Premiere Pro Keyboard Shortcuts for Mac

The 32 shortcuts to know first

ShortcutFoo

Marking

I	Mark In
O	Mark Out
X	Mark Clip
/	Mark Selection
Shift + I	Go to In
Shift + O	Go to Out

Timeline Navigation & Nudging

=	Zoom In
-	Zoom Out
Shift + ;	Next in Sequence
Opt + ;	Previous in Sequence
Cmd + Left	Nudge Clip Selection Left One Frame

Panels & Workspaces

Shift + 1	Projects panel
Shift + 2	Source Monitor
Shift + 3	Timeline
Shift + 4	Program Monitor
Shift + 5	Effect Controls

Editing in the Timeline

Cmd + K	Add Edit
Cmd + Shift + K	Add Edit to All Tracks
Opt + Backspace	Ripple Delete
,	Insert
.	Overwrite
;	Lift

Clips & Transitions

Cmd + D	Apply Video Transition
Cmd + Shift + D	Apply Audio Transition
Shift + D	Apply Default Transitions to Selection
G	Audio Gain
Shift + G	Audio Channels

Project & File

Cmd + Opt + N	New Project
Cmd + I	Import
Cmd + M	Export Media
Cmd + S	Save
Cmd + Shift + S	Save As

See all 71 shortcuts and practice them free

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Typing drills + spaced repetition