Instruction of video synchronization in Adobe premiere pro

Step1. Open Adobe Premiere Pro 2021, select **File > New > Project**, input the project name and click **OK** to continue.

New Project		×
Name: Motion tracking of acu	puncture manipulation	
Location: D:\Experiments\jove\a	p v	Browse
General Scratch Disks Ir	ngest Settings	
Video Rendering and Playback Renderer:	Mercury Playback Engine GPU Acceleration (OpenCL) 🛛 🗸	
Preview Cache:		
Video Display Format:	Timecode ~	
Audio Display Format:	Audio Samples 🗸	
Capture		
Capture Format:	DV ~	
Color Management		
HDR Graphics White (Nits):	203 (75% HLG, 58% PQ)	
Display the project item name a	and label color for all instances	
	ОК	Cancel

Step2. Select File > Import to import the videos of lifting-thrusting skill, drag all videos to the timeline and select all video and audio tracks.



Adobe Premiere Pro 2021 - D:\Experiments\jove\ap\Motion tracking of acupuncture manipulation.prproj *

Step3. Right-click **Synchronize** and choose **Audio** and **Track Channel 1** in the pop-up window, then press **OK** button to confirm selection. Cut each video track so that all tracks include at least 10 cycles of synchronized operation videos.



Step4. Then select **Export > Media** to export every video track into a separate avi file by selecting Format AVI and video Codec **Microsoft RLE**, and setting width:**1280**, heigt:**720** in the **Export** window. The output names are "lifting-thrusting-1.avi", "lifting-thrusting-2.avi" and "lifting-thrusting-3.avi" respectively.

	X
	 ► Export Settings Match Sequence Settings Format: AVI Preset: custom1 Comments: Output Name: lifting-thrusting-1.avi Export Video Export Audio
	 Summary Output: D:\Experiments\jove\lifting-thrusting-1.avi 1280x720 (1.094), 50 fps, Lower, Quality 100, 00:00:50:17 Uncompressed, 48000 Hz, Stereo, 16 bit Source: Sequence, Sync 1280x720 (1.0), 50 fps, Progressive, 00:00:50:17 48000 Hz, Stereo
	Effects Video Audio Captions Publish Video Codec Video Codec: Microsoft RLE Codec Settings Video Settings Quality: 0 100
	Width: 1,280 Height: 720
	Ose Maximum Relider Quality Ose Previews Import Into Project Ive Proxies Set Start Timecode 00:00:00 Ren ter Alpha Channel Only Time Interpolation: Frame Sampling
→ 00:00:50:17	Metadata Queue Export Cancel

NOTE: Export "twirling-1.avi", "twirling-2.avi" and "twirling-3.avi" in the same way.