

Adobe Premiere Pro Keyboard Shortcuts

	Shortcut	What It Does
DISPLAY		
	\	Shrink/expand the Timeline to fit in the Timeline panel
	Option + [Plus] / [Minus]	Enlarge or shrink audio channels vertically
	Cmd + [Plus] / [Minus]	Enlarge or shrink video channels vertically
	[Plus] / [Minus]	Zoom Timeline horizontally
EDITING		
	D	Select clip under playhead on lowest active track
	/	Mark selected clip(s) on any track
	I	Set the In
	Shift + I	Jump Playhead to the In
	Option + I	Delete the In
	O	Set the Out
	Shift + O	Jump Playhead to the Out
	Option + O	Delete the Out
	X	Mark clip on lowest active track containing playhead
	Option + X	Delete the In and the Out
	Cmd + K	Add edit at position of playhead
	Shift + Cmd + K	Add edit to all tracks at position of playhead
TRIMMING		
	Drag Ripple / Roll tool across edit points	Select one edit point per clip per track for trimming
	Control + T	Toggle trim type for selected edit point
	Cmd + Down arrow	Select next clip on lowest active track
	Cmd + Up arrow	Select previous clip on lowest active track
	Option + Left arrow	Move selected edit point, or clip, one frame left
	Option + Right Arrow	Move selected edit point, or clip, one frame right
	Shift + Option + Left arrow	Move selected edit point, or clip, ten frames left

	Shortcut	What It Does
	Shift + Option + Right arrow	Move selected edit point, or clip, ten frames right
	Cmd + L	Link/unlink audio from video
	E	Extend selected edit point to playhead
	W	Ripple trim next edit to playhead
	Q	Ripple trim previous edit to playhead
	Shift + W	Extend next edit to playhead
	Option + W	Trim next edit to playhead
	Shift + Q	Extend previous edit to playhead
	Option + Q	Trim previous edit to playhead
	[Unassigned]	Restore trim edits
NAVIGATION		
	Shift + K	Play around the edit point
	Opt + K	Play In to Out
	Shift + Space	Play In to Out with Preroll/Postroll
	Shift + Home	Go to Selected Clip Start
	Shift + End	Go to Selected Clip End
	Down arrow	Go to Next Edit Point
	Shift + Down	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
	Left arrow	Step Back 1 Frame
	Shift + Left arrow	Step Back Many Frames - Units
	Right arrow	Step Forward 1 Frame
	Shift + Right arrow	Step Forward Many Frames - Units
	J-K-L	Shuttle Left - Stop - Right
	Shift + J	Shuttle Slow Left
	Shift + L	Shuttle Slow Right

NOTE: Windows users, substitute Control for Cmd and Alt for Option.