Adobe Premiere Pro Cheatsheet

A comprehensive cheat sheet for Adobe Premiere Pro, covering essential shortcuts, editing techniques, effects, and workflow tips to enhance video editing efficiency.

Keyboard Shortcuts

General Shortcuts

New Project	Ctrl+Alt+N (Windows) / Cmd+Opt+N (Mac)
Open Project	Ctrl+O (Windows) / Cmd+O (Mac)
Save Project	Ctrl+S (Windows) / Cmd+S (Mac)
Import	Ctrl+I (Windows) / Cmd+I (Mac)
Export Media	Ctrl+M (Windows) / Cmd+M (Mac)
Undo	Ctrl+Z (Windows) / Cmd+Z (Mac)
Redo	Ctrl+Shift+Z (Windows) / Cmd+Shift+Z (Mac)
Cut	Ctrl+X (Windows) / Cmd+X (Mac)
Copy	Ctrl+C (Windows) / Cmd+C (Mac)

Timeline Shortcuts

Razor Tool	C
Selection Tool	V
Track Select Forward Tool	A
Ripple Edit Tool	B
Rolling Edit Tool	N
Slip Tool	Y
Slide Tool	U
Hand Tool	H
Zoom Tool	Z

Navigation Shortcuts

Play/Stop	Spacebar
Go Forward 1 Frame	Right Arrow
Go Back 1 Frame	Left Arrow
Go Forward 5 Frames	Shift + Right Arrow
Go Back 5 Frames	Shift + Left Arrow
Go to In Point	Shift + I
Go to Out Point	Shift + O
Go to Start of Sequence	Home
Go to End of Sequence	End

Editing Techniques

Basic Editing

Importing Media: Drag and drop files into the Project panel or use `Ctrl+I` (Windows) / `Cmd+I` (Mac).

Creating a Sequence: Drag a clip onto the "New Item" icon at the bottom of the Project panel, or go to `File > New > Sequence`.

Adding Clips to Timeline: Drag clips from the Project panel onto the Timeline.

Cutting Clips: Use the Razor tool (`C`) to make cuts on the timeline. Then, remove unwanted sections using the selection tool (`V`) and `Delete` key.

Ripple Delete: Select a gap and press `Shift + Delete` to close the gap and shift all subsequent clips.

Adding Transitions: Drag transitions from the Effects panel (e.g., Cross Dissolve) onto the beginning or end of a clip, or between two clips.

Advanced Editing

J and L Cuts: Create more engaging edits by having the audio of the next clip start before the video transition (J-cut) or the audio of the previous clip continue after the video transition (L-cut). Drag the audio/video independently to achieve this.

Slip and Slide Edits: Use the Slip (`Y`) and Slide (`U`) tools to adjust the content within a clip without changing its duration or position on the timeline.

Using Markers: Press `M` to add a marker on the timeline. Markers can be used to add notes, identify sections, or sync to music.

Nested Sequences: Select a group of clips, right-click, and choose "Nest…" to create a nested sequence. This simplifies complex timelines and allows you to apply effects to a group of clips at once.

Multi-Camera Editing: Create a multi-camera sequence by right-clicking your clips, selecting "Create Multi-Camera Source Sequence," and choosing your sync point. Then, use the multi-camera monitor to switch between angles in real-time.

Audio Editing

Adjusting Audio Levels: Use the Audio Gain and Audio Channel Mixer to adjust levels and pan audio.

Adding Audio Transitions: Apply audio transitions (e.g., Constant Power) to smooth audio cuts.

Using the Audio Track Mixer: Adjust track levels, add effects, and route audio using the Audio Track Mixer.

Noise Reduction: Use the DeNoise effect to reduce unwanted background noise.

EQ and Compression: Apply EQ and Compression effects to enhance the clarity and dynamics of your audio.

Effects and Color Correction

Video Effects

Applying Effects: Drag effects from the Effects panel onto clips on the timeline. Adjust effect parameters in the Effect Controls panel.

Transform Effects: Use the Transform effect (under Distort) for basic position, scale, rotation, and opacity adjustments.

Keying Effects: Use Ultra Key or Luma Key to remove backgrounds (green screen, etc.).

Stylize Effects: Explore effects like Posterize, Mosaic, and Color Emboss for creative looks.

Time Remapping: Adjust clip speed using the Time Remapping feature (right-click clip > Show Clip Keyframes > Time Remapping > Speed).

Color Correction

Lumetri Color Panel: Use the Lumetri Color panel (Window > Lumetri Color) for comprehensive color correction.

Basic Correction: Adjust exposure, contrast, highlights, shadows, whites, and blacks under the Basic Correction tab.

Creative Tab: Apply Looks and adjust Vibrance and Saturation.

Curves: Use the Curves tab for precise color and luma adjustments.

Color Wheels: Use the Color Wheels tab for lift, gamma, and gain adjustments.

HSL Secondary: Isolate and correct specific colors using the HSL Secondary tab.

Color Matching: Use the Color Matching feature to automatically match the color of two clips.

Keyframing Effects

Adding Keyframes: Click the stopwatch icon next to an effect parameter in the Effect Controls panel to add a keyframe.

Adjusting Keyframes: Move the playhead on the timeline and adjust the effect parameter to create a new keyframe. Premiere Pro will automatically interpolate between keyframes.

Keyframe Types: Adjust keyframe interpolation (right-click on a keyframe) to create smooth (Bezier) or linear animations.

Copying and Pasting Keyframes: Copy keyframes from one parameter to another, or from one clip to another.

Workflow Tips & Exporting

Workflow Optimization

Organizing Projects: Use bins to organize your media within the Project panel. Group footage, audio, graphics, and sequences into separate bins.

Proxy Workflow: Create proxy files (lower resolution copies) of your footage for smoother editing, especially with 4K or higher resolution footage. Right-click footage in the project panel > Proxy > Create Proxies.

Auto Save: Enable auto-save (Edit > Preferences > Auto Save) to automatically save your project at regular intervals.

Custom Workspaces: Create custom workspaces (Window > Workspaces > Save as New Workspace) tailored to specific tasks like editing, color correction, or audio mixing.

Labels: Use labels to color-code clips on the timeline for easy identification and organization.

Exporting Media

Export Settings: Press `Ctrl+M` (Windows) / `Cmd+M` (Mac) to open the Export Settings window.

Format: Choose the appropriate format (e.g., H.264 for web, ProRes for professional use).

Preset: Select a preset based on your desired output (e.g., YouTube 1080p Full HD, Vimeo 1080p HD).

Video Tab: Adjust video settings like resolution, frame rate, and bitrate.

Audio Tab: Adjust audio settings like sample rate and bitrate.

Multiplexer Tab: Adjust multiplexing settings (e.g., None, if you have separate audio and video files).

Queue vs. Export: Use "Queue" to send the export job to Adobe Media Encoder for background processing, or use "Export" to export directly from Premiere Pro.

Troubleshooting

Crashes: Ensure your graphics drivers are up to date. Clear your media cache (Edit > Preferences > Media Cache) and restart Premiere Pro.

Playback Issues: Reduce playback resolution (Program Monitor > Playback Resolution) or use proxy files.

Audio Problems: Check your audio input/output settings (Edit > Preferences > Audio Hardware). Ensure your audio tracks are properly routed in the Audio Track Mixer.

Rendering Errors: Ensure you have enough disk space. Try rendering the sequence in smaller chunks (Work Area Bar).

Effect Issues: Ensure effects are compatible with your hardware. Try disabling GPU acceleration (File > Project Settings > General > Renderer).