To use transitions, as shown in the preview image, you need:

1) Open a project in Adobe Premiere Pro 2018 or later.
2) Select the desired transition and place it between two layers where you want the layers to change.
3) Duplicate the transition, place the duplicate transition above and move it forward a few frames with second footage layer.
4) Use the effect of "Track Matte" on the second footage layer to which the transition occurs and specify in the column "Matte" layer where is the duplicated upper transition.