

# VMWare Workstation Pro cheat sheet

## General

Last modification: 11/11/2019 8:10:21 PM

More information: [defkey.com/vmware-workstation-pro-shortcuts](https://defkey.com/vmware-workstation-pro-shortcuts)

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Ctrl + G	Grab input from the keyboard and mouse
Ctrl + Alt	Release the mouse cursor
Ctrl + Alt + Insert	Shut down or, depending on the guest operating system, log out of the guest operating system. This command is received solely by the virtual machine
Ctrl + Alt + Del	Shut down or, depending on the operating system, log out of the guest operating system.

On a Windows host, if you do not use the enhanced virtual keyboard feature, both the host operating system and the virtual machine receive above command, even when Workstation Pro has control of input. Cancel the ending of the host operating system session and return to the virtual machine to log out or shut down or perform administrative tasks.

Ctrl + Alt + Enter	Enter full screen mode
Ctrl + Alt + Space	Send any command to the virtual machine so that Workstation Pro does not process it. Hold down Ctrl + Alt as you press and release the spacebar, and continue to hold the Ctrl + Alt keys down as you press the next key in the combination
Ctrl + Tab or Ctrl + Shift + Tab	(Windows hosts only) Switch among tabs
Ctrl + Alt + Right arrow	In full screen mode, switch to the next powered-on virtual machine
Ctrl + Alt + Left arrow	In full screen mode, switch to the previous powered-on virtual machine
Ctrl + Shift + U	In Unity mode, give access to the virtual machine Start or Applications menu

You can change the Unity hot-key combination by modifying Unity preference settings.

You can change the default hot-key combinations by modifying Workstation Pro for common virtual machine operations to Ctrl (plus) Shift, you press Ctrl (plus) Shift instead of Ctrl (plus) Alt to release control from the current virtual machine.