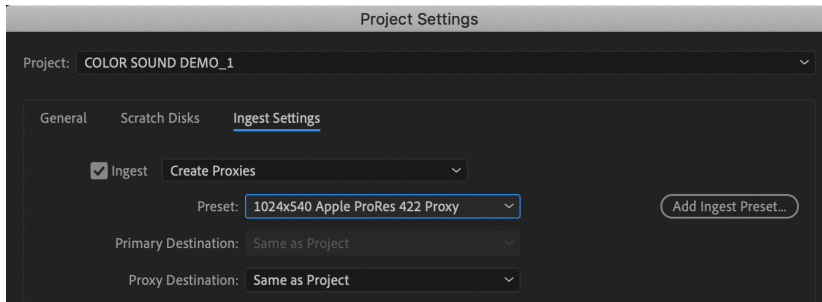
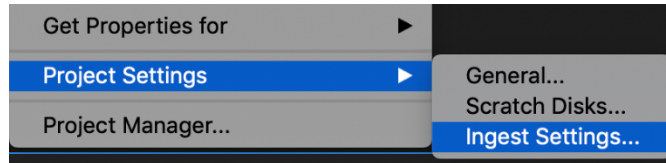


## USING PROXIES WITH PREMIERE

- A. **CREATING PROXIES** – The easiest way to create proxies is to change your ingest settings so that Premiere automatically makes proxies whenever you import footage.

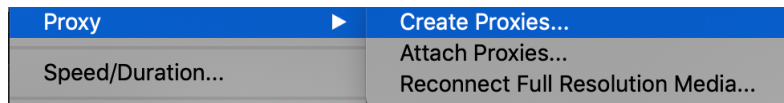
FILE>PROJECT SETTINGS>INGEST

Use the ProRes 422 preset.  
It is the most edit friendly.



Set to your destination to “same as project” or, better yet, to a separate folder you’ve created for your proxies within your project folder.

If you didn’t change your ingest settings and have already imported your footage, simply right click on the footage or entire folder that you want to create proxies for in your bin and select “Create Proxies”



If you have already made proxies, select the footage in your bin and select “Attach Proxies”

- B. **WORKING WITH PROXIES** – Now that you have created proxies, you want to work with those during editing then link to the original footage for color correction and export.

Here’s how:

- In the Program window, select the + button to add a button
- Find the Toggle Proxies button and drag it to your toolbar
- You can now use this button to switch between proxies and source footage

