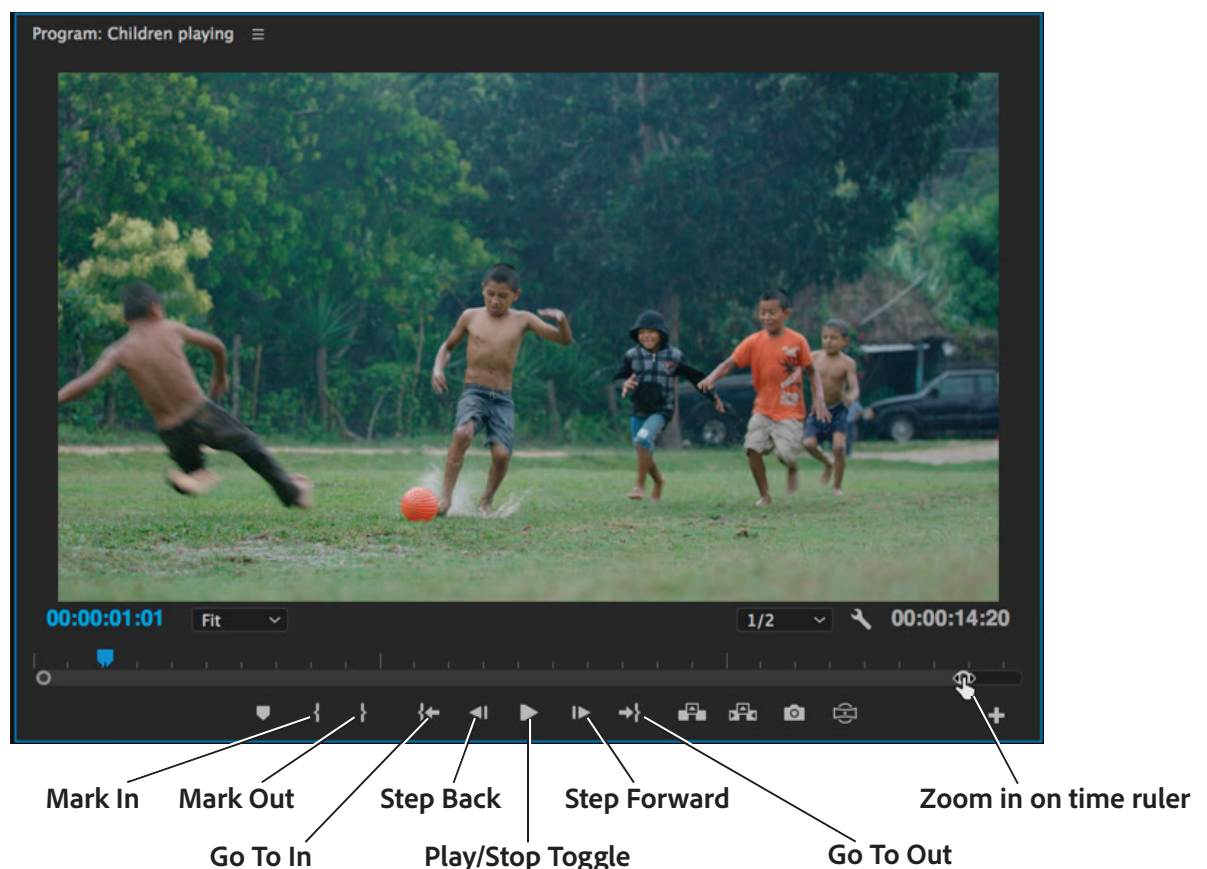


## How to edit in the Program Monitor

The Program Monitor has two editing tools: lift and extract. These two editing methods are covered in the *How to work with clips in the Timeline panel* guide, which explains how to select a clip or group of clips in a sequence and lift or extract them from their position.

The Program Monitor offers a slightly different approach to the Timeline panel lift and extract edits. Rather than removing a clip or group of clips, you can use the Program Monitor (**Figure 1**) to remove a range of frames from the middle of a clip or across multiple clips on the same track.

To complete this guide, you need three video clips. Download the assets used in [this tutorial here](#).



*Figure 1* The Program Monitor

## Lifting and extracting in Program Monitor

Lift and extract is a quick way of moving portions of clips around from one sequence to another.

### To lift and extract in Program Monitor:

1. Start Premiere Pro, start a new project, and import three video clips.
2. Drag the clips to the sequence in the Timeline panel until they are adjacent to each other (**Figure 2**).
3. In the **Program Monitor**, drag the right handle of the horizontal scroll bar to the left to zoom in the time ruler.

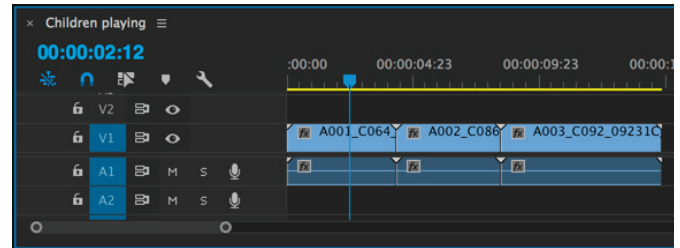


Figure 2 Three-clip sequence

This will allow you to select edit points with greater precision.

4. Drag the **Program Monitor** current-time indicator (CTI) within the first clip to a logical edit point.

**Note:** You can also drag the Timeline panel CTI to set the edit point. When you move one CTI, the other moves as well.

5. Click the Mark In button.

A left-bracket with shading to the right of the bracket appears in the time ruler and in the Timeline panel time ruler.

**Note:** The **Program Monitor** Mark In and Mark Out tools look like the ones in the Source Monitor and function the same way.

6. Drag the **Program Monitor** CTI within the second clip and select an edit point.

7. Click the Mark Out button.

A right-bracket appears and the shading falls between the In point and the Out point in the **Program Monitor** and the Timeline panel (**Figure 3**).

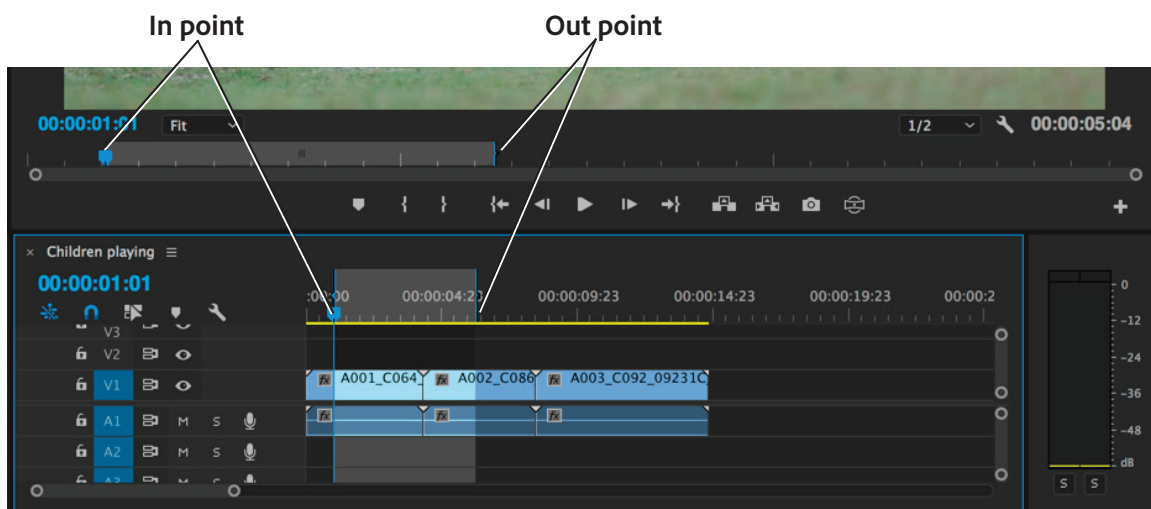
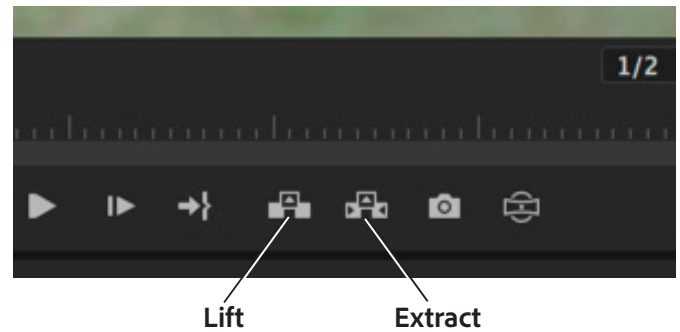


Figure 3 Program Monitor and Timeline panel

8. In the **Program Monitor**, click the Lift button.

You have performed the equivalent of a ripple delete. An Extract edit in the **Program Monitor** removes the selected range of frames and then slides clips left to fill the gap.

**Note:** The Lift and Extract buttons look quite similar but the effects are very different. The Lift button has two solid color squares at its base and it removes the selected frames from the sequence, and leaves a gap in its place. The Extract button has two squares at its base with arrows inside and it acts to fill the gap left by the edit.



*Figure 4 Program Monitor Lift and Extract tools*

### For more information

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