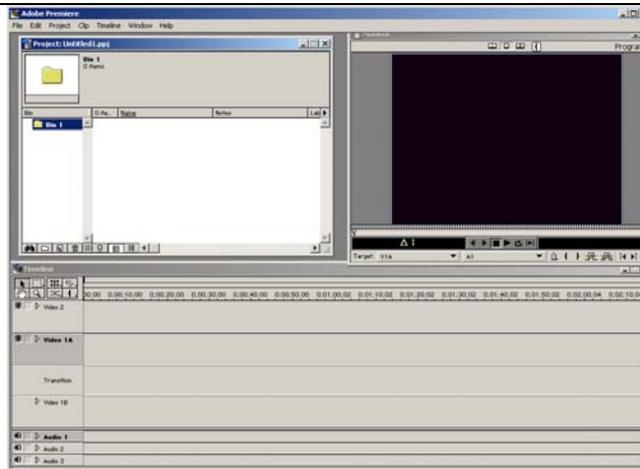
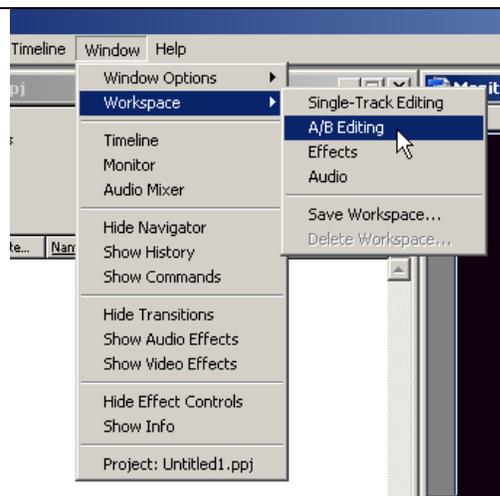


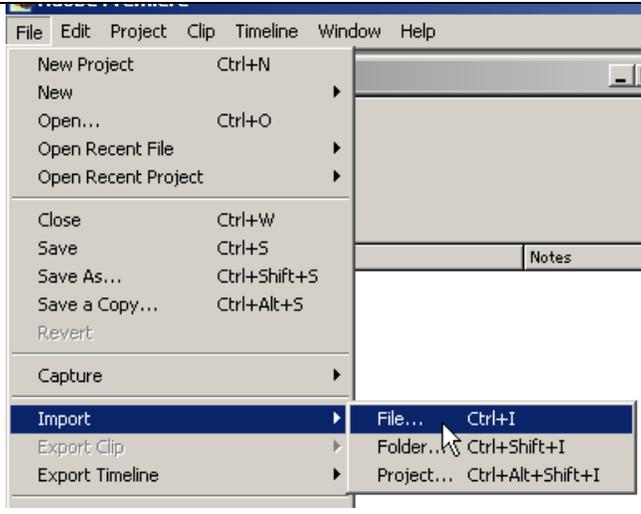
Open Premiere and accept the current settings



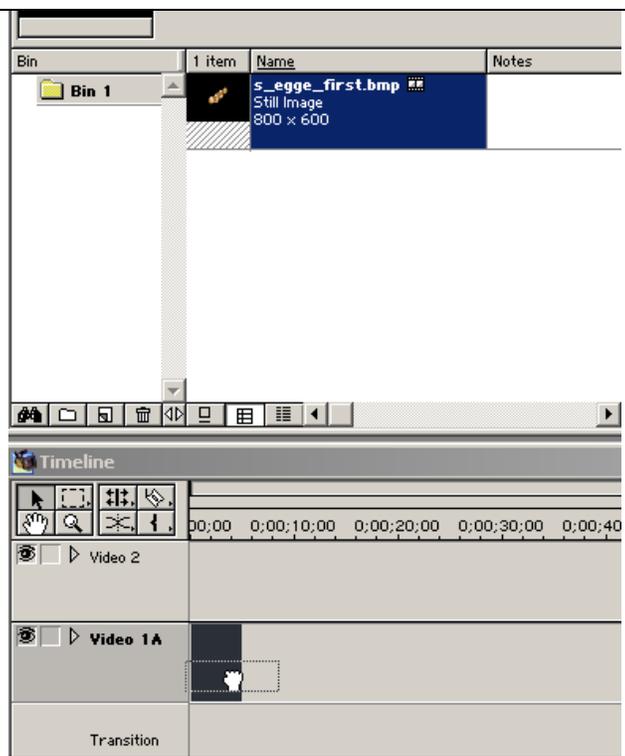
Arrange the windows kind of like this



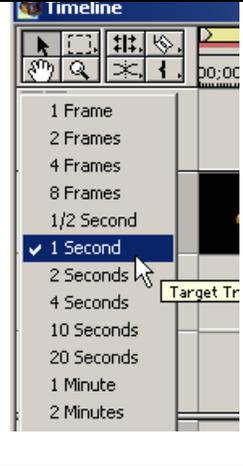
Make sure we have two track editing by going here and selecting A/B Editing

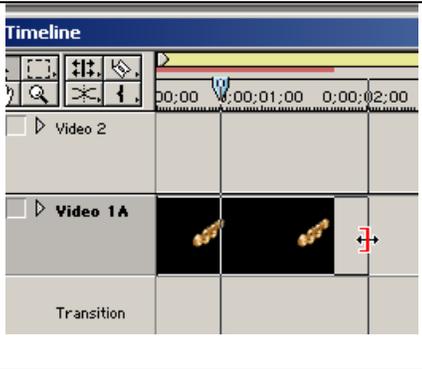


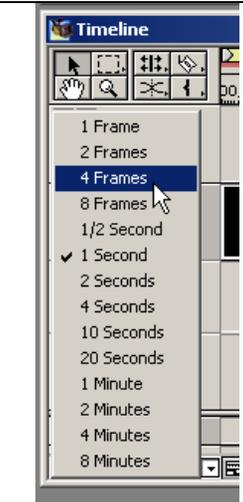
Go to File/Import/File and select your 0 frame bitmap file

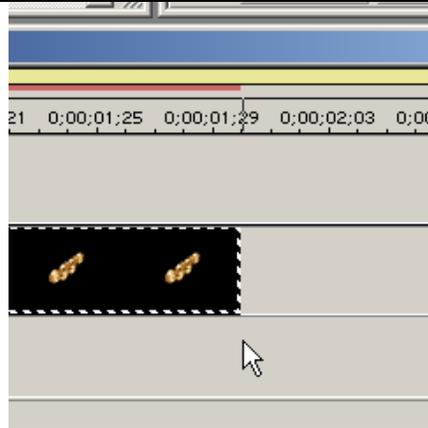


You should see it appear in the list of files, now drag and drop it in the **Video A1** track

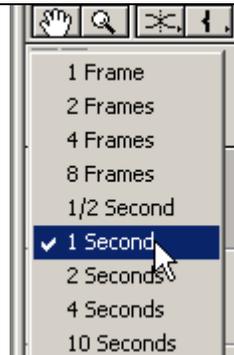
	 <p>The screenshot shows the 'Timeline' menu with various options. The '1 Second' option is highlighted with a blue background and a checkmark. A mouse cursor is pointing at the '1 Second' option. Other options include 1 Frame, 2 Frames, 4 Frames, 8 Frames, 1/2 Second, 2 Seconds, 4 Seconds, 10 Seconds, 20 Seconds, 1 Minute, and 2 Minutes.</p>	<p>Change your track time setting to 1 second</p>
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	 <p>The screenshot shows a video editing timeline with two tracks: 'Video 2' and 'Video 1A'. A clip is placed on the 'Video 1A' track, starting at 00:00 and ending at 00:02:00. A red double-headed arrow is positioned at the end of the clip, indicating it is being dragged to the 2:00 mark. The timeline has 1-second increments.</p>	<p>Now your timeline is divided into 1-second increments. Drag the end of the clip to the 2;00 second mark.</p> <p>note: 1;00 = 1 second 1:01 = 1 sec, 1 frame 1:29 = 1 sec, 29 frames 2:00 = 2 seconds</p>
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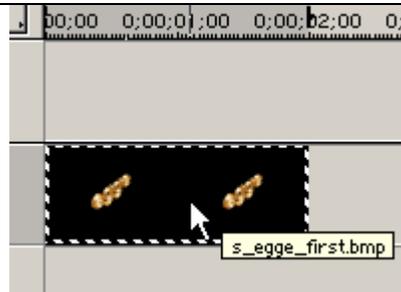
	 <p>The screenshot shows the 'Timeline' menu with various options. The '4 Frames' option is highlighted with a blue background. A mouse cursor is pointing at the '4 Frames' option. Other options include 1 Frame, 2 Frames, 8 Frames, 1/2 Second, 1 Second, 2 Seconds, 4 Seconds, 10 Seconds, 20 Seconds, 1 Minute, 2 Minutes, 4 Minutes, and 8 Minutes.</p>	<p>Change your track time setting to 4 frames</p>
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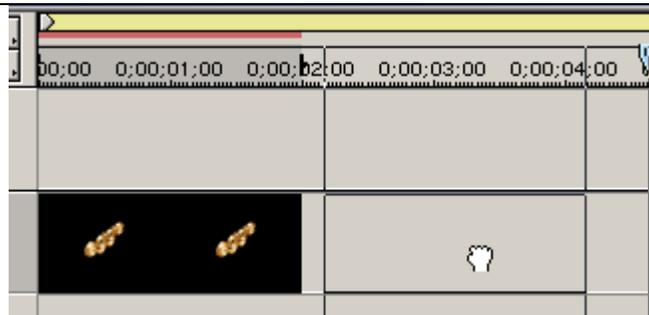
Now you are “zoomed” in. Check to make sure this clip last for 2 seconds



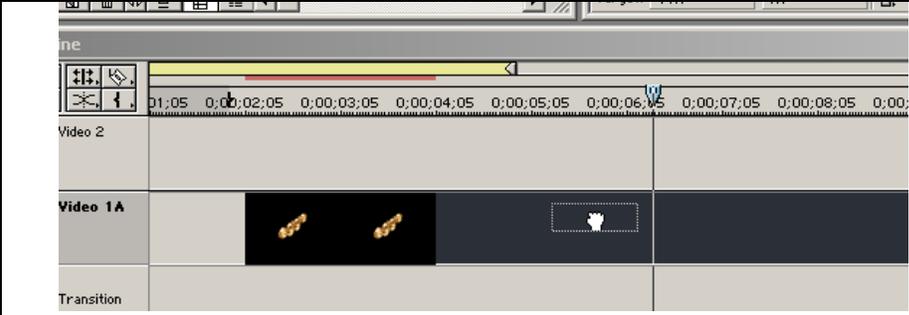
Change your track time setting back to 1 second



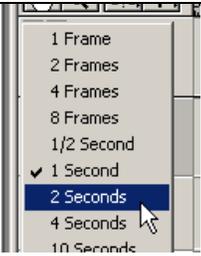
Select the clip, you should see a marquee appear around it



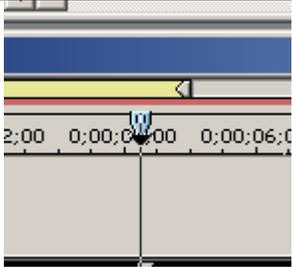
Now drag it to the right so that the beginning of the clip is on 2 seconds



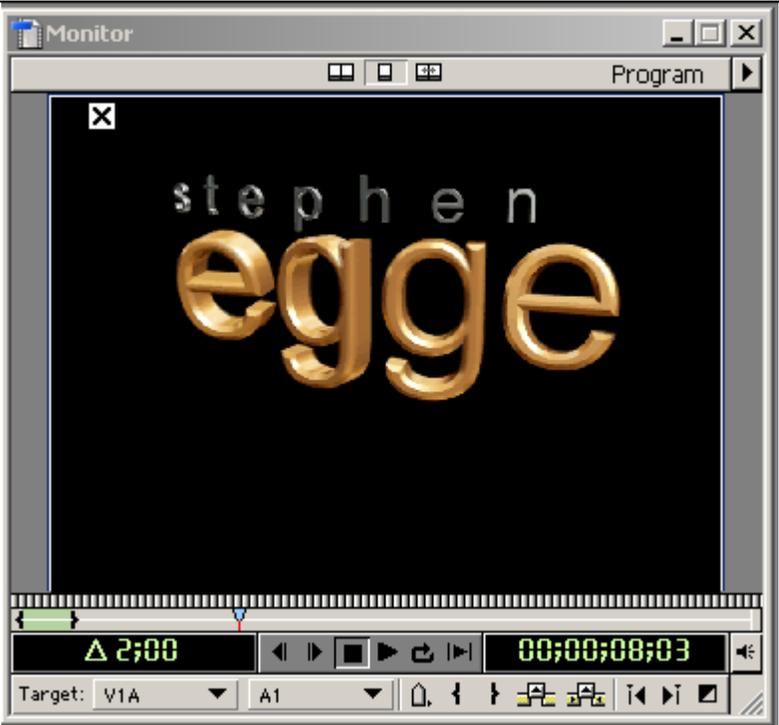
Now, import your rendered avi file and drag it so that it follows your frame 0 clip. There should be no space between them



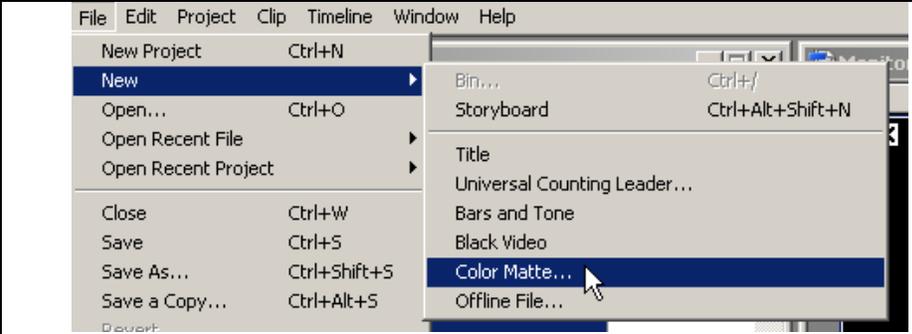
Change your track time setting to 2 seconds so you can see your whole clip



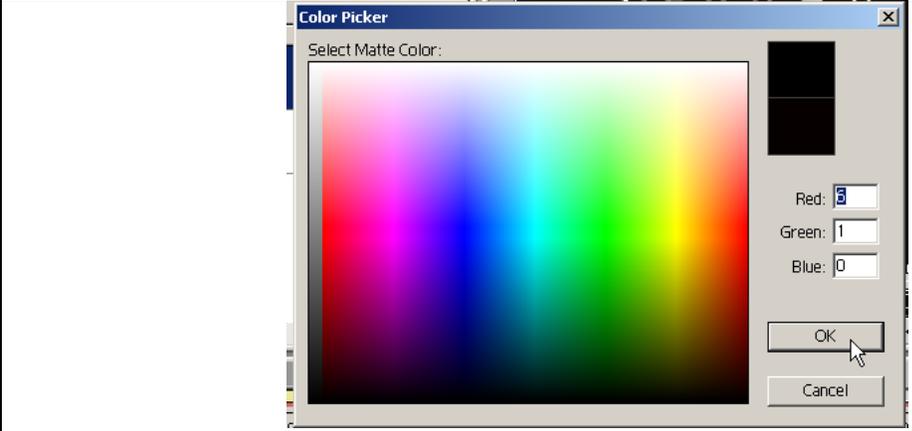
Drag the time slider by placing your cursor of the blue tab and drag it to the right



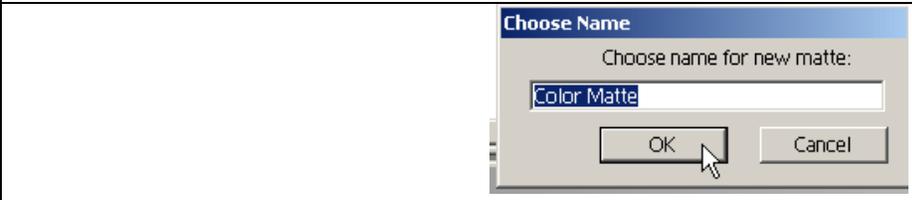
You should see the clip play in the Preview window



Now we'll create a color matte. Go here...



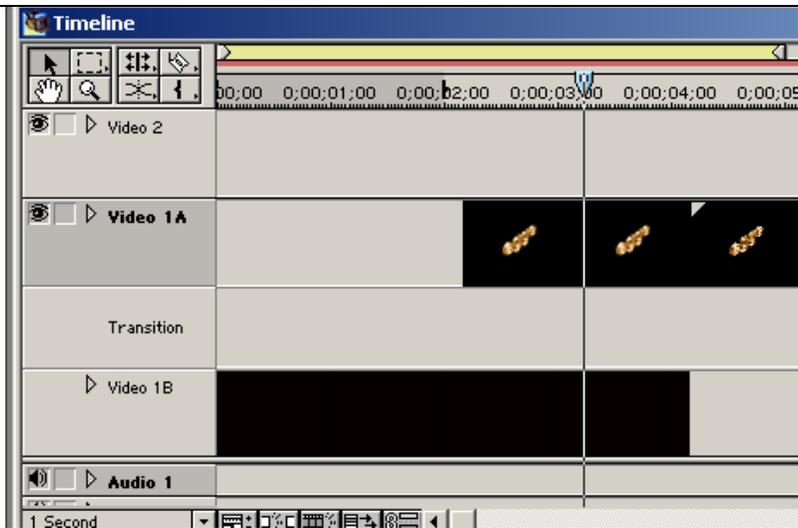
Make sure it is black and then select OK



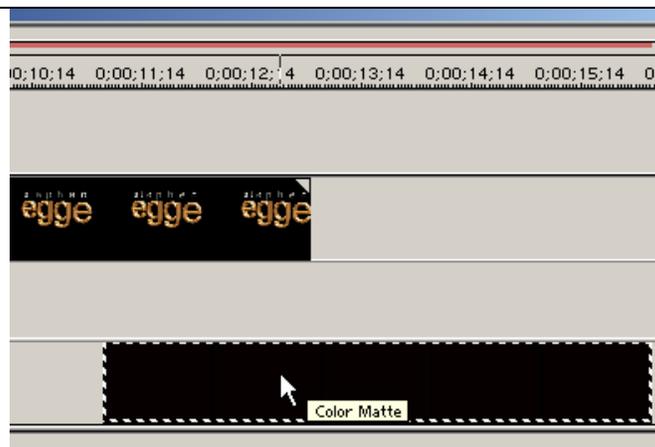
Click OK



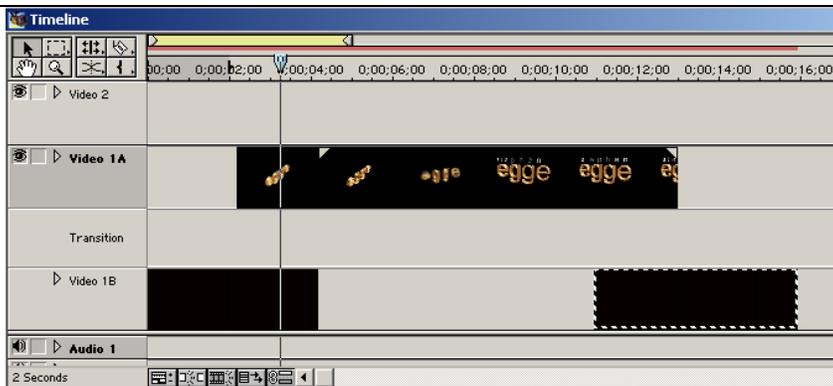
Now drag and drop it into Video 1B



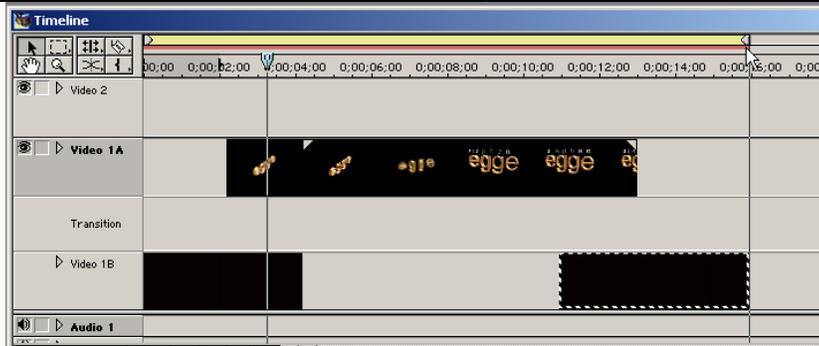
We should have something like this



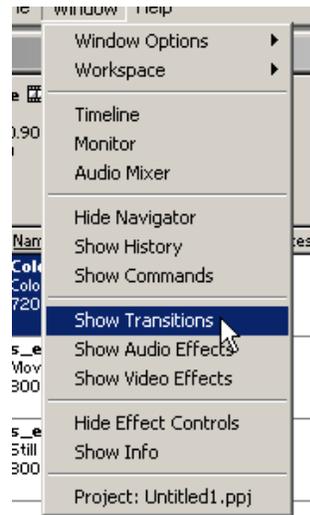
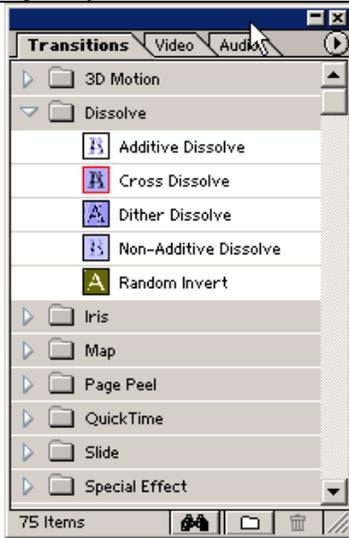
Drag and drop another color matte at the end of clip like this



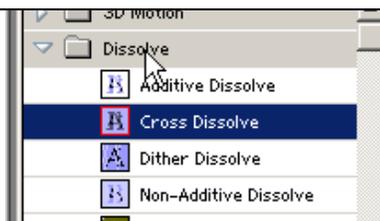
You may need to adjust your track time setting so we can see the whole thing. We want the mattes to overlap the avi file by two seconds (60 frames) on either end. The end matte should extend two seconds beyond the end of the avi clip



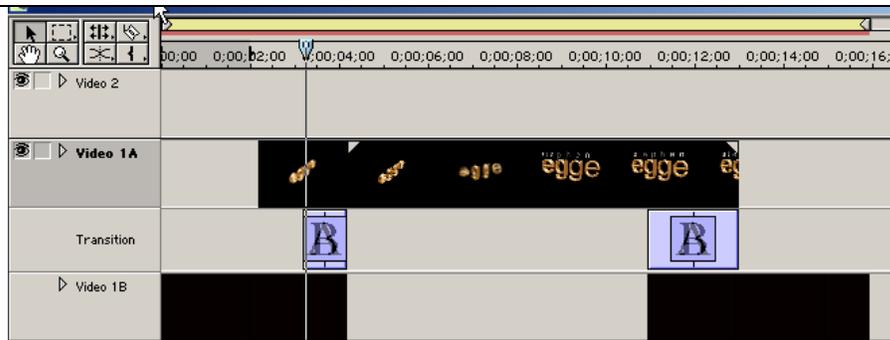
Drag the yellow bar so that it lines up with the end of the final matte



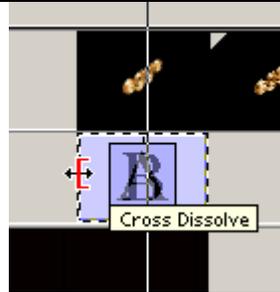
Find your transition toolbox. If it is not open, go to Window>Show Transitions



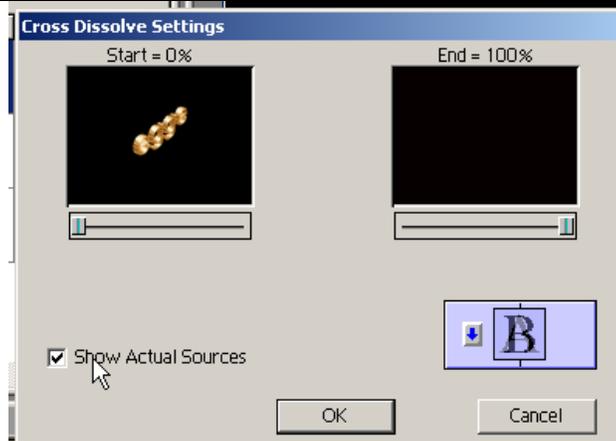
Expand the Dissolve rollout



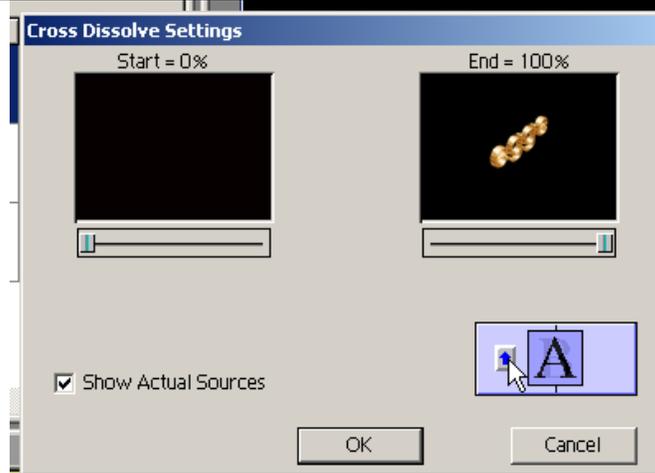
Drag and drop two Cross Dissolve transitions into the transition track as shown.



Drag the edges of the transitions so they match up perfectly with the beginning of the avi clip and the end of the first color matte as shown. Do the same for the closing transition



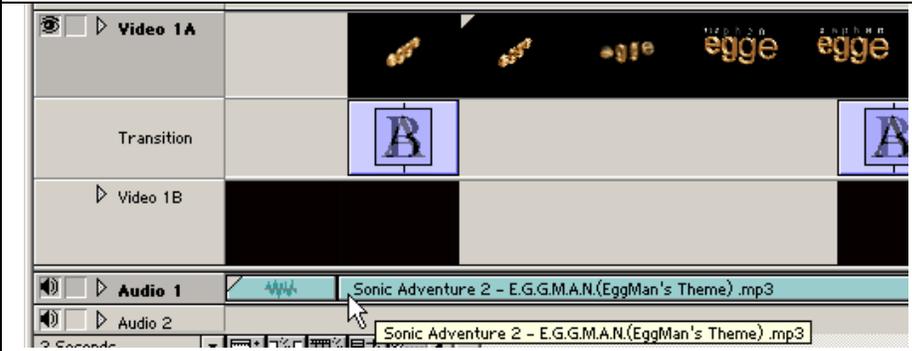
Double click on the first transition. Put a check mark in the Show Actual Sources box. You will see the clips appear in the two small windows. But you will notice the start and end are in the wrong place. They need to be reversed



Click the area as shown. This will make sure final movie fades **from** the matte **to** the avi clip and not the other way around



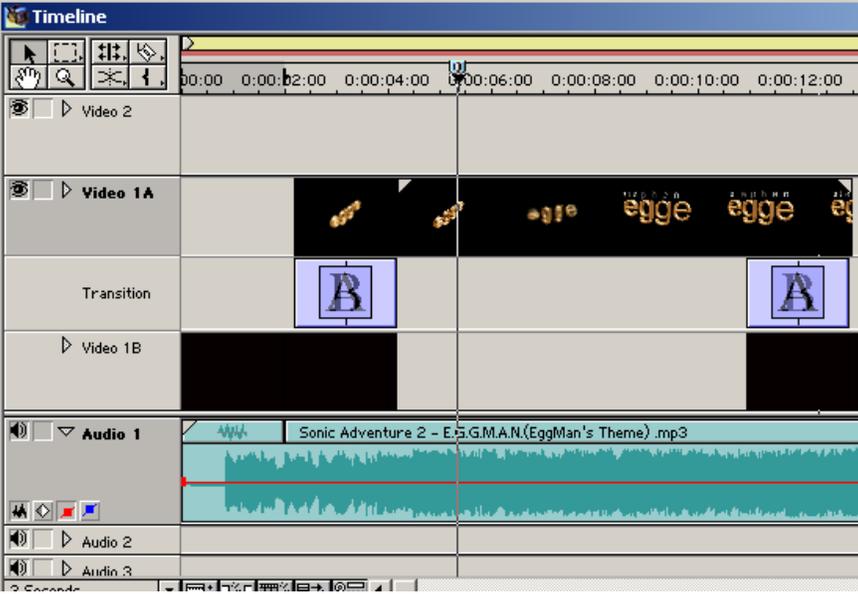
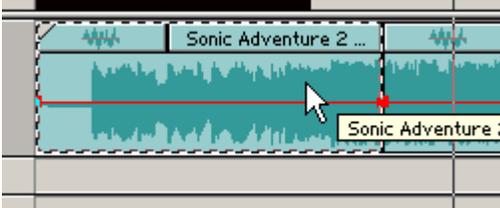
If you want to see the way the transitions appear when playing, you must hold down the "Alt" key when dragging the time slider. If you do not hold down the "Alt" key the transitions will not show up in the preview screen

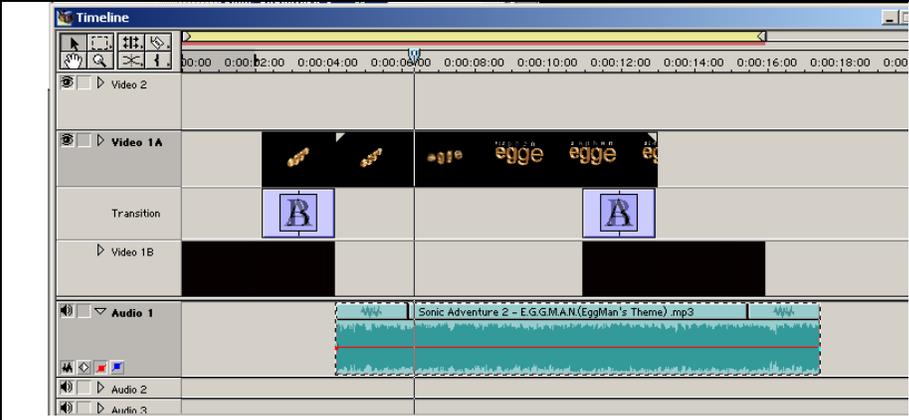


Import your audio clip and drop it in the **Audio 1** track

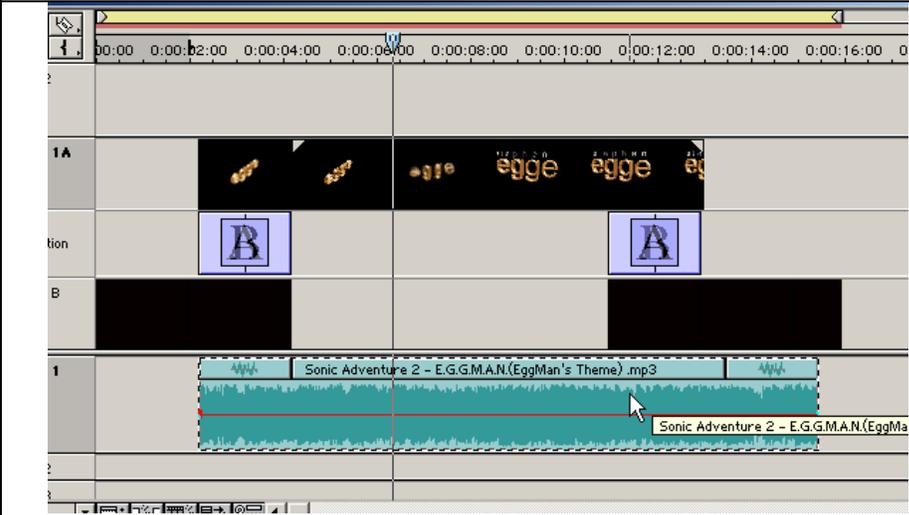


Expand the Audio 1 track

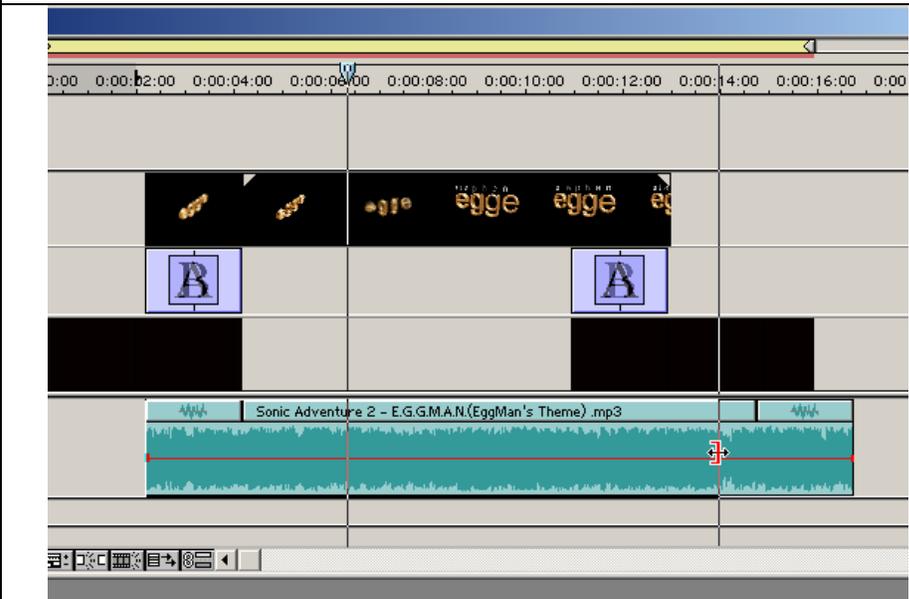
	<p>To see the actual waveform, your time line setting must be set to 2 seconds or less. Find the part of the audio clip you want to use. We'll cut out and delete the unused part</p>
	<p>Select the razor tool</p>
	<p>Make two cuts as shown</p>
	<p>Chose the selection tool</p>
	<p>Select each part of the clip you don't want and delete it</p>



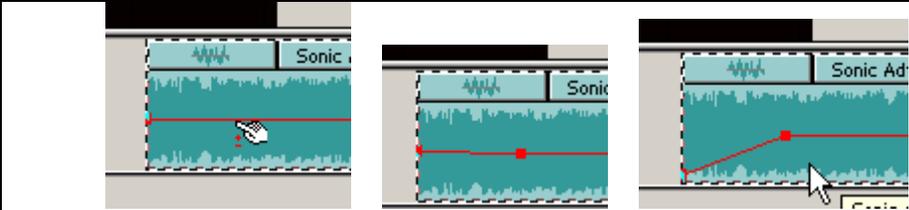
You should have something like this



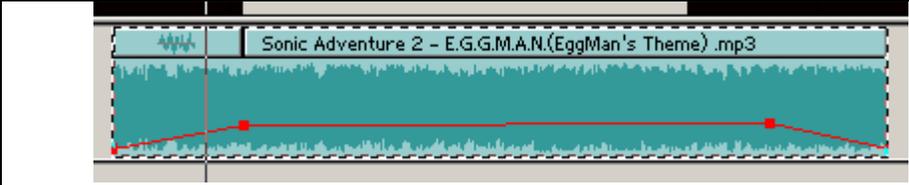
Drag and position you audio clip. The beginning should start with the beginning of the fade in and the end of the audio clip should finish with the end of the fade out transition



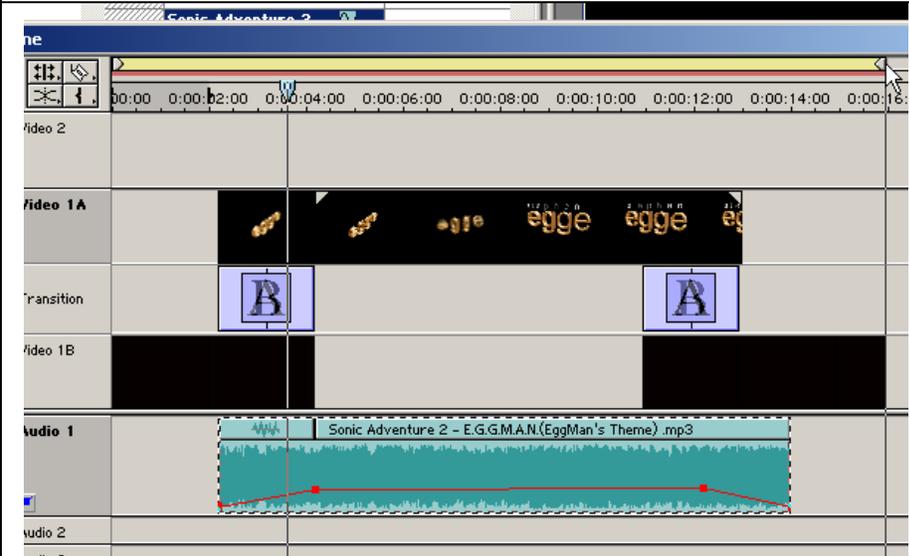
You can always expand and contract this clip and "get back" a part of the clip that was cut off



Create a vertex and adjust the fade-in as shown. Do the same with the fade out at the end

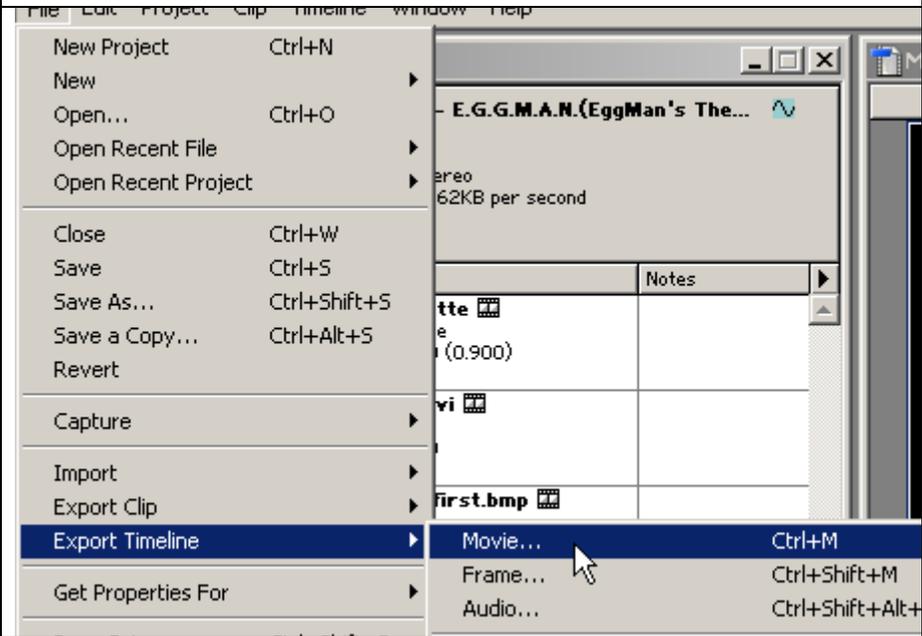


We should have this

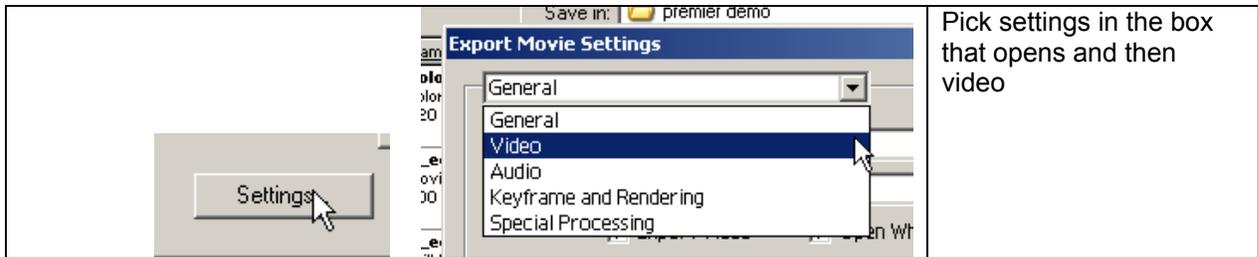


Your finished tracks should look like this.

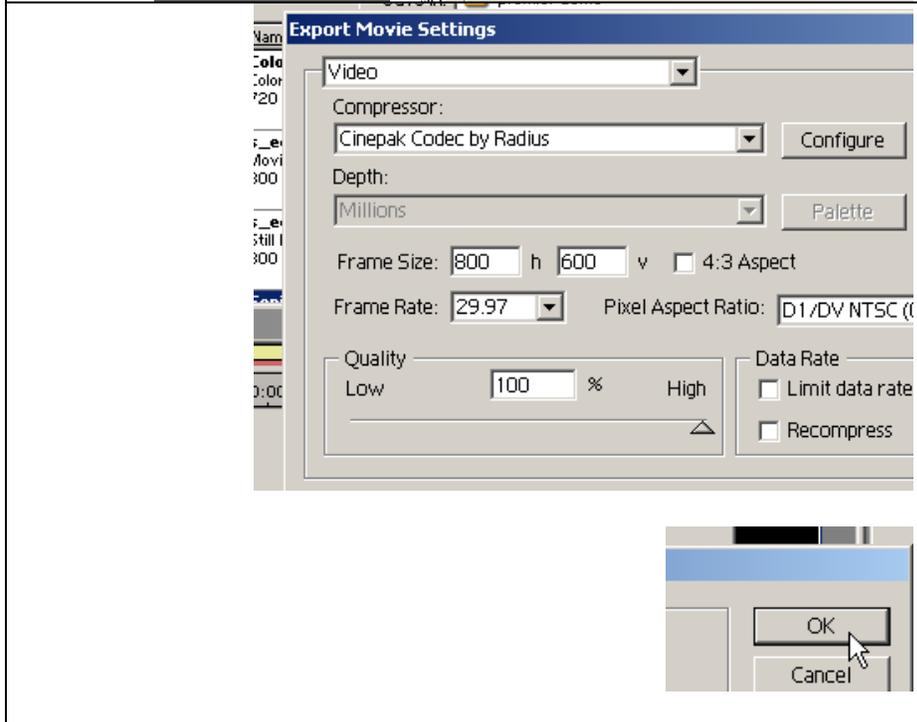
(Oops! My audio fade out goes past the end of the fade out transition. The end of the audio clip should be lined up with the end of the fade out transition)



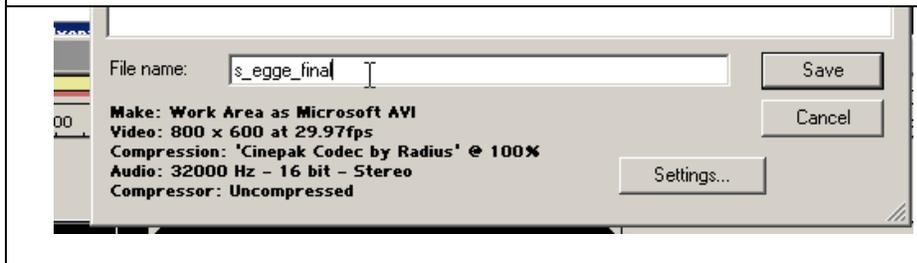
Go to File/Export Timeline/Movie



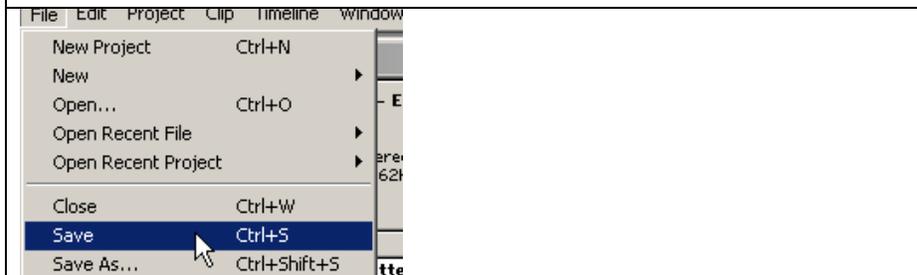
Pick settings in the box that opens and then video



Your settings should match these. Then hit OK



Name your file and save it as shown. No caps in the title! Hit save and your movie will be built and saved



Go back and save the Premiere file for future use.