help
Cmd + Shift + P	Clear Poster Frame
Cmd + 1	Cut to Camera 1
Cmd + 2	Cut to Camera 2
Cmd + 3	Cut to Camera 3
Cmd + 4	Cut to Camera 4

Cmd + 5	Cut to Camera 5
Cmd + 6	Cut to Camera 6
Cmd + 7	Cut to Camera 7
Cmd + 8	Cut to Camera 8
Cmd + 9	Cut to Camera 9
Ctrl + Shift + E	Export Frame

Panels

Audio Mixer Panel Menu

Option + Cmd + T	Show/Hide Tracks...
Cmd + L	Loop
Ctrl + Shift + I	Meter Input Only

Capture Panel

V	Record Video
A	Record Audio
E	Eject
F	Fast Forward
Q	Go to In point
W	Go to Out point
G	Record
R	Rewind
Left arrow	Step Back
Right arrow	Step Forward
S	Stop

Menu

Del	Remove Selected Effect

Effects Panel Menu

Cmd + /	New Custom Bin
Del	Delete Custom Item

History Panel Menu

Left arrow	Step Backward
Right arrow	Step Forward
Del	Delete
Shift + O	Open in Source Monitor
Cmd + Up arrow	Parent Directory
Shift + Left arrow	Select Directory List
Shift + Right arrow	Select Media List
Cmd + L	Loop
Space	Play

Down arrow	Go to Next Edit Point
Up arrow	Go to Previous Edit Point
Space	Play/Stop Toggle
0	Record On/Off Toggle
Left arrow	Step Back
Right arrow	Step Forward
Cmd + L	Loop

Tools

V	Selection Tool
A	Track Select Tool
B	Ripple Edit Tool
N	Rolling Edit Tool
R	Rate Stretch Tool
C	Razor Tool
Y	Slip Tool
U	Slide Tool
P	Pen Tool
H	Hand Tool
Z	Zoom Tool

Multi camera

Down arrow	Go to Next Edit Point
Shift + Down arrow	Go to Next Edit Point on Any Track
Up arrow	Go to Previous Edit Point
Shift + Up arrow	Go to Previous Edit Point on Any Track
Shift + End	Go to Selected Clip End
Shift + Home	Go to Selected Clip Start
End	Go to Sequence-Clip End
Home	Go to Sequence-Clip Start
]	Increase Clip Volume
Shift +]	Increase Clip Volume Many
Shift + `	Maximize or Restore Active Frame
`	Maximize or Restore Frame Under Cursor
Shift + -	Minimize All Tracks
Shift + K	Play Around

Option + K	Play In to Out
Shift + Space	Play In to Out with Preroll/Postroll
Ctrl + Space	Play from Playhead to Out Point
Space	Play-Stop Toggle
Shift + T	Reveal Nested Sequence
W	Ripple Trim Next Edit To Playhead
Q	Ripple Trim Previous Edit To Playhead
1	Select Camera 1
2	Select Camera 2
3	Select Camera 3
4	Select Camera 4
5	Select Camera 5
6	Select Camera 6
7	Select Camera 7
8	Select Camera 8
9	Select Camera 9
Shift + F	Select Find Box
D	Select Clip at Playhead
Cmd + Down arrow	Select Next Clip
Ctrl + Shift + .	Select Next Panel
Cmd + Up arrow	Select Previous Clip
Ctrl + Shift + ,	Select Previous Panel
Cmd + P	Set Poster Frame
J	Shuttle Left
L	Shuttle Right
Shift + J	Shuttle Slow Left
Shift + L	Shuttle Slow Right
K	Shuttle Stop
Left arrow	Step Back
Shift + Left arrow	Step Back Five Frames - Units
Right arrow	Step Forward
Shift + Right arrow	Step Forward Five Frames - Units
Cmd + 9	Toggle All Audio Targets
Option + Cmd + 9	Toggle All Source Audio
Option + Cmd + 0	Toggle All Source Video
Cmd + 0	Toggle All Video Targets

Shift + S	Toggle Audio During Scrubbing
Ctrl + `	Toggle Full Screen
Shift + 0	Toggle Multi-Camera View
Ctrl + T	Toggle Trim Type
Option + Left arrow	Trim Backward
Option + Shift + Left arrow	Trim Backward Many
Option + Right arrow	Trim Forward
Option + Shift + Right arrow	Trim Forward Many
Option + W	Trim Next Edit to Playhead
Option + Q	Trim Previous Edit to Playhead

Project panel

Option + Shift + 1	Workspace 1
Option + Shift + 2	Workspace 2
Option + Shift + 3	Workspace 3
Option + Shift + 4	Workspace 4
Option + Shift + 5	Workspace 5
Option + Shift + 6	Workspace 6
Option + Shift + 7	Workspace 7
Option + Shift + 8	Workspace 8
Option + Shift + 9	Workspace 9
\	Zoom to Sequence
Shift + Up arrow	Extend Selection Up
Down arrow	Move Selection Down
End	Move Selection End
Home	Move Selection Home
Left arrow	Move Selection Left
Page Down	Move Selection Page Down
Page Up	Move Selection Page Up
Right arrow	Move Selection Right
Up arrow	Move Selection Up
Tab	Next Column Field
Enter	Next Row Field
Shift + O	Open in Source Monitor
Shift + Tab	Previous Column Field
Shift + Enter	Previous Row Field

Shift +]	Thumbnail Size Next
Shift + [	Thumbnail Size Previous
Shift + \	Toggle View

Timeline panel

Del	Clear Selection
Option + -	Decrease Audio Tracks Height
Cmd + -	Decrease Video Tracks Height
Option + =	Increase Audio Tracks Height
Cmd + =	Increase Video Tracks Height
Shift + Cmd + Left arrow	Nudge Clip Selection Left Five Frames
Cmd + Left arrow	Nudge Clip Selection Left One Frame
Shift + Cmd + Right arrow	Nudge Clip Selection Right Five Frames
Cmd + Right arrow	Nudge Clip Selection Right One Frame
Option + Del	Ripple Delete
Option + [	Set Work Area Bar In Point
Option +]	Set Work Area Bar Out Point
Page Down	Show Next Screen
Page Up	Show Previous Screen
Option + Shift + ,	Slide Clip Selection Left Five Frames
Option + ,	Slide Clip Selection Left One Frame
Option + Shift + .	Slide Clip Selection Right Five Frames
Option + .	Slide Clip Selection Right One Frame
Option + Shift + Cmd + Left arrow	Slip Clip Selection Left Five Frames
Option + Cmd + Left arrow	Slip Clip Selection Left One Frame
Option + Shift + Cmd + Right arrow	Slip Clip Selection Right Five Frames
Option + Cmd + Right arrow	Slip Clip Selection Right One Frame

Titler

A	Arc Tool
Cmd + B	Bold
Option + Shift + Left arrow	Decrease Kerning by Five Units
Option + Left arrow	Decrease Kerning by One Unit
Option + Shift + Down arrow	Decrease Leading by Five Units
Option + Down arrow	Decrease Leading by One Unit
Option + Shift + Cmd + Left arrow	Decrease Text Size by Five Points
Option + Cmd + Left arrow	Decrease Text Size by One Point
E	Ellipse Tool
Option + Shift + Right arrow	Increase Kerning by Five Units
Option + Right arrow	Increase Kerning by One Unit
Option + Shift + Up arrow	Increase Leading by Five Units
Option + Up arrow	Increase Leading by One Unit
Option + Shift + Cmd + Right arrow	Increase Text Size by Five Points
Option + Cmd + Right arrow	Increase Text Size by One Point
Option + Shift + Cmd + C	Insert Copyright Symbol
Option + Shift + Cmd + R	Insert Registered Symbol
Cmd + I	Italic
L	Line Tool
Shift + Down arrow	Nudge Selected Object Down by Five Pixels
Down arrow	Nudge Selected Object Down by One Pixel
Shift + Left arrow	Nudge Selected Object Left by Five Pixels
Left arrow	Nudge Selected Object Left by One Pixel
Shift + Right arrow	Nudge Selected Object Right by Five Pixels
Right arrow	Nudge Selected Object Right by

	One Pixel
Shift + Up arrow	Nudge Selected Object Up by Five Pixels
Up arrow	Nudge Selected Object Up by One Pixel
P	Pen Tool
Shift + Cmd + D	Position Objects to Bottom Title Safe Margin
Shift + Cmd + F	Position Objects to Left Title Safe Margin
Shift + Cmd + O	Position Objects to Top Title Safe Margin
R	Rectangle Tool
O	Rotation Tool
V	Selection Tool
T	Type Tool
Cmd + U	Underline
C	Vertical Type Tool
W	Wedge Tool

Trim Monitor panel

Option + 1	Focus Both Outgoing and Incoming
Option + 3	Focus on Incoming Side
Option + 2	Focus on Outgoing Side
Cmd + L	Loop
Option + Shift + Left arrow	Trim Backward by Large Trim Offset
Option + Left arrow	Trim Backward by One Frame
Option + Shift + Right arrow	Trim Forward by Large Trim Offset
Option + Right arrow	Trim Forward by One Frame

Source: Adobe

Last modification: 4/3/2021 11:12:50 □□□□□□□□□

More information: defkey.com/hi/adobe-premiere-pro-mac-shortcuts

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