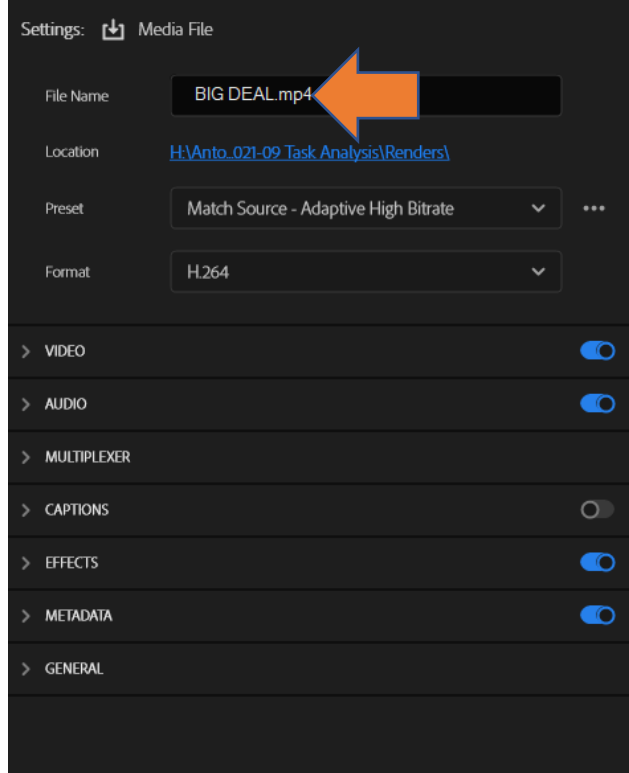|	
Open the Adobe Premiere Pro program.	
Create New Project or open an existing project (see How to Create a New Project in Premiere Pro).	

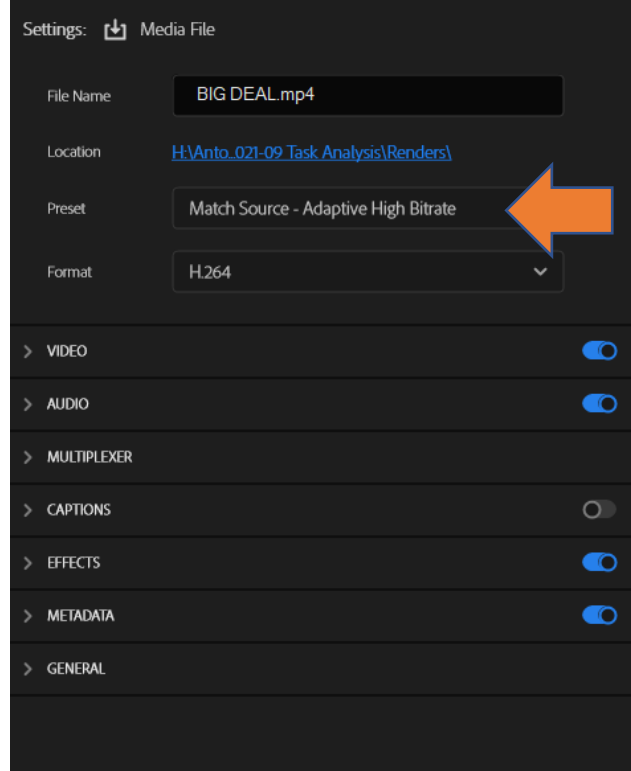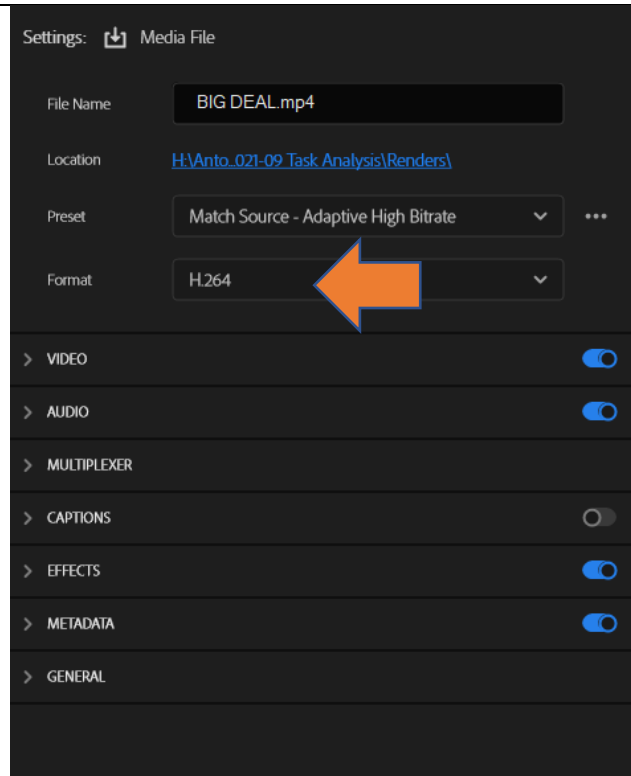|	
Option 1: Select the Export tab on the top left corner.	
Option 2: Under the File tab, scroll down to Export and select Media.	
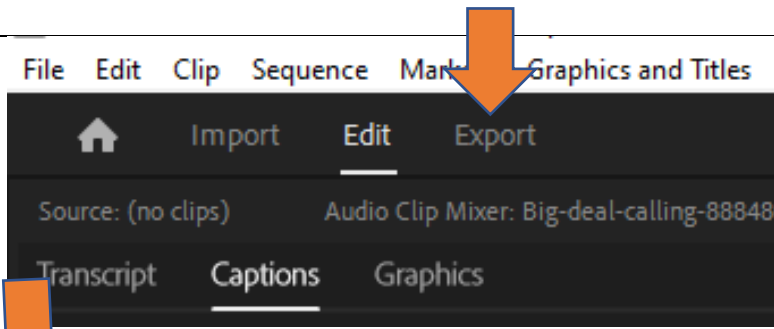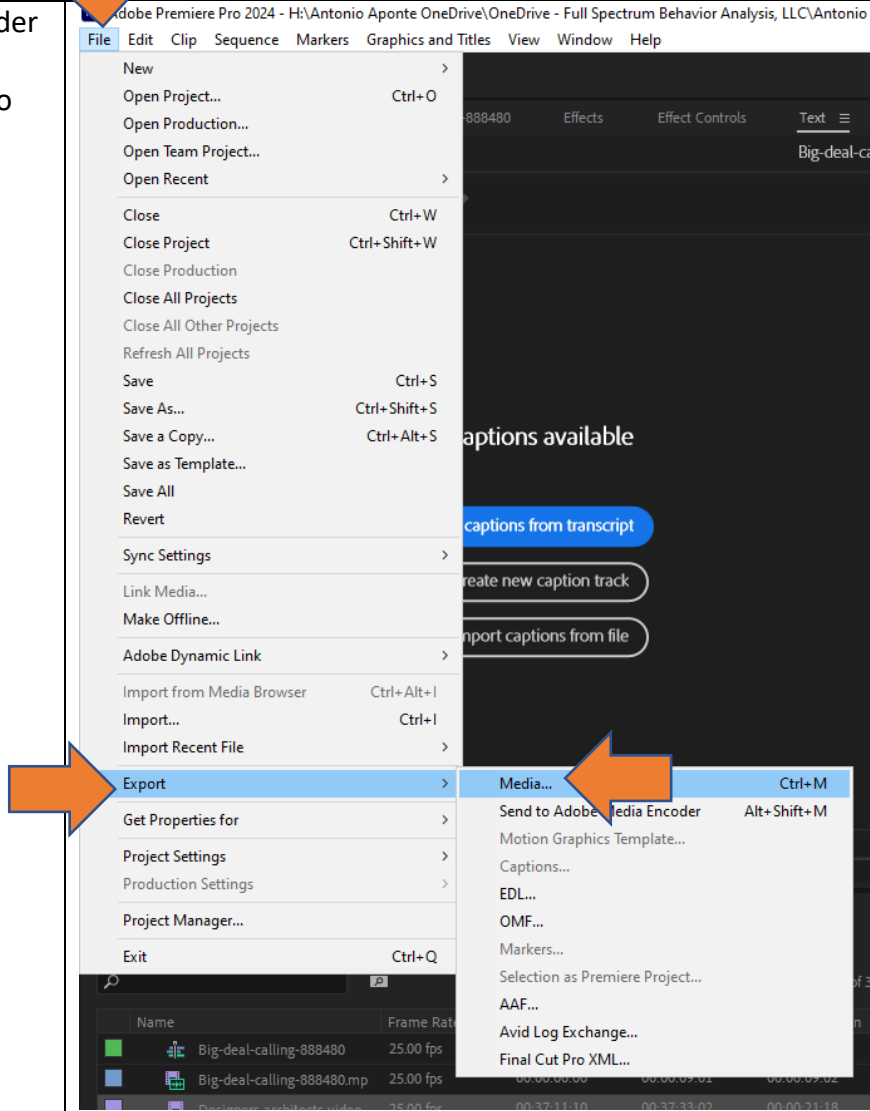
Give a name to your exported video.		
Set a file location for your video to be exported to.		
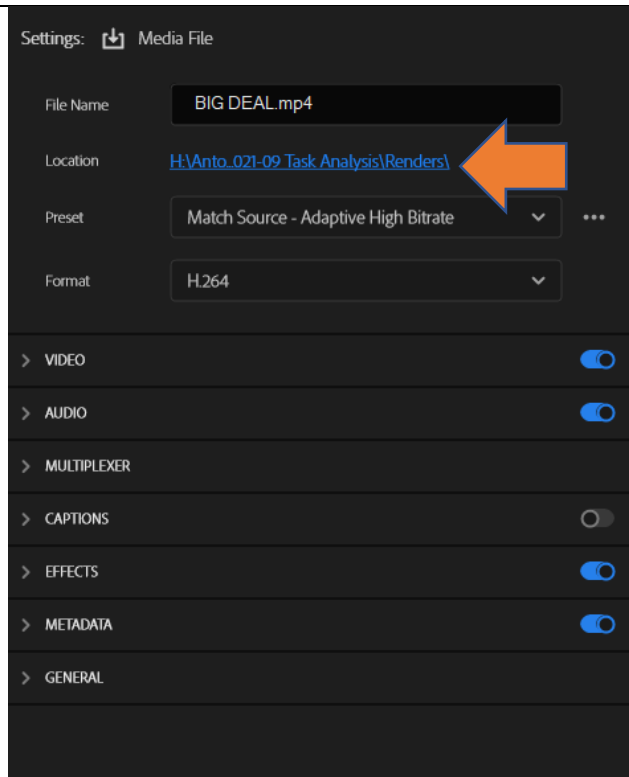
OPTIONAL (but recommended): Choose a preset for exporting your video.		
OPTIONAL: H.264 (aka .MP4) is the standard video format, but you can change it under the format menu (other video examples include .wmv and .mov).		

OPTIONAL: You can also select Match Source under the Video tab to have your exported video match your current sequence settings.	
OPTIONAL: Adjusting the bitrate settings can also help reduce the video size.	
Select the Export button.	
Task Complete	