Program Name	Description	ShortCut Keys	Action
Adobe Premier Pro	Essential Editing Shortcuts:	Spacebar	Play/Stop
Adobe Premier Pro	Essential Editing Shortcuts:	\ (backslash)	Play Around In to Out
Adobe Premier Pro	Essential Editing Shortcuts:	L	Loop Playback
Adobe Premier Pro	Essential Editing Shortcuts:	J	Shuttle Left (slow)
Adobe Premier Pro	Essential Editing Shortcuts:	K	Stop/Shuttle Stop
Adobe Premier Pro	Essential Editing Shortcuts:	L	Shuttle Right (slow)
Adobe Premier Pro	Timeline Navigation:	I	Go to In Point
Adobe Premier Pro	Timeline Navigation:	O	Go to Out Point
Adobe Premier Pro	Timeline Navigation:	Page Up	Go to Previous Edit Point
Adobe Premier Pro	Timeline Navigation:	Page Down	Go to Next Edit Point
Adobe Premier Pro	Timeline Navigation:	M	Go to Next Marker
Adobe Premier Pro	Timeline Navigation:	Shift + M	Go to Previous Marker
Adobe Premier Pro	Timeline Navigation:	Ctrl + Shift + Right Arrow (Windows) or Command + Shift + Right Arrow (Mac)	Jump to Next Cut
Adobe Premier Pro	Timeline Navigation:	Ctrl + Shift + Left Arrow (Windows) or Command + Shift + Left Arrow (Mac)	Jump to Previous Cut
Adobe Premier Pro	Clip Operations:	,	Insert Edit
Adobe Premier Pro	Clip Operations:	.	Overwrite Edit
Adobe Premier Pro	Clip Operations:	~ (tilde key)	Lift to Timeline/Extract to Timeline
Adobe Premier Pro	Clip Operations:	Q	Ripple Trim Previous Edit to Playhead
Adobe Premier Pro	Clip Operations:	W	Ripple Trim Next Edit to Playhead
Adobe Premier Pro	Marking and In/Out Points:	I	Mark In
Adobe Premier Pro	Marking and In/Out Points:	O	Mark Out
Adobe Premier Pro	Marking and In/Out Points:	X	Mark Clip
Adobe Premier Pro	Marking and In/Out Points:	Backspace (Windows) or Delete (Mac)	Clear In and Out
Adobe Premier Pro	Editing Tools:	V	Selection Tool
Adobe Premier Pro	Editing Tools:	A	Track Select Forward
Adobe Premier Pro	Editing Tools:	Shift + A	Track Select Backward
Adobe Premier Pro	Editing Tools:	C	Razor Tool
Adobe Premier Pro	Editing Tools:	Y	Slip Tool
Adobe Premier Pro	Editing Tools:	U	Slide Tool
Adobe Premier Pro	Editing Tools:	P	Pen Tool
Adobe Premier Pro	Editing Tools:	R	Rate Stretch Tool
Adobe Premier Pro	Editing Tools:	N	Rolling Edit Tool
Adobe Premier Pro	Editing Tools:	B	Ripple Edit Tool
Adobe Premier Pro	Editing Tools:	Z	Zoom Tool
Adobe Premier Pro	Editing Tools:	H	Hand Tool
Adobe Premier Pro	Editing Tools:	T	Type Tool
Adobe Premier Pro	Playback Controls:	Ctrl + L (Windows) or Command + L (Mac)	Toggle Loop
Adobe Premier Pro	Playback Controls:	Shift + L	Toggle Sync Lock
Adobe Premier Pro	Playback Controls:	,	Go to Previous Marker
Adobe Premier Pro	Playback Controls:	.	Go to Next Marker
Adobe Premier Pro	Audio Controls:	M	Toggle Mute
Adobe Premier Pro	Audio Controls:	S	Toggle Solo
Adobe Premier Pro	Audio Controls:	L	Toggle Lock Track
Adobe Premier Pro	Audio Controls:	Ctrl + + (Windows) or Command + + (Mac)	Increase Audio Track Height
Adobe Premier Pro	Audio Controls:	Ctrl + - (Windows) or Command + - (Mac)	Decrease Audio Track Height
Adobe Premier Pro	Essential Shortcuts:	Ctrl + Z (Windows) or Command + Z (Mac)	Undo
Adobe Premier Pro	Essential Shortcuts:	Ctrl + Shift + Z (Windows) or Command + Shift + Z (Mac)	Redo
Adobe Premier Pro	Essential Shortcuts:	Ctrl + X (Windows) or Command + X (Mac)	Cut
Adobe Premier Pro	Essential Shortcuts:	Ctrl + C (Windows) or Command + C (Mac)	Copy
Adobe Premier Pro	Essential Shortcuts:	Ctrl + V (Windows) or Command + V (Mac)	Paste
Adobe Premier Pro	Essential Shortcuts:	Ctrl + Shift + / (Windows) or Command + Shift + / (Mac)	Duplicate
Adobe Premier Pro	Miscellaneous:	` (grave accent)	Toggle Full Screen
Adobe Premier Pro	Miscellaneous:	Shift + 1	Toggle Project Panel
Adobe Premier Pro	Miscellaneous:	Shift + 7	Toggle Effects Panel
Adobe Premier Pro	Miscellaneous:	Shift + 6	Toggle Audio Mixer Panel
Adobe Premier Pro	Miscellaneous:	/	Toggle Video Display
Adobe Premier Pro	Miscellaneous:	Enter	Render Effects in Work Area