



## **Instagram Video Export Preset - Adobe Premiere Pro**

### **INSTALLATION INSTRUCTIONS**

Thank you so much for downloading this Instagram Video Export Preset for Adobe Premiere Pro, may your beard grow long and luscious! I hope it speeds up your editing workflow. Contact info is at the bottom of this page if you have any issues.

### **WINDOWS/MAC INSTALLATION INSTRUCTIONS FOR THE INSTAGRAM EXPORT PRESET**

1. Open Adobe Media Encoder.
2. From the top menu select "Preset" > "Import".
3. Navigate to the "Export Preset" folder inside the "Instagram Video - Premiere Pro Export Preset" and select the "Instagram Widescreen 640x360 23.976fps 3,4 mbps vbr.epr" file and click "Open".
4. Your Export Preset is now ready to use and can be selected as a Preset under the "h.264" format when exporting from Premiere Pro.

*If you have any questions or comments, please get in touch at <http://whoismatt.com/contact>*