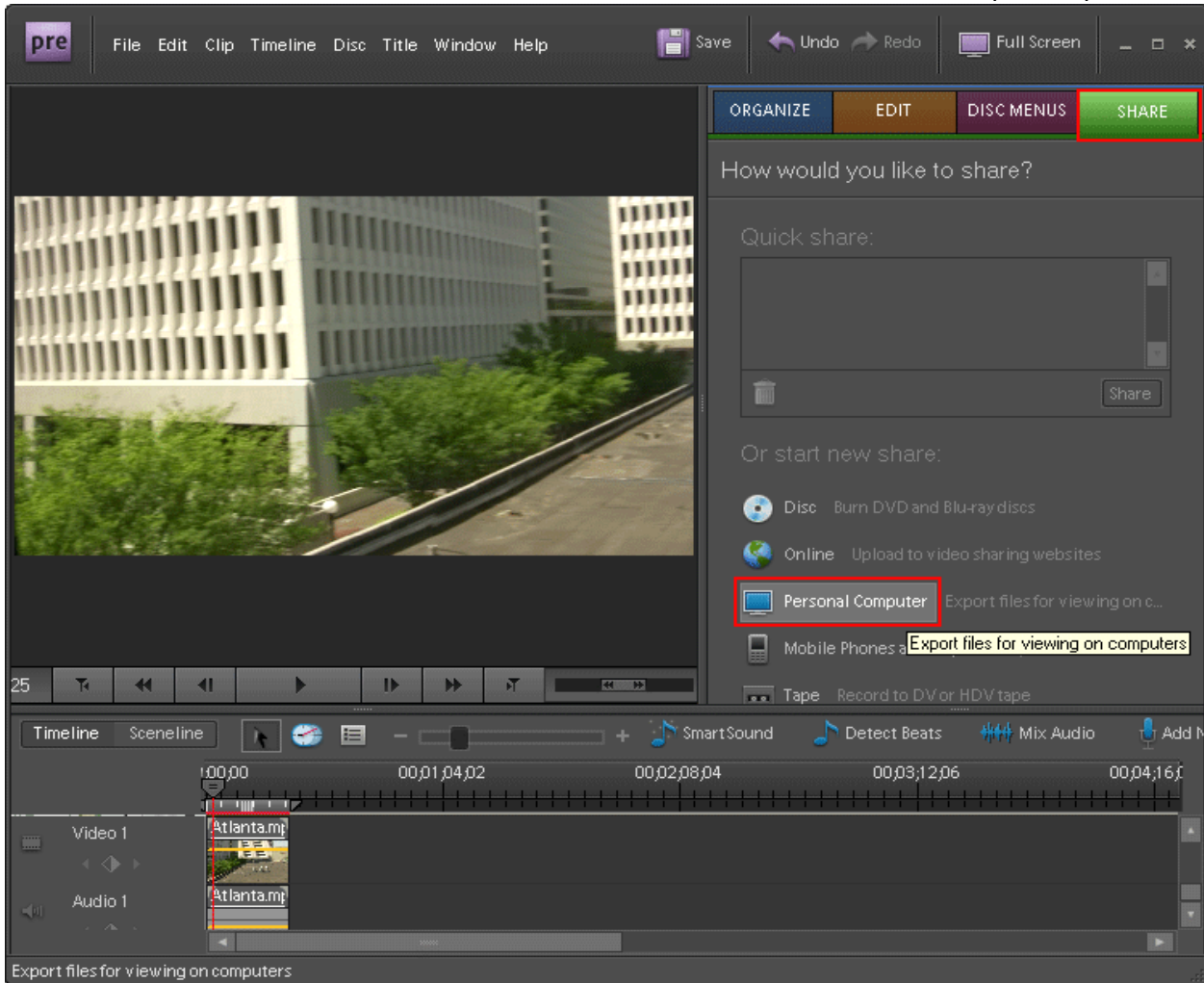


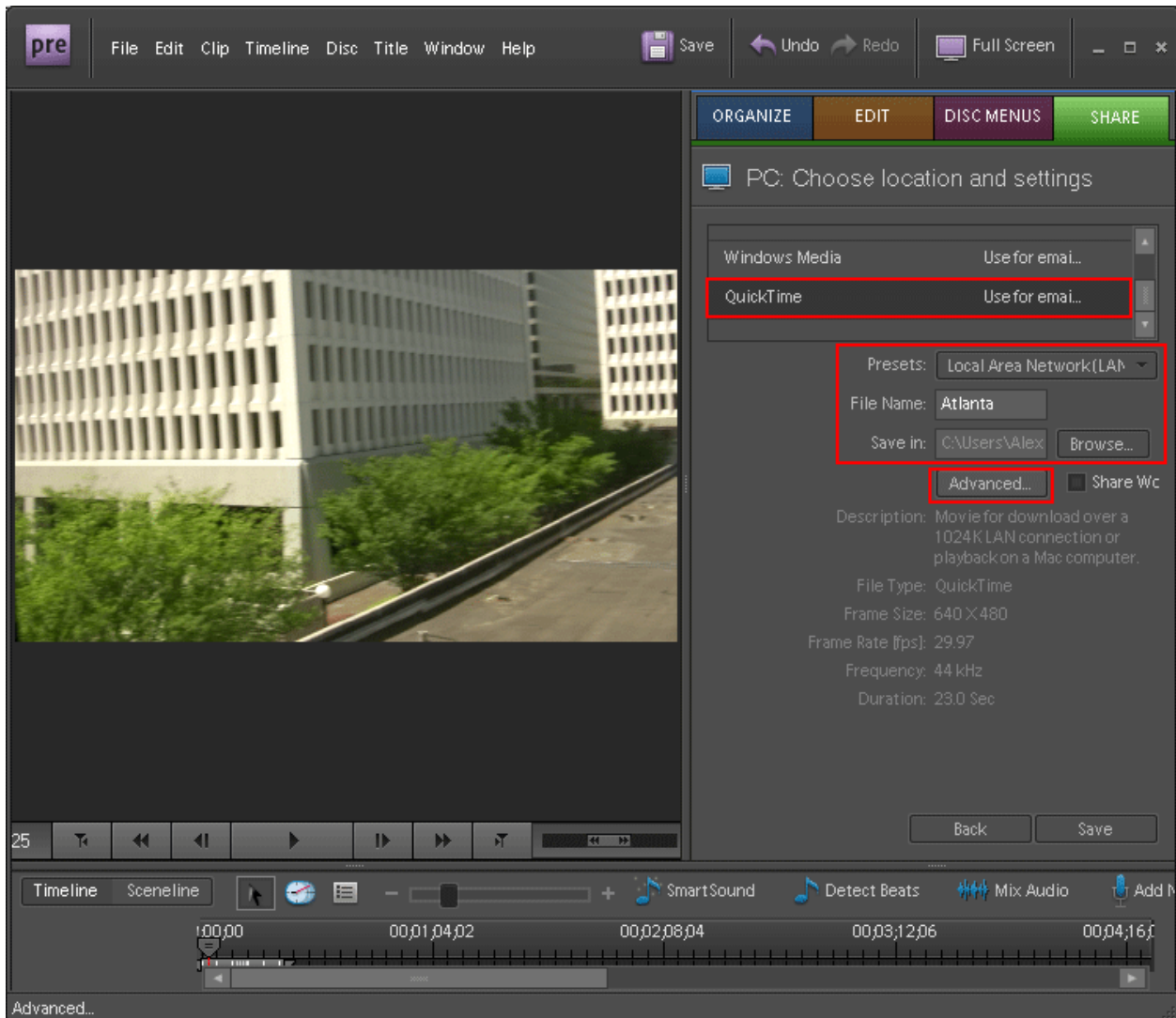
Exporting Video from Adobe Premiere Elements 7

From Premiere Elements 7, click on the SHARE tab and select the Personal Computer option.



Exporting Video from Adobe Premiere Elements 7

Under Choose location and settings choose QuickTime and Local Area Network under Presets. Name your file and browse for a destination folder. Click Advanced.





Exporting Video from Adobe Premiere Elements 7

The Advanced Settings window will open. Click on the Video Tab and under Video Codec

For the Basic Video Settings choose the following:

Quality: 100

Frame Width: 720

Frame Height: 480

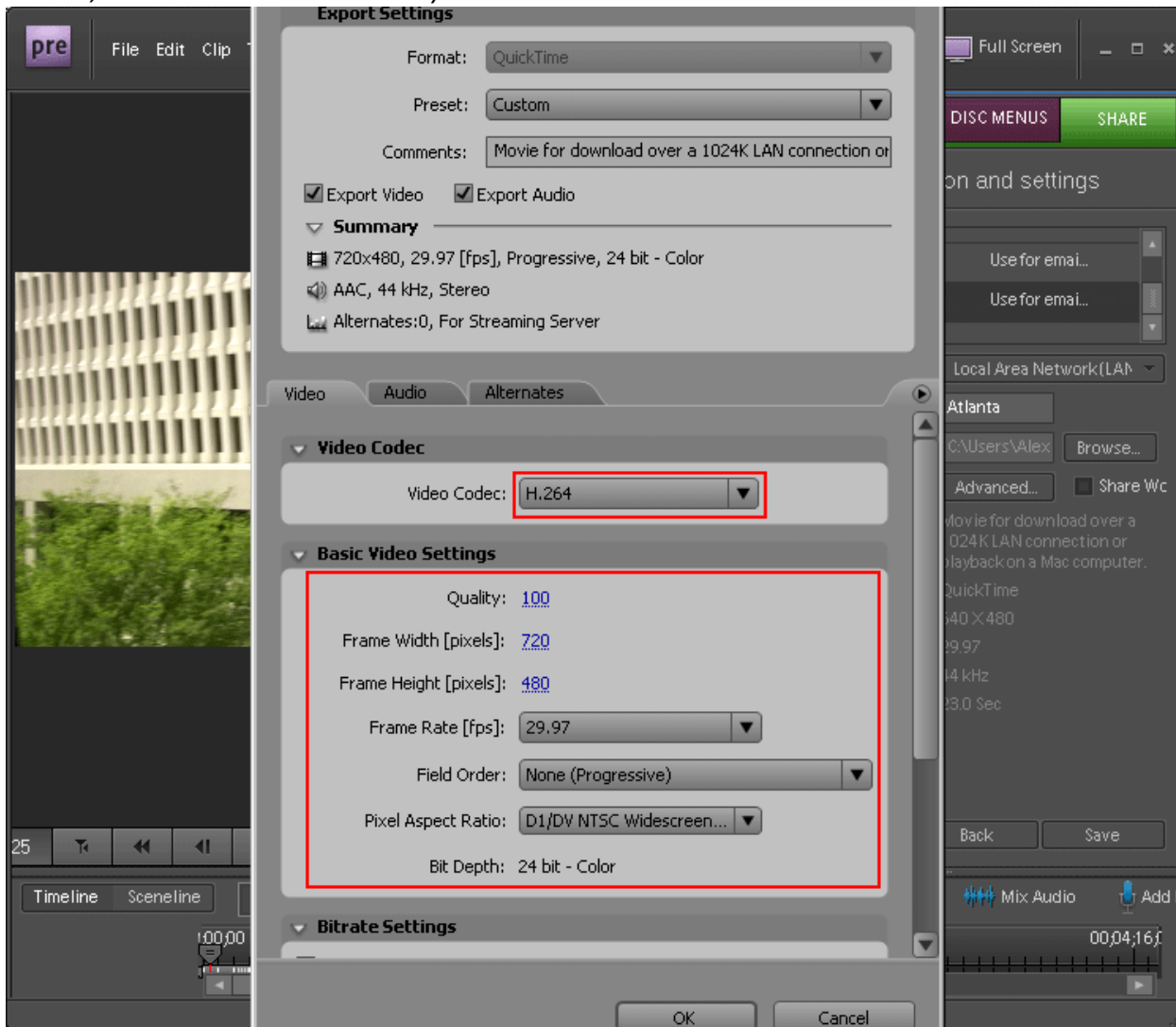
Frame Rate (fps): 29.97

Field Order: None (Progressive)

Pixel Aspect Ratio: D1/DV NTSC Widescreen 16:9 *(Important Note: If your project was produced in Standard*

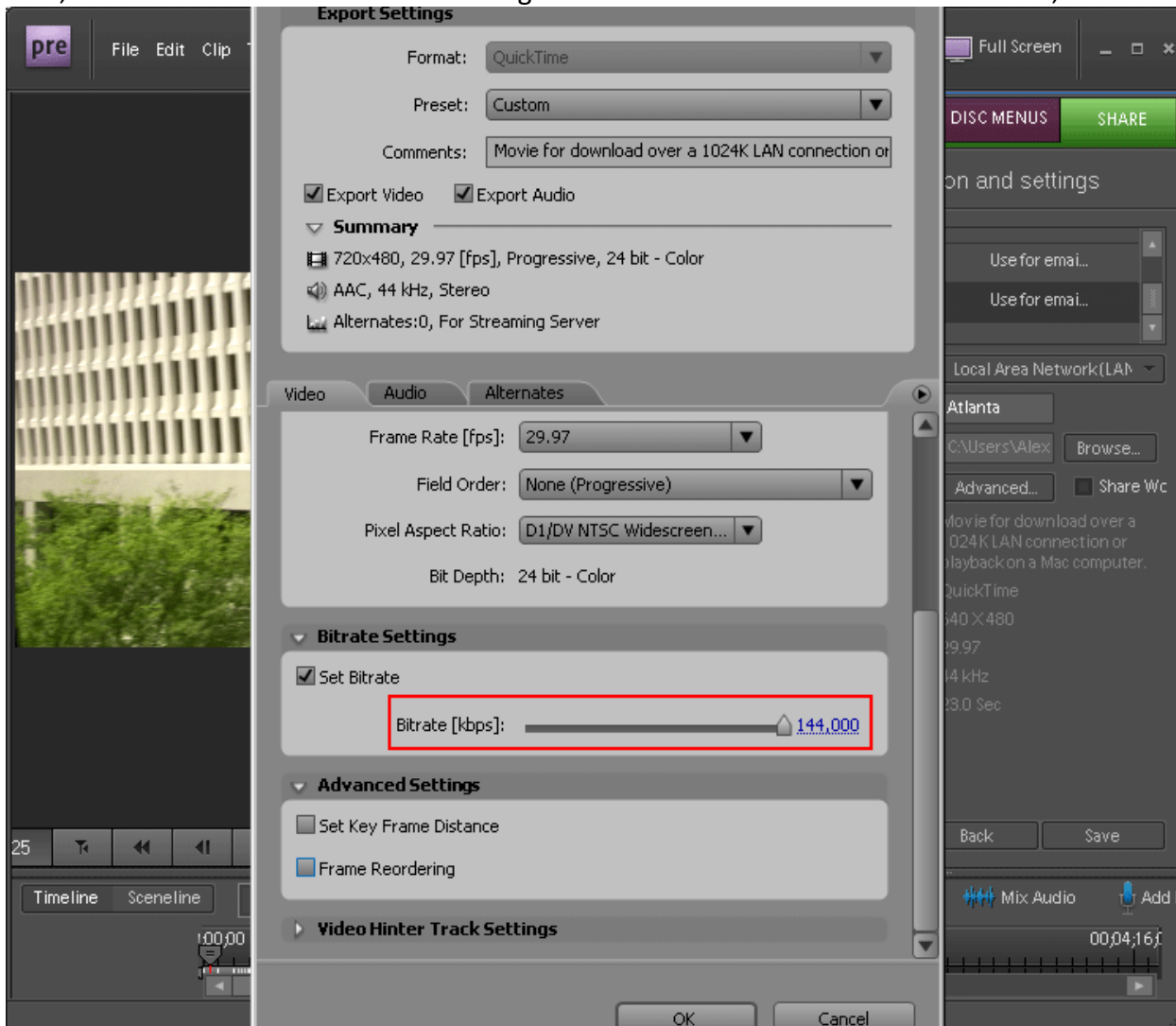
Exporting Video from Adobe Premiere Elements 7

Format, select DV NTSC 4:3 instead)



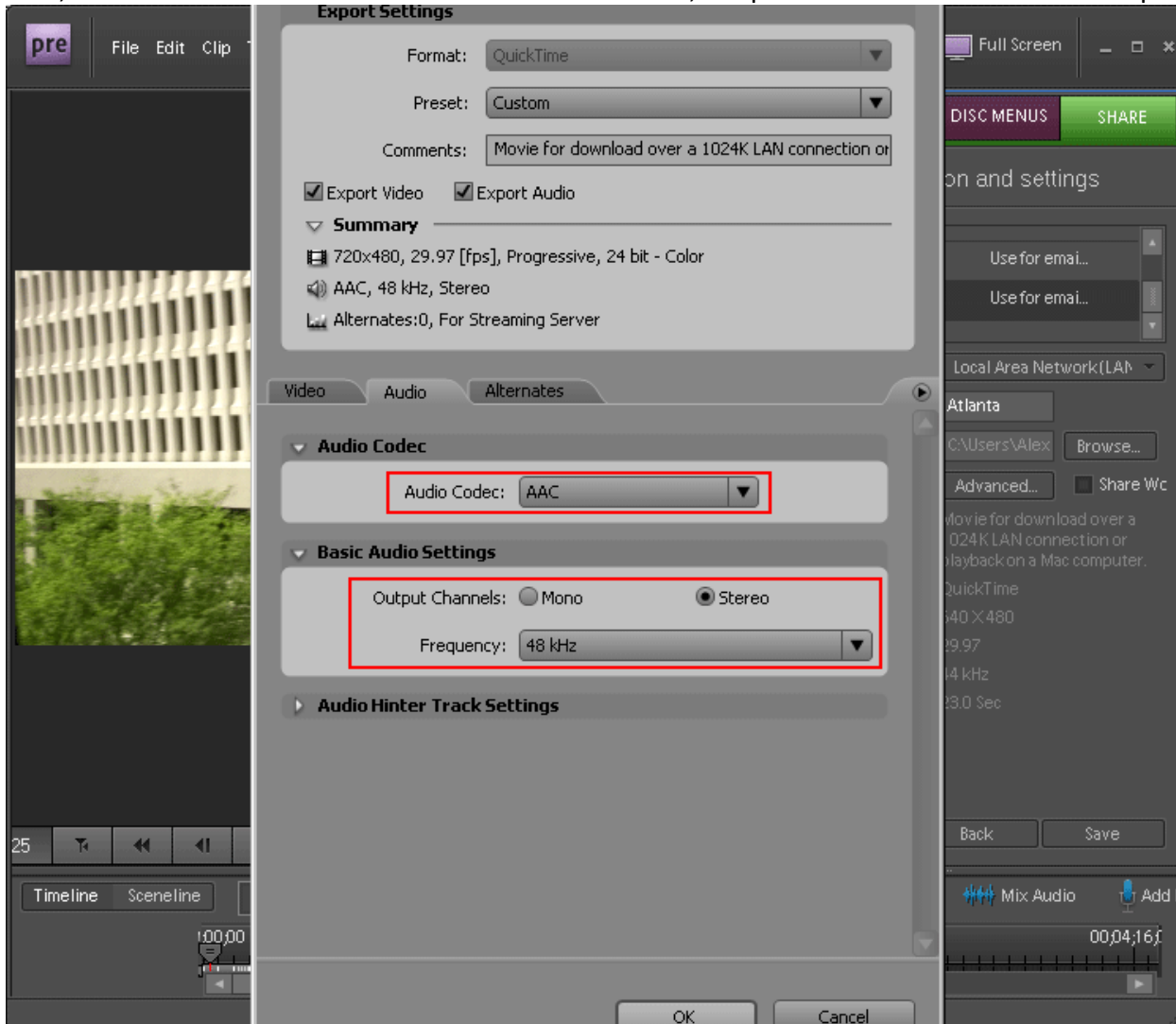
Exporting Video from Adobe Premiere Elements 7

Next, scroll down and under Bitrate Settings check Set Bitrate and raise bitrate to 144,000.



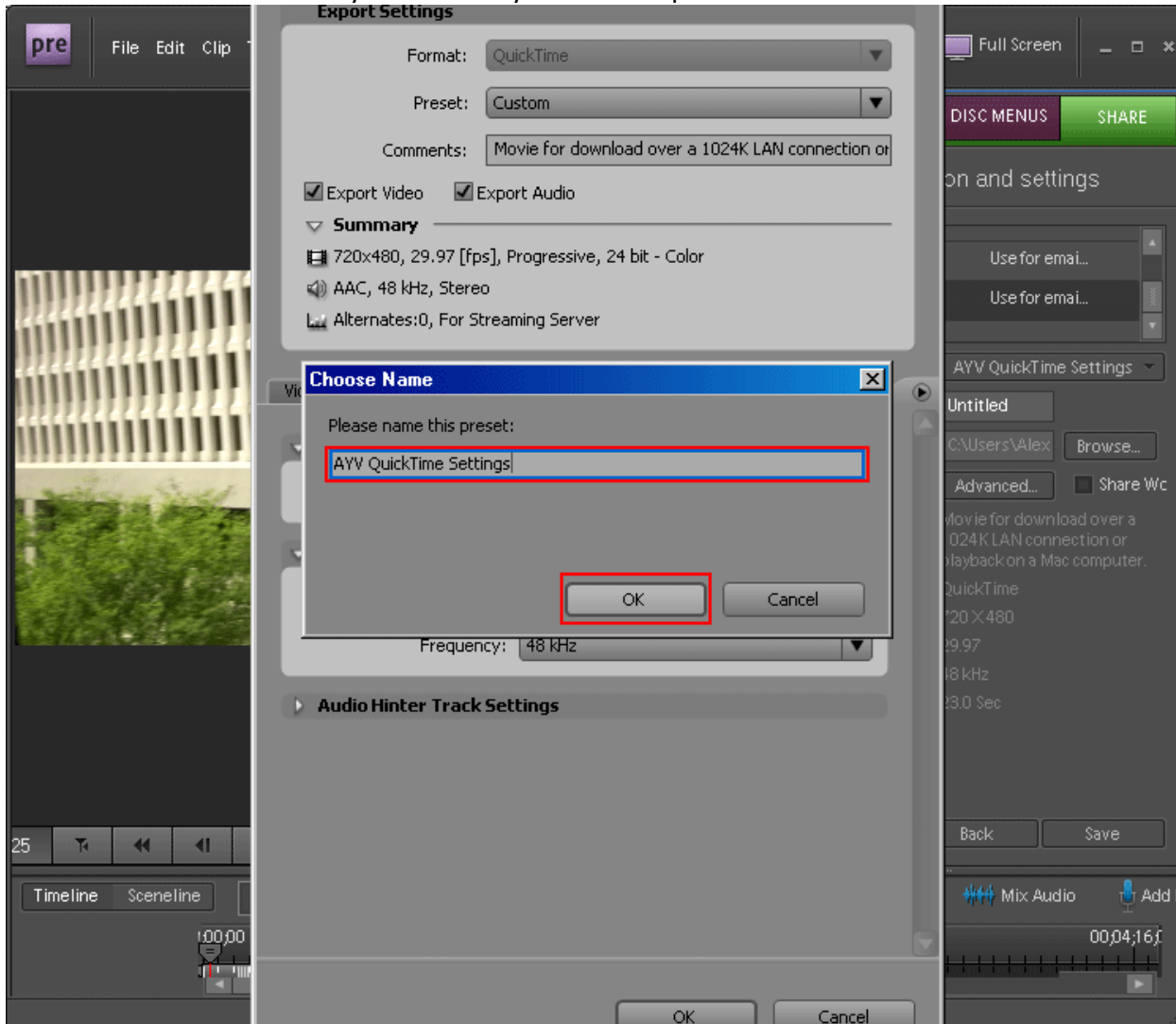
Exporting Video from Adobe Premiere Elements 7

Next, click on the Audio tab and set Audio Codec to AAC, Output Channels to Stereo and Frequency to 48kHz.



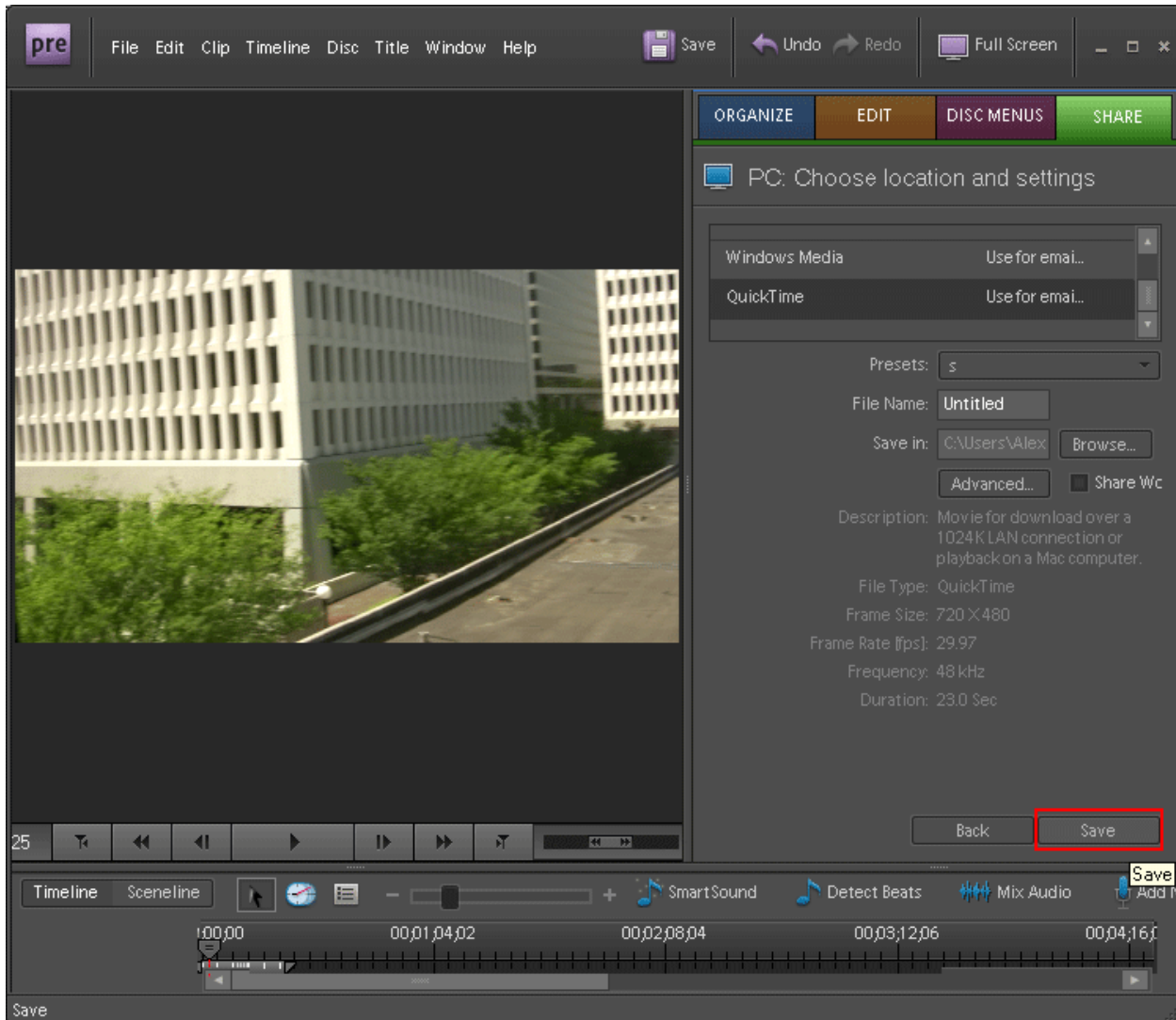
Exporting Video from Adobe Premiere Elements 7

Premiere Elements 7 allows you to name your custom preset. Name it and click OK.



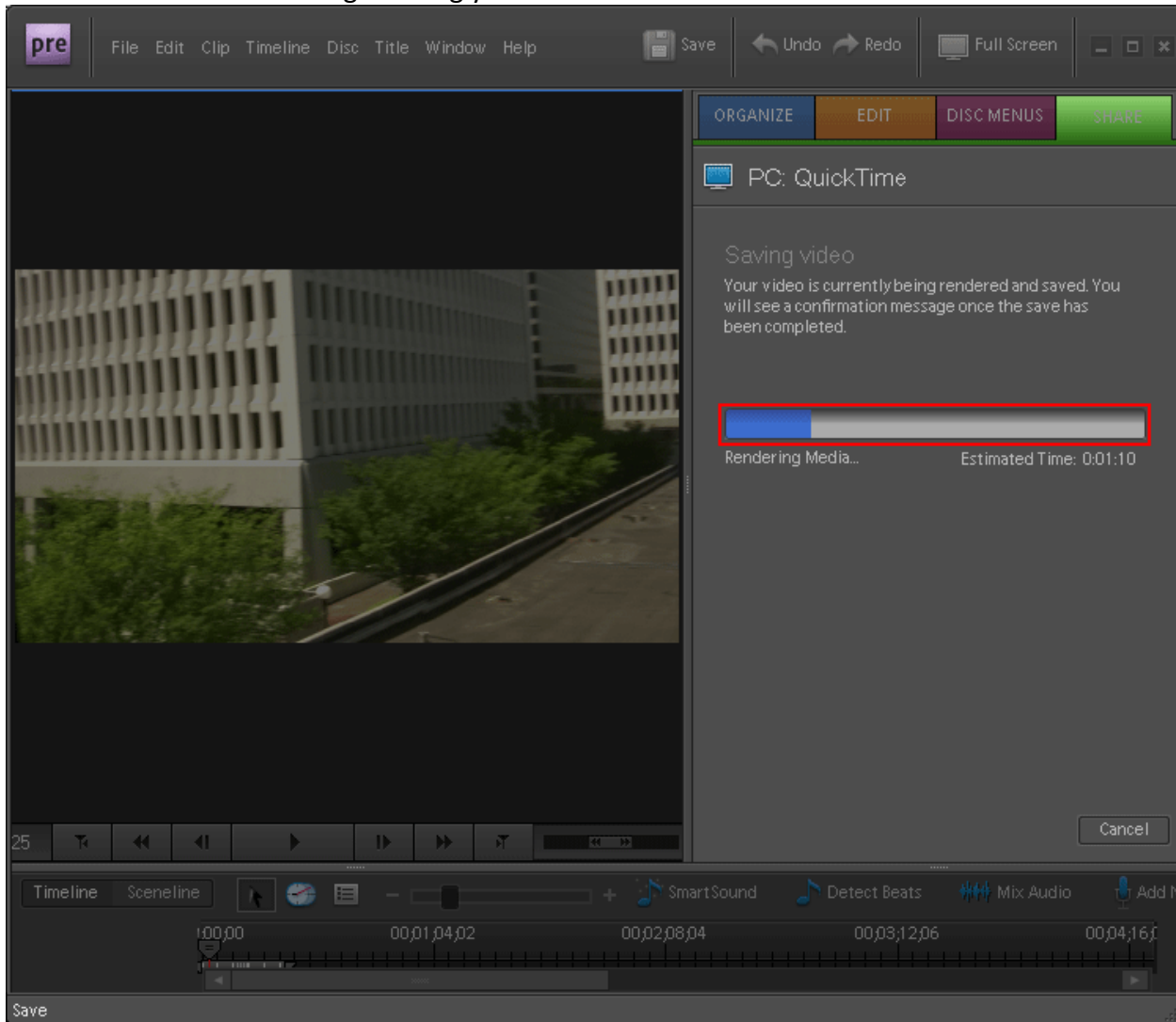
Exporting Video from Adobe Premiere Elements 7

Next click Save.



Exporting Video from Adobe Premiere Elements 7

Premiere Elements 7 will begin saving your video.



Exporting Video from Adobe Premiere Elements 7

Save is Complete. Your video has been successfully saved. You are done!

