1. Install Visual Studio Code extension 'ExtendScript Debugger'

2. Once installed reload VScode.

3. Make sure you have Adobe Premiere running.

4. Go to the debugger window.

5. Select the gear icon. This will open up a file in json format.

6. The only change you have to make here is to enter your specific file location of 'video-render.jsx" (where you downloaded it).

7. Once saved the click the execute button it will open up a dialogue and will redirect to Adobe Premiere Pro.