

Premiere Pro CS6 default keyboard shortcuts

Results	Windows	Mac OS
File		
New		
Project...	Ctrl+Alt+N	Opt+Cmd+N
Sequence...	Ctrl+N	Cmd+N
Sequence From Clip		
Bin		Cmd+/
Offline File...		
Adjustment Layer...		
Title...	Ctrl+T	Cmd+T
Photoshop File...		
Open Project...	Ctrl+O	Cmd+O
Browse in Adobe Bridge...	Ctrl+Alt+O	Opt+Cmd+O
Close Project	Ctrl+Shift+W	Shift+Cmd+W
Close	Ctrl+W	Cmd+W
Save	Ctrl+S	Cmd+S
Save As...	Ctrl+Shift+S	Shift+Cmd+S
Save a Copy...	Ctrl+Alt+S	Opt+Cmd+S
Revert		
Capture...	F5	F5
Batch Capture...	F6	F6
Adobe Dynamic Link		
Send to Encore		
Replace with After Effects Composition		
New After Effects Composition...		
Import After Effects Composition...		
Adobe Story		
Attach Script File...		
Clear Script Data		
Send to Adobe SpeedGrade...		
Import from Media Browser	Ctrl+Alt+I	Opt+Cmd+I
Import...	Ctrl+I	Cmd+I
Export		
Media...	Ctrl+M	Cmd+M
Title...		
Tape...		
EDL...		
OMF...		

AAF...		
Final Cut Pro XML...		
Get Properties for		
File...		
Selection...	Ctrl+Shift+H	Shift+Cmd+H
Reveal in Adobe Bridge...		
Exit	Ctrl+Q	
Edit		
Undo	Ctrl+Z	Cmd+Z
Redo	Ctrl+Shift+Z	Shift+Cmd+Z
Cut	Ctrl+X	Cmd+X
Copy	Ctrl+C	Cmd+C
Paste	Ctrl+V	Cmd+V
Paste Insert	Ctrl+Shift+V	Shift+Cmd+V
Paste Attributes	Ctrl+Alt+V	Opt+Cmd+V
Clear	Delete	Forward Delete
Ripple Delete	Shift+Delete	Shift+Forward Delete
Duplicate	Ctrl+Shift+/,	Shift+Cmd+/,
Select All	Ctrl+A	Cmd+A
Deselect All	Ctrl+Shift+A	Shift+Cmd+A
Find...	Ctrl+F	Cmd+F
Find Faces		
Label		
Select Label Group		
Violet		
Iris		
Caribbean		
Lavender		
Cerulean		
Forest		
Rose		
Mango		
Edit Original	Ctrl+E	Cmd+E
Edit in Adobe Audition		
Clip		
Sequence...		
Edit in Adobe Photoshop		
Keyboard Shortcuts...		
Preferences		
General...		

Appearance...		
Audio...		
Audio Hardware...		
Audio Output Mapping...		
Auto Save...		
Capture...		
Device Control...		
Label Colors...		
Label Defaults...		
Media...		
Memory...		
Playback...		
Titler...		
Trim...		
Project		
Project Settings		
General...		
Scratch Disks...		
Link Media...		
Make Offline...		
Automate to Sequence...		
Import Batch List...		
Export Batch List...		
Project Manager...		
Remove Unused		
Clip		
Rename...		
Make Subclip...		
Edit Subclip...		
Edit Offline...		
Source Settings...		
Modify		
Audio Channels...		
Interpret Footage...		
Timecode...		
Video Options		
Frame Hold...		
Field Options...		
Frame Blend		
Scale to Frame Size		

Audio Options		
Audio Gain...		
Breakout to Mono		
Render and Replace		
Extract Audio		
Analyze Content...		
Speed/Duration...	Ctrl+R	Cmd+R
Remove Effects...		
Capture Settings		
Set Capture Settings...		
Clear Capture Settings		
Insert	,	,
Overwrite	.	.
Replace Footage...		
Replace With Clip		
From Source Monitor		
From Source Monitor, Match Frame		
From Bin		
Enable		
Link		
Group	Ctrl+G	Cmd+G
Ungroup	Ctrl+Shift+G	Shift+Cmd+G
Synchronize...		
Merge Clips...		
Nest		
Create Multi-Camera Source Sequence...		
Multi-Camera		
Enable		
Sequence		
Sequence Settings...		
Render Effects in Work Area	Enter	Return
Render Entire Work Area		
Render Audio		
Delete Render Files		
Delete Work Area Render Files		
Match Frame	F	F
Add Edit	Ctrl+K	Cmd+K
Add Edit to All Tracks	Ctrl+Shift+K	Shift+Cmd+K
Trim Edit	T	T
Extend Selected Edit to Playhead	E	E

Apply Video Transition	Ctrl+D	Cmd+D
Apply Audio Transition	Ctrl+Shift+D	Shift+Cmd+D
Apply Default Transitions to Selection		
Lift	;	;
Extract	'	'
Zoom In	=	=
Zoom Out	-	-
Go to Gap		
Next in Sequence		
Previous in Sequence		
Next in Track		
Previous in Track		
Snap	S	S
Closed Captioning		
Attach File...		
Clear Data		
Normalize Master Track...		
Add Tracks...		
Delete Tracks...		
Marker		
Mark In	I	I
Mark Out	O	O
Mark Clip	Shift+/'	Shift+/'
Mark Selection	/	/
Mark Split		
Video In		
Video Out		
Audio In		
Audio Out		
Go to In	Shift+I	Shift+I
Go to Out	Shift+O	Shift+O
Go to Split		
Video In		
Video Out		
Audio In		
Audio Out		
Clear In	Ctrl+Shift+I	Opt+I
Clear Out	Ctrl+Shift+O	Opt+O
Clear In and Out	Ctrl+Shift+X	Opt+X
Add Marker	M	M

Go to Next Marker	Shift+M	Shift+M
Go to Previous Marker	Ctrl+Shift+M	Shift+Cmd+M
Clear Current Marker	Ctrl+Alt+M	Opt+M
Clear All Markers	Ctrl+Alt+Shift+M	Opt+Cmd+M
Edit Marker...		
Add Encore Chapter Marker...		
Add Flash Cue Marker...		
Title		
New Title		
Default Still...		
Default Roll...		
Default Crawl...		
Based on Current Title...		
Based on Template...		
Font		
Size		
Other...		
48		
60		
72		
96		
120		
156		
180		
Type Alignment		
Left	Ctrl+Shift+L	Shift+Cmd+L
Center	Ctrl+Shift+C	Shift+Cmd+C
Right	Ctrl+Shift+R	Shift+Cmd+R
Orientation		
Horizontal		
Vertical		
Word Wrap		
Tab Stops...	Ctrl+Shift+T	Shift+Cmd+T
Templates...	Ctrl+J	Cmd+J
Roll/Crawl Options...		
Logo		
Insert Logo...		
Insert Logo into Text...		
Restore Logo Size		
Restore Logo Aspect Ratio		

Transform		
Position...		
Scale...		
Rotation...		
Opacity...		
Select		
First Object Above		
Next Object Above	Ctrl+Alt+]	Opt+Cmd+]
Next Object Below	Ctrl+Alt+[	Opt+Cmd+[
Last Object Below		
Arrange		
Bring to Front	Ctrl+Shift+]	Shift+Cmd+]
Bring Forward	Ctrl+]	Cmd+]
Send to Back	Ctrl+Shift+[	Shift+Cmd+[
Send Backward	Ctrl+[	Cmd+[
Position		
Horizontal Center		
Vertical Center		
Lower Third		
Align Objects		
Horizontal Left		
Horizontal Center		
Horizontal Right		
Vertical Top		
Vertical Center		
Vertical Bottom		
Distribute Objects		
Horizontal Left		
Horizontal Center		
Horizontal Right		
Horizontal Even Spacing		
Vertical Top		
Vertical Center		
Vertical Bottom		
Vertical Even Spacing		
View		
Safe Title Margin		
Safe Action Margin		
Text Baselines		
Tab Markers		

Show Video		
Window		
Workspace		
New Workspace...		
Delete Workspace...		
Reset Current Workspace...		
Import Workspace from Projects		
Audio Meters		
Audio Mixer	Shift+6	Shift+6
Capture		
Effect Controls	Shift+5	Shift+5
Effects	Shift+7	Shift+7
Events		
History		
Info		
Markers		
Media Browser	Shift+8	Shift+8
Metadata		
Multi-Camera Monitor		
Options		
Program Monitor	Shift+4	Shift+4
Project	Shift+1	Shift+1
Reference Monitor		
Source Monitor	Shift+2	Shift+2
Timecode		
Timelines	Shift+3	Shift+3
Title Actions		
Title Designer		
Title Properties		
Title Styles		
Title Tools		
Tools		
Trim Monitor		
VST Editor		
Help		
Adobe Premiere Pro Help...	F1	F1
Adobe Premiere Pro Support Center...		
Adobe Product Improvement Program...		
Keyboard...		
About Adobe Premiere Pro...		

Clear Poster Frame	Ctrl+Shift+P	Opt+P
Export Frame	Ctrl+Shift+E	Shift+E
Extend Next Edit To Playhead		
Extend Previous Edit To Playhead	Ctrl+/'	
Go to Next Edit Point	Down	Down
Go to Next Edit Point on Any Track	Shift+Down	Shift+Down
Go to Next Selected Edit Point		
Go to Previous Edit Point	Up	Up
Go to Previous Edit Point on Any Track	Shift+Up	Shift+Up
Go to Previous Selected Edit Point		
Go to Selected Clip End	Shift+End	Shift+End
Go to Selected Clip Start	Shift+Home	Shift+Home
Go to Sequence-Clip End	End	End
Go to Sequence-Clip Start	Home	Home
Maximize or Restore Active Frame	Shift+`	Shift+`
Maximize or Restore Frame Under Cursor	`	`
Play Around	Shift+K	Shift+K
Play In to Out	Ctrl+Shift+Space	Opt+K
Play In to Out with Preroll/Postroll	Shift+Space	Shift+Space
Play from Playhead to Out Point	Ctrl+Space	Ctrl+Space
Play-Stop Toggle	Space	Space
Reveal Nested Sequence	Ctrl+Shift+F	Shift+T
Ripple Trim Next Edit To Playhead		
Ripple Trim Previous Edit To Playhead		
Select Camera 1	1	1
Select Camera 10		
Select Camera 11		
Select Camera 12		
Select Camera 13		
Select Camera 14		
Select Camera 15		
Select Camera 16		
Select Camera 2	2	2
Select Camera 3	3	3
Select Camera 4	4	4
Select Camera 5	5	5
Select Camera 6	6	6
Select Camera 7	7	7
Select Camera 8	8	8
Select Camera 9	9	9

Select Find Box	Shift+F	Shift+F
Select Nearest Edit Point as Ripple In		
Select Nearest Edit Point as Ripple Out		
Select Nearest Edit Point as Roll		
Select Nearest Edit Point as Trim In		
Select Nearest Edit Point as Trim Out		
Select Next Panel	Ctrl+Shift+.	Ctrl+Shift+.
Select Previous Panel	Ctrl+Shift+,	Ctrl+Shift+,
Set Poster Frame	Shift+P	Cmd+P
Shuttle Left	J	J
Shuttle Right	L	L
Shuttle Slow Left	Shift+J	Shift+J
Shuttle Slow Right	Shift+L	Shift+L
Shuttle Stop	K	K
Step Back	Left	Left
Step Back Five Frames - Units	Shift+Left	Shift+Left
Step Forward	Right	Right
Step Forward Five Frames - Units	Shift+Right	Shift+Right
Toggle All Source Audio Off		
Toggle All Source Audio On		
Toggle All Target Audio Off		
Toggle All Target Audio On		
Toggle All Target Video Off		
Toggle All Target Video On		
Toggle Audio During Scrubbing		
Toggle Full Screen	Ctrl+`	Ctrl+`
Toggle Source Audio 1		
Toggle Source Audio 2		
Toggle Source Audio 3		
Toggle Source Audio 4		
Toggle Source Audio 5		
Toggle Source Audio 6		
Toggle Source Audio 7		
Toggle Source Audio 8		
Toggle Source Video		
Toggle Target Audio 1		
Toggle Target Audio 2		
Toggle Target Audio 3		
Toggle Target Audio 4		
Toggle Target Audio 5		

Toggle Target Audio 6		
Toggle Target Audio 7		
Toggle Target Audio 8		
Toggle Target Video 1		
Toggle Target Video 2		
Toggle Target Video 3		
Toggle Target Video 4		
Toggle Target Video 5		
Toggle Target Video 6		
Toggle Target Video 7		
Toggle Target Video 8		
Toggle Trim Type	Shift+T	Ctrl+T
Trim Backward	Ctrl+Left	Opt+Left
Trim Backward Many	Ctrl+Shift+Left	Opt+Shift+Left
Trim Forward	Ctrl+Right	Opt+Right
Trim Forward Many	Ctrl+Shift+Right	Opt+Shift+Right
Trim In Point to Playhead		
Trim Out Point to Playhead		
Workspace 1	Alt+Shift+1	Opt+Shift+1
Workspace 2	Alt+Shift+2	Opt+Shift+2
Workspace 3	Alt+Shift+3	Opt+Shift+3
Workspace 4	Alt+Shift+4	Opt+Shift+4
Workspace 5	Alt+Shift+5	Opt+Shift+5
Workspace 6	Alt+Shift+6	Opt+Shift+6
Workspace 7	Alt+Shift+7	Opt+Shift+7
Workspace 8	Alt+Shift+8	Opt+Shift+8
Workspace 9	Alt+Shift+9	Opt+Shift+9
Zoom to Sequence	\	\
Panels		
Audio Mixer Panel		
Audio Mixer Panel Menu		
Show/Hide Tracks...	Ctrl+Alt+T	Opt+Cmd+T
Show Audio Time Units		
Loop		
Meter Input(s) Only	Ctrl+Shift+I	Ctrl+Shift+I
Switch to Touch after Write		
Capture Panel		
Capture Panel Menu		
Capture Settings...		
Record Video	V	V

Record Audio	A	A
Record Audio and Video		
Scene Detect		
Collapse Window		
Eject	E	E
Fast Forward	F	F
Go to In point	Q	Q
Go to Out point	W	W
Log Clip		
Next Scene		
Pause		
Play		
Previous Scene		
Record	G	G
Rewind	R	R
Set In point		
Set Out point		
Slow Play		
Slow Reverse		
Step Back	Left	Left
Step Forward	Right	Right
Stop	S	S
Effect Controls Panel		
Effect Controls Panel Menu		
Save Preset...		
Effect Enabled		
Remove Selected Effect	Backspace	Delete
Remove Effects...		
Snap		
Snap To		
Video Keyframes		
Audio Keyframes		
Sequence Markers		
Playhead		
Clip		
All		
None		
Show Audio Time Units		
Time Ruler Numbers		
Loop During Audio-Only Playback		

Pin to Clip		
Expand Audio Effects		
Expand Master Clip Audio Effects		
Expand Master Clip Video Effects		
Expand Video Effects		
Effects Panel		
Effects Panel Menu		
New Custom Bin	Ctrl+/ 	Cmd+/
New Presets Bin		
Delete Custom Item	Backspace	Delete
Set Selected as Default Transition		
Set Default Transition Duration...		
Import Presets...		
Export Presets...		
Preset Properties...		
History Panel		
History Panel Menu		
Step Backward	Left	Left
Step Forward	Right	Right
Delete	Backspace	Delete
Clear History		
Media Browser Panel		
Media Browser Panel Menu		
Edit Columns...		
Import as Image Sequence		
Hover Scrub		
Clear Recent Directories		
Next Directory	Ctrl+Shift+N	Shift+Cmd+N
Open in Source Monitor	Shift+O	Shift+O
Parent Directory	Ctrl+Up	Cmd+Up
Previous Directory	Ctrl+Shift+P	Shift+Cmd+P
Select Directory List	Left	Left
Select Media List	Right	Right
Selected Directory	Ctrl+Enter	Cmd+Return
Metadata Panel		
Metadata Panel Menu		
Metadata Display...		
Loop		
Next Matching Word		
Play	Space	Space

Play In to Out		
Previous Matching Word		
Multi-Camera Monitor Panel		
Multi-Camera Monitor Panel Menu		
Audio Follows Video		
Show Preview Monitor		
Time Ruler Numbers		
Cut to Camera 1	Ctrl+1	Cmd+1
Cut to Camera 10		
Cut to Camera 11		
Cut to Camera 12		
Cut to Camera 13		
Cut to Camera 14		
Cut to Camera 15		
Cut to Camera 16		
Cut to Camera 2	Ctrl+2	Cmd+2
Cut to Camera 3	Ctrl+3	Cmd+3
Cut to Camera 4	Ctrl+4	Cmd+4
Cut to Camera 5	Ctrl+5	Cmd+5
Cut to Camera 6	Ctrl+6	Cmd+6
Cut to Camera 7	Ctrl+7	Cmd+7
Cut to Camera 8	Ctrl+8	Cmd+8
Cut to Camera 9	Ctrl+9	Cmd+9
Go to Next Edit Point	Down	Down
Go to Previous Edit Point	Up	Up
Play Around		
Play/Stop Toggle	Space	Space
Record On/Off Toggle	0	0
Step Back	Left	Left
Step Forward	Right	Right
Program Monitor Panel		
Program Monitor Panel Menu		
Gang to Reference Monitor		
Gang Source and Program		
Composite Video		
Alpha		
All Scopes		
Vectorscope		
YC Waveform		
YCbCr Parade		

RGB Parade		
Vect/YC Wave/YCbCr Parade		
Vect/YC Wave/RGB Parade		
Display First Field		
Display Second Field		
Display Both Fields		
Playback Resolution		
Full	Ctrl+0	Cmd+0
1/2	Ctrl+2	Cmd+2
1/4	Ctrl+4	Cmd+4
1/8	Ctrl+8	Cmd+8
1/16		
Paused Resolution		
Full		
1/2		
1/4		
1/8		
1/16		
Timecode Overlay During Edit		
Closed Captioning Display		
Settings...		
Show Transport Controls		
Show Audio Time Units		
Show Markers		
Show Dropped Frame Indicator		
Time Ruler Numbers		
Playback Settings...		
Closed Captioning		
Gang to Program Monitor		
Loop		
Play-Stop Toggle		
Safe Margins		
Step Back		
Step Forward		
Project Panel		
Project Panel Menu		
New Bin		
Rename		
Delete	Backspace	Delete
Automate to Sequence...		

Find...		
List	Ctrl+Page Up	Cmd+Page Up
Icon	Ctrl+Page Down	Cmd+Page Down
Preview Area		
Thumbnails		
Hover Scrub	Shift+H	Shift+H
Refresh		
Metadata Display...		
Delete Selection with Options	Ctrl+Delete	Cmd+Forward Delete
Extend Selection Down	Shift+Down	Shift+Down
Extend Selection Left	Shift+Left	Shift+Left
Extend Selection Right	Shift+Right	Shift+Right
Extend Selection Up	Shift+Up	Shift+Up
Go Back		
Move Selection Down	Down	Down
Move Selection End	End	End
Move Selection Home	Home	Home
Move Selection Left	Left	Left
Move Selection Page Down	Page Down	Page Down
Move Selection Page Up	Page Up	Page Up
Move Selection Right	Right	Right
Move Selection Up	Up	Up
Next Column Field	Tab	Tab
Next Row Field	Enter	Return
Open in Source Monitor		
Open in Timeline		
Previous Column Field	Shift+Tab	Shift+Tab
Previous Row Field	Shift+Enter	Shift+Return
Reveal In Explorer		
Reveal Project In Explorer		
Thumbnail Size Next	Shift+]	Shift+]
Thumbnail Size Previous	Shift+[	Shift+[
Toggle View	Shift+\	Shift+\
Zoom In		
Zoom Out		
Source Monitor Panel		
Source Monitor Panel Menu		
Gang Source and Program		
Composite Video		
Audio Waveform		

Alpha		
All Scopes		
Vectorscope		
YC Waveform		
YCbCr Parade		
RGB Parade		
Vect/YC Wave/YCbCr Parade		
Vect/YC Wave/RGB Parade		
Display First Field		
Display Second Field		
Display Both Fields		
Playback Resolution		
Full	Ctrl+0	Cmd+0
1/2	Ctrl+2	Cmd+2
1/4	Ctrl+4	Cmd+4
1/8	Ctrl+8	Cmd+8
1/16		
Paused Resolution		
Full		
1/2		
1/4		
1/8		
1/16		
Show Transport Controls		
Show Audio Time Units		
Show Markers		
Show Dropped Frame Indicator		
Time Ruler Numbers		
Playback Settings...		
Add Clip to Project		
Loop		
Play-Stop Toggle		
Safe Margins		
Source Clip: Close		
Source Clip: Close All		
Source Clip: First		
Source Clip: Last		
Source Clip: Next		
Source Clip: Previous		
Step Back		

Step Forward		
Timecode Panel		
Timeline Panel		
Timeline Panel Menu		
Work Area Bar		
Show Audio Time Units		
Time Ruler Numbers		
Start Time...		
Add Clip Marker	Ctrl+1	
Apply Audio Crossfade Transition		
Apply Video Crossfade Transition		
Apply Video Dip To White Transition		
Apply Video Wipe Transition		
Clear Selection	Backspace	Delete
Decrease Audio Tracks Height		
Decrease Video Tracks Height		
Increase Audio Tracks Height		
Increase Video Tracks Height		
Move Playhead to Cursor		
Nudge Clip Selection Left Five Frames	Alt+Shift+Left	Shift+Cmd+Left
Nudge Clip Selection Left One Frame	Alt+Left	Cmd+Left
Nudge Clip Selection Right Five Frames	Alt+Shift+Right	Shift+Cmd+Right
Nudge Clip Selection Right One Frame	Alt+Right	Cmd+Right
Reveal In Project		
Ripple Delete	Alt+Backspace	Opt+Delete
Set Work Area Bar In Point	Alt+[	Opt+[
Set Work Area Bar Out Point	Alt+]	Opt+]
Show Next Screen	Page Down	Page Down
Show Previous Screen	Page Up	Page Up
Slide Clip Selection Left Five Frames	Alt+Shift+,	Opt+Shift+,
Slide Clip Selection Left One Frame	Alt+,	Opt+,
Slide Clip Selection Right Five Frames	Alt+Shift+.	Opt+Shift+.
Slide Clip Selection Right One Frame	Alt+.	Opt+.
Slip Clip Selection Left Five Frames	Ctrl+Alt+Shift+Left	Opt+Shift+Cmd+Left
Slip Clip Selection Left One Frame	Ctrl+Alt+Left	Opt+Cmd+Left
Slip Clip Selection Right Five Frames	Ctrl+Alt+Shift+Right	Opt+Shift+Cmd+Right
Slip Clip Selection Right One Frame	Ctrl+Alt+Right	Opt+Cmd+Right
Titler Panel		
Add Anchor Point Tool		
Arc Tool	A	A

Area Type Tool		
Bold		
Clipped Corner Rectangle Tool		
Convert Anchor Point Tool		
Decrease Kerning by Five Units	Alt+Shift+Left	Opt+Shift+Left
Decrease Kerning by One Unit	Alt+Left	Opt+Left
Decrease Leading by Five Units	Alt+Shift+Down	Opt+Shift+Down
Decrease Leading by One Unit	Alt+Down	Opt+Down
Decrease Text Size by Five Points	Ctrl+Alt+Shift+Left	Opt+Shift+Cmd+Left
Decrease Text Size by One Point	Ctrl+Alt+Left	Opt+Cmd+Left
Delete Anchor Point Tool		
Ellipse Tool	E	E
Increase Kerning by Five Units	Alt+Shift+Right	Opt+Shift+Right
Increase Kerning by One Unit	Alt+Right	Opt+Right
Increase Leading by Five Units	Alt+Shift+Up	Opt+Shift+Up
Increase Leading by One Unit	Alt+Up	Opt+Up
Increase Text Size by Five Points	Ctrl+Alt+Shift+Right	Opt+Shift+Cmd+Right
Increase Text Size by One Point	Ctrl+Alt+Right	Opt+Cmd+Right
Insert Copyright Symbol	Ctrl+Alt+Shift+C	Opt+Shift+Cmd+C
Insert Registered Symbol	Ctrl+Alt+Shift+R	Opt+Shift+Cmd+R
Italic		
Line Tool	L	L
Nudge Selected Object Down by Five Pixels	Shift+Down	Shift+Down
Nudge Selected Object Down by One Pixel	Down	Down
Nudge Selected Object Left by Five Pixels	Shift+Left	Shift+Left
Nudge Selected Object Left by One Pixel	Left	Left
Nudge Selected Object Right by Five Pixels	Shift+Right	Shift+Right
Nudge Selected Object Right by One Pixel	Right	Right
Nudge Selected Object Up by Five Pixels	Shift+Up	Shift+Up
Nudge Selected Object Up by One Pixel	Up	Up
Path Type Tool		
Pen Tool	P	P
Position Object(s) to Bottom Title Safe Margin	Ctrl+Shift+D	Shift+Cmd+D
Position Object(s) to Left Title Safe Margin	Ctrl+Shift+F	Shift+Cmd+F
Position Object(s) to Right Title Safe Margin		
Position Object(s) to Top Title Safe Margin	Ctrl+Shift+O	Shift+Cmd+O
Rectangle Tool	R	R
Rotation Tool	O	O
Rounded Corner Rectangle Tool		
Rounded Rectangle Tool		

Selection Tool	V	V
Show Timeline Video Behind Title		
Type Tool	T	T
Underline		
Vertical Area Type Tool		
Vertical Path Type Tool		
Vertical Type Tool	C	C
Wedge Tool	W	W
Trim Monitor Panel		
Focus Both Outgoing and Incoming	Alt+1	Opt+1
Focus on Incoming Side	Alt+3	Opt+3
Focus on Outgoing Side	Alt+2	Opt+2
Loop		
Play/Stop Toggle		
Toggle Adjacent Audio Waveforms		
Toggle Incoming Safe Area		
Toggle Outgoing Safe Area		
Toggle Safe Margins		
Trim Backward by Large Trim Offset	Alt+Shift+Left	Opt+Shift+Left
Trim Backward by One Frame	Alt+Left	Opt+Left
Trim Forward by Large Trim Offset	Alt+Shift+Right	Opt+Shift+Right
Trim Forward by One Frame	Alt+Right	Opt+Right
Tools		
Selection Tool	V	V
Track Select Tool	A	A
Ripple Edit Tool	B	B
Rolling Edit Tool	N	N
Rate Stretch Tool	X	X
Razor Tool	C	C
Slip Tool	Y	Y
Slide Tool	U	U
Pen Tool	P	P
Hand Tool	H	H
Zoom Tool	Z	Z

For other more formats kindly visit : www.downloadexcelfiles.com

Original source : helpx.adobe.com/premiere-pro/using/default-keyboard-shortcuts.html