
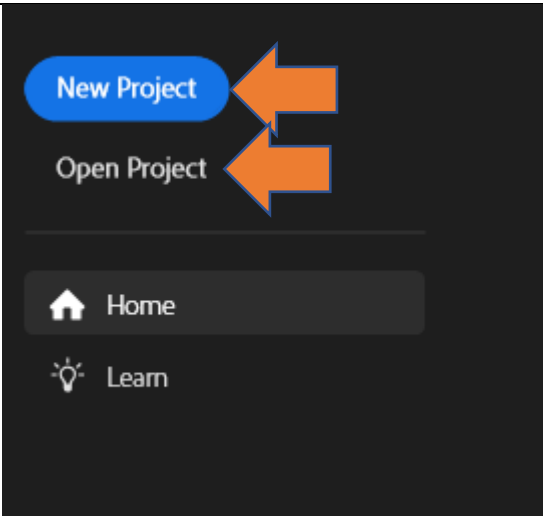
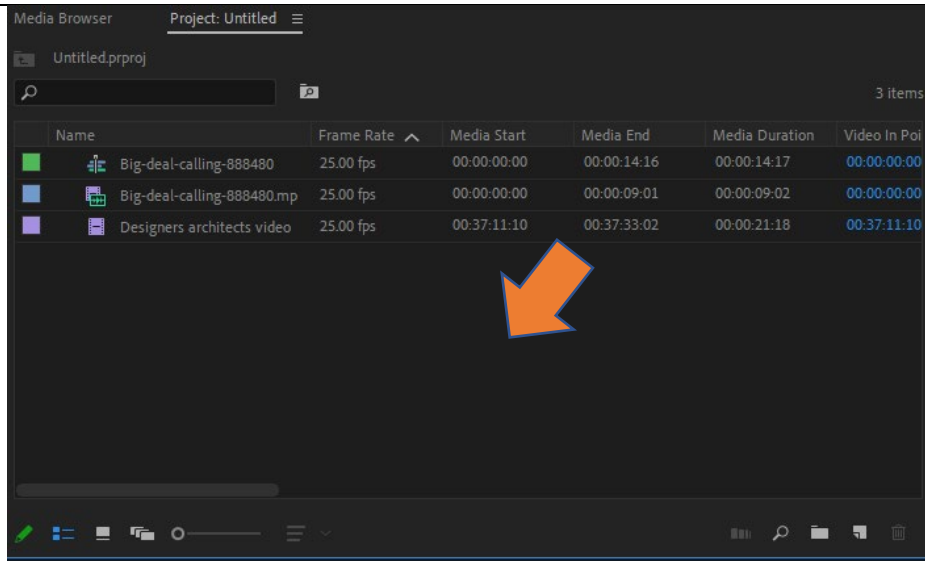


How to Add Background Music in Premiere Pro

<p>Open the Adobe Premiere Pro program.</p>	 A vertical blue sidebar from the Adobe Creative Cloud desktop app. It contains four icons, each with a green checkmark in the bottom-left corner. From top to bottom: 1. Adobe Premiere Pro icon (Pr) with an orange arrow pointing to it from the right. 2. Adobe Photoshop icon (Ps). 3. Adobe After Effects icon (Ae). 4. Adobe Audition icon (Au).
<p>Create a new project or open an existing one (see How to Create a New Project in Premiere Pro).</p>	 A dark grey screenshot of the Adobe Premiere Pro interface. At the top, there are two buttons: 'New Project' (highlighted with an orange arrow) and 'Open Project' (also highlighted with an orange arrow). Below these buttons are two menu items: 'Home' with a house icon and 'Learn' with a lightbulb icon.

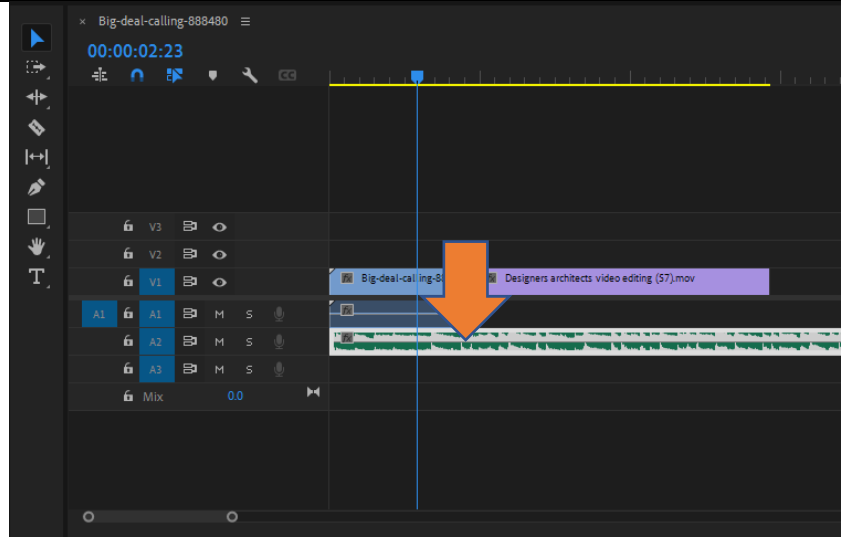
Assemble a sequence with at least one clip (see [How to Clip a Video Using Adobe Premiere Pro and/or Attach Two Clips Together in Premiere Pro](#)).

Double click in the Project library area.



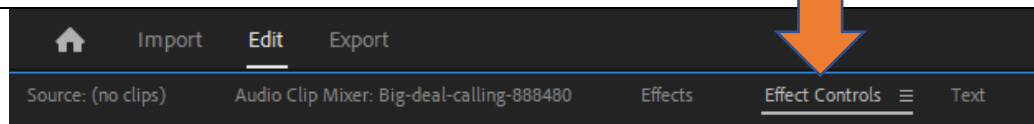
Find an audio or music file you want to use and select Open to import it.

Drag the audio file to the timeline sequence.

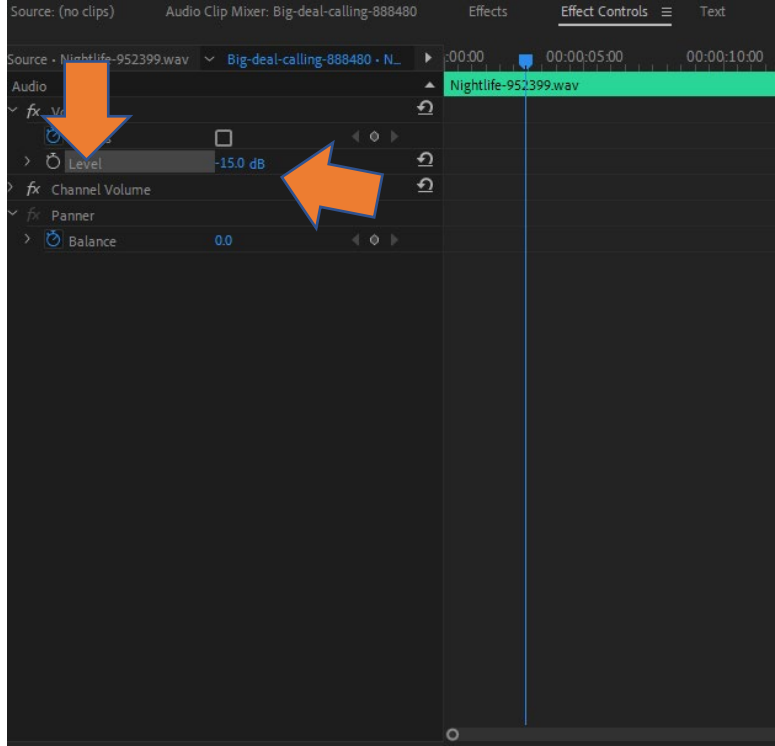


OPTIONAL:
If the audio file is too long (which it likely will be if it's a music file), clip the audio file with the Razor tool and delete the portion you don't need.

With the audio file selected, go to the Effect Controls tab.



Under the Effect Controls tab, lower the audio level to around -15 to -20 db to ensure the audio file is not blasting over other sound in your video.



Task Complete

