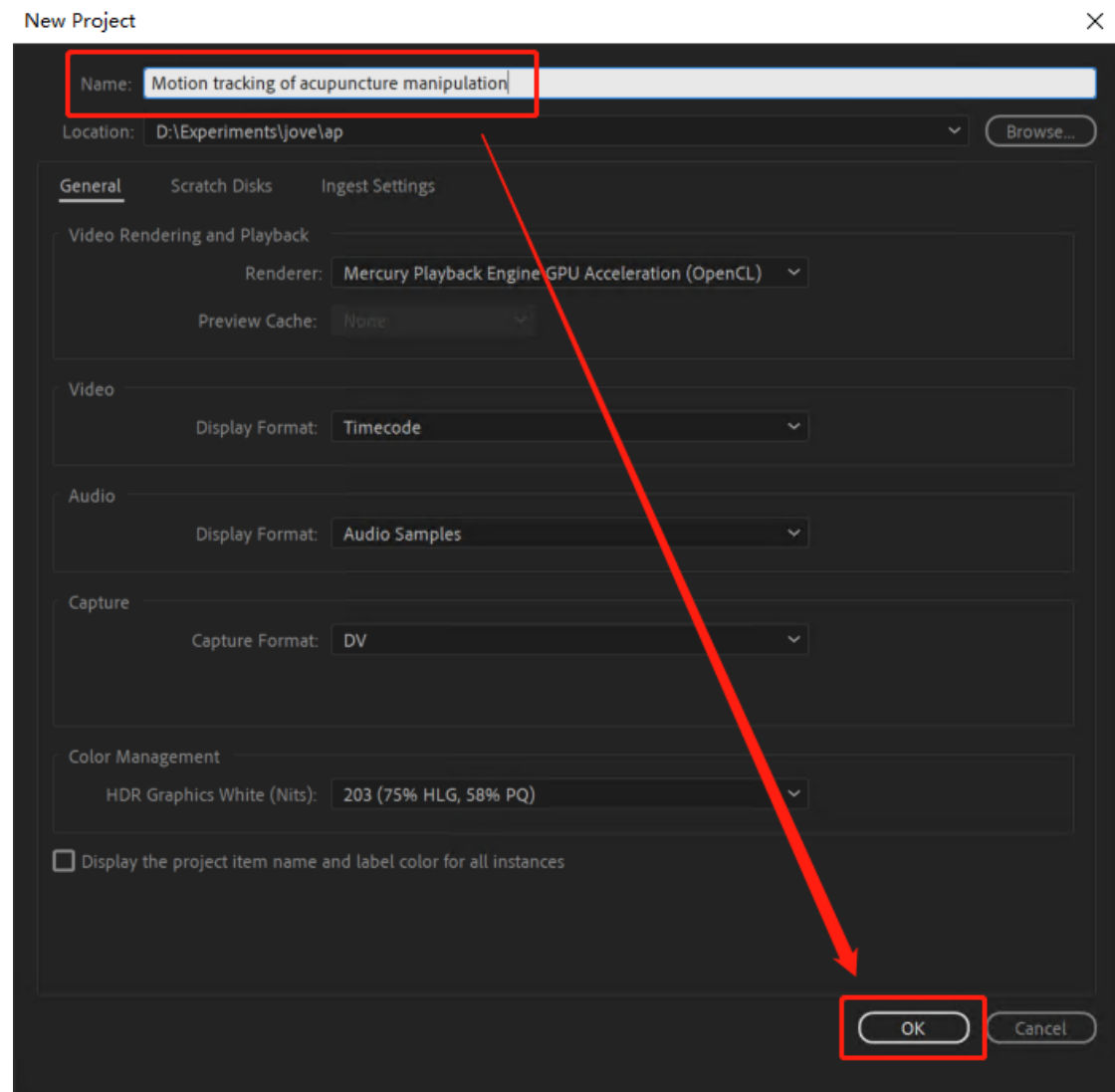
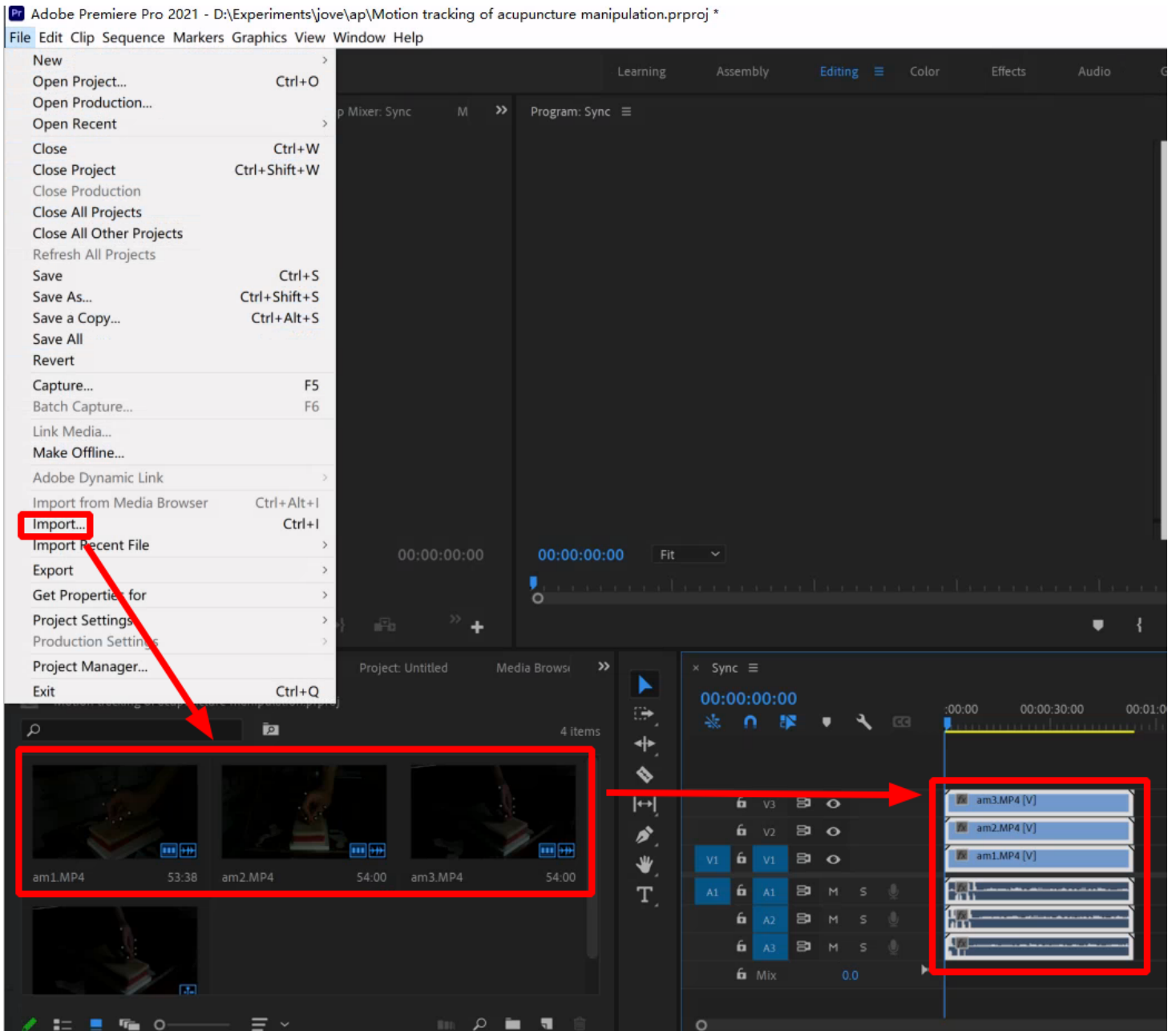


## Instruction of video synchronization in Adobe premiere pro

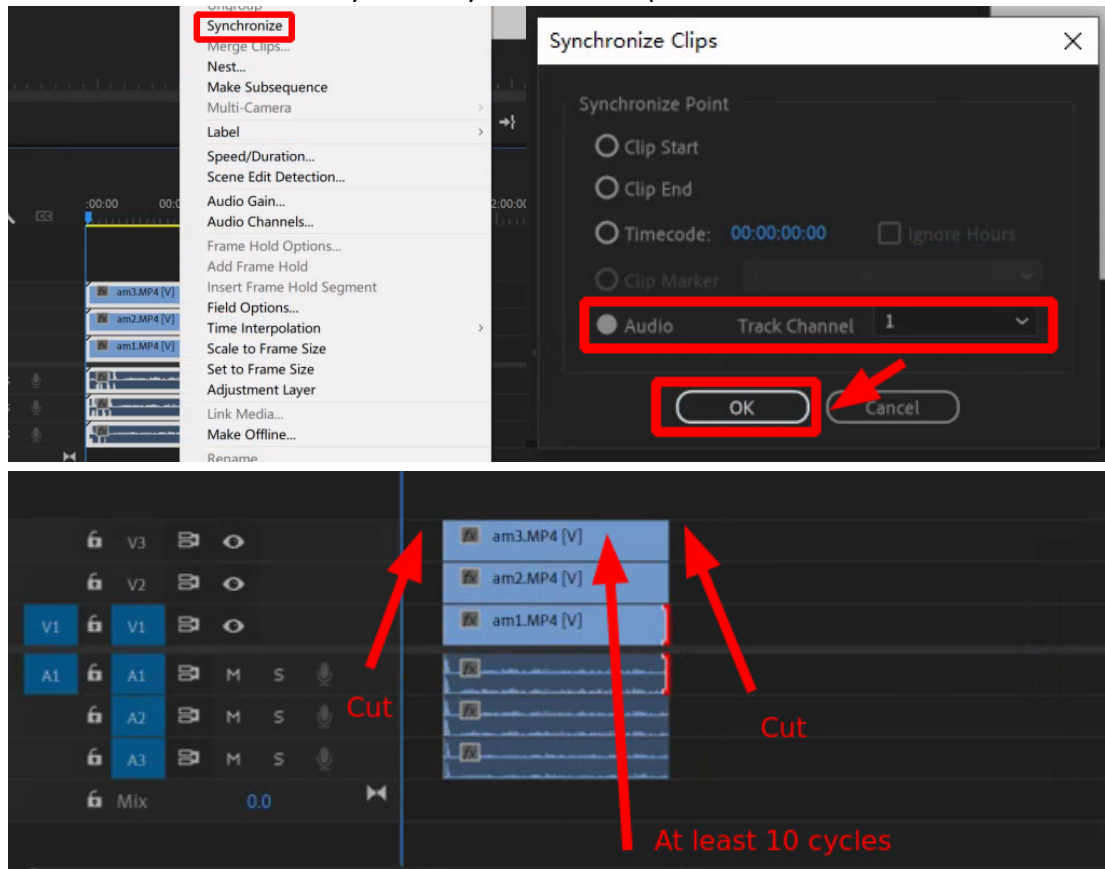
Step1. Open Adobe Premiere Pro 2021, select **File > New > Project**, input the project name and click **OK** to continue.



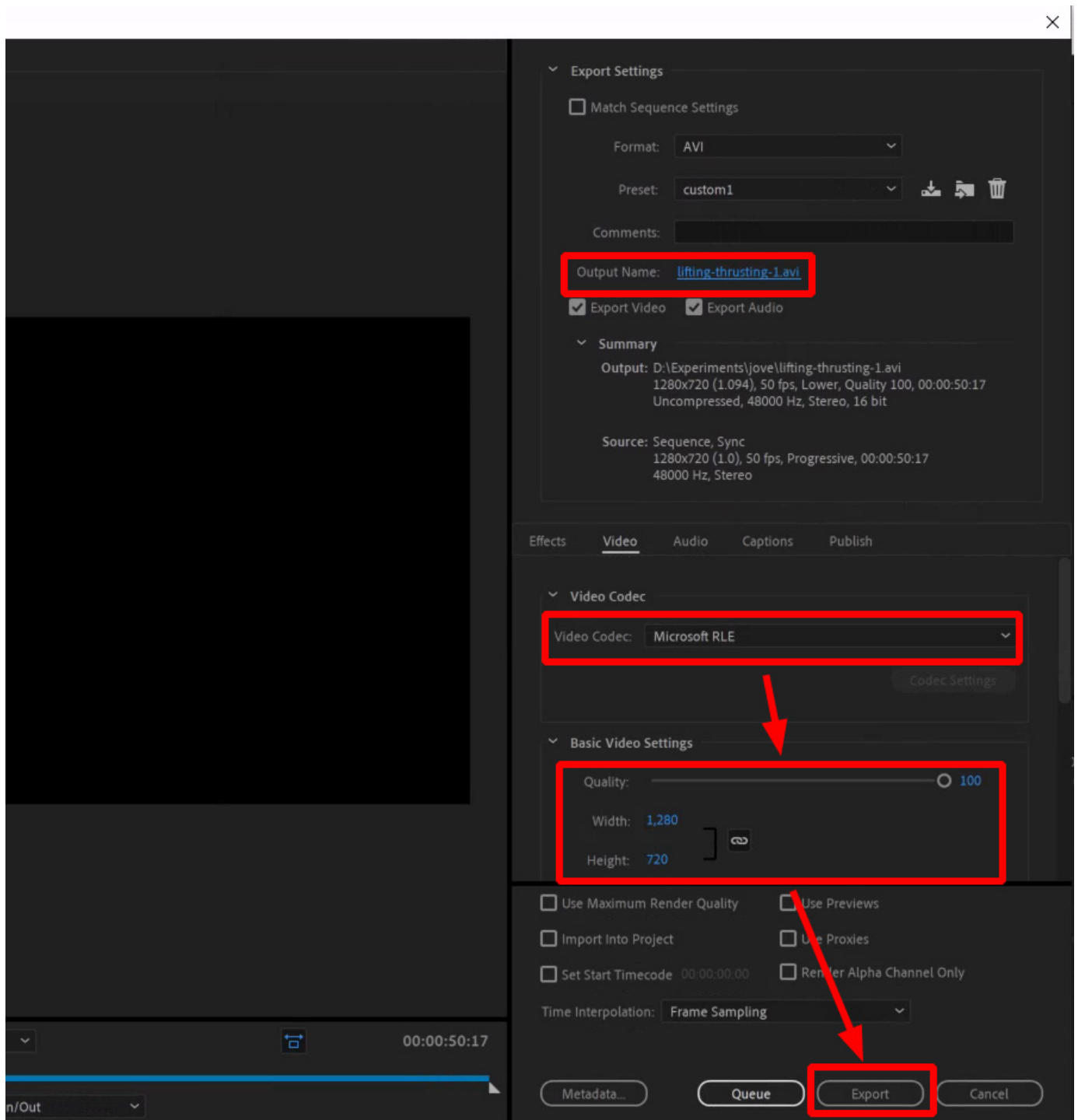
Step2. Select **File > Import** to import the videos of lifting-thrusting skill, drag all videos to the timeline and select all video and audio tracks.



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**, height:**720** in the **Export** window. The output names are “lifting-thrusting-1.avi”, “lifting-thrusting-2.avi” and “lifting-thrusting-3.avi” respectively.



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