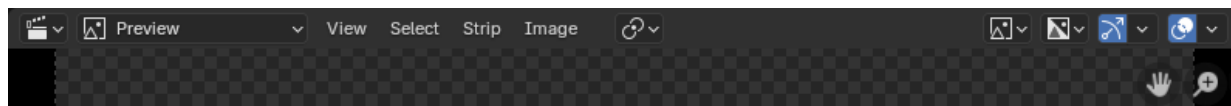# Header

Header in Preview mode.

View Menu

Toolbar `T`
Show or hide the Toolbar.

Sidebar `N`
Show or hide the Sidebar.

Tool Settings
Show or hide the settings for the currently selected tool.

Preview During Transform
Show a preview of the start or end frame of a strip while transforming its respective handle.

Refresh All
Reloads external files and refreshes the current frame preview. This is useful when you modified an external file or made a change in a scene that Blender didn't detect.

Frame Selected
Pan and zoom the view to focus on the selected image.

Fit Preview in Window `Home`
Pan and zoom the view so that the entire video is visible. This enables *Zoom to Fit*.

Zoom
Menu with convenient zoom levels and operations. The zoom levels are calculated based on the images resolution compared to the screen resolution.

- 12.5% (1:8) `Numpad8` zoom out to a factor of 12.5%.
- 25% (1:4) `Numpad4` zoom out to a factor of 25%.
- 50% (1:2) `Numpad2` zoom out to a factor of 50%.
- 100% (1:1) `Numpad1` resets the zoom to 100%.
- 200% (2:1) `Ctrl – Numpad2` zoom in to a factor of 200%.
- 400% (4:1) `Ctrl – Numpad4` zoom in to a factor of 400%.
- 800% (8:1) `Ctrl – Numpad8` zoom in to a factor of 800%.

Zoom In/Out `Wheel`
Zooms the view in or out.

Zoom to Fit `Shift – Home`
Like *Frame All*, but uses as much space in the editor as possible.

Zoom Region `Shift – B`
Zoom in the view to the nearest item contained in the border.

Auto Zoom

As long as this option is enabled, the preview will automatically zoom to keep the video size synchronized with the editor size.

Proxy

See Proxy.

Sequence Render Image

Show the current frame preview as a Render Result where you can save it as an image file.

Sequence Render Animation

Save previews of the frames in the scene range (or the preview range, if active) to a video file or a series of image files. See the Output panel for details.

> Note
>
> *Sequence Render Image* and *Sequence Render Animation* don't render the final video by default – specifically, they don't render Scene Strips, instead using the preview's shading mode (which is initially Solid).
>
> To output a video where the Scene Strips are rendered, use the *Render* menu in the top-bar, or change Sidebar ‣ View ‣ Scene Strip Display ‣ Shadin to *Rendered*.

Export Subtitles

Exports Text strips, which can act as subtitles, to a SubRip file (`.srt`). The exported file contains all Text strips in the video sequence.

Toggle Sequencer/Preview `Ctrl - Tab`

Switch the editor mode between *Sequencer* and *Preview*.

Area

Area controls. See the user interface documentation for more information.

Select Menu

See Selecting.

Strip Menu

See Editing for more information.

Duplicate

Reference

View Type:
    Preview
Menu:
    Strip ‣ Duplicate
Shortcut:
    `Shift - D`

The *Duplicate* operator creates a copy of the selected strip(s) and places them in the nearest available channel above the original.

The duplicated content remain selected, allowing immediate repositioning.

> See also
>
> Duplicate Strips

Image Menu

Clear

Resets the position, rotation, or scale of the selected images.

Apply

Scale to Fit

Resizes the selected images so that they're as large as possible while still fitting completely inside the video. They don't get cropped, and th aspect ratio stays the same.

Scale to Fill

Resizes the selected images to that they fill the entire video space. They may get cropped, but their aspect ratio stays the same.

Stretch to Fill

Resizes the selected images to match the video dimensions. They don't get cropped, but their aspect ratio may change.

Pivot Point

See Pivot Point.

Display Mode

See Display Mode.

Display Channels

Color & Alpha

Display the preview image with transparency over a checkerboard pattern.

Color

Ignore the transparency of the preview image (fully transparent areas will be black).

Gizmos

See Gizmos.

Overlays

See Overlays.