

TABATA TIMER

9 02:51

ROUND: 6/8 COMPLETE: 71%

REST

18

7/8

ROUND 07 OF 08

75% 18

WORK

ELAPSED TIME 03:02

INTERVAL TIMERS

WORK

16

00:34
2/8

INTERVAL

WORKOUT 52%

2 3

ROUND TIMER 00:05

75% 18

7/8

FULLHD

STUDIO-84

Export MOGRT on timeline

The screenshot displays the Adobe Premiere Pro interface with the following components and annotations:

- Top Menu Bar:** File, Markers, Graphics, Window, Help.
- Work Area:** Displays a video clip with a MOGRT timer overlay. An orange callout box points to it with the text: "Edit the size and position your timer on video".
- Essential Graphics Panel:** Located on the right, it shows a preview of the MOGRT template. An orange callout box points to it with the text: "Use this window to select exported your MOGRT file".
- Timeline:** Shows the sequence of clips. An orange callout box points to the timeline with the text: "Drop your MOGRT file on timeline and edit position". The timeline includes tracks for Video 3 (V3), Video 2 (V2), Video 1 (V1), and Audio 1 (A1), Audio 2 (A2), and Audio 3 (A3).
- Media Browser:** Located at the bottom left, it shows the source files for the project.
- MOGRT Templates:** Several MOGRT templates are visible in the Essential Graphics panel, including "Interval Timer #1", "Interval Timer #2", and "Tabata Timer".

Edit Color and Time Adjustments

The screenshot shows the Adobe Premiere Pro interface with several annotations:

- Top Menu Bar:** File, Markers, Graphics, Window, Help.
- Top Panel:** Learning, Assembly, Editing, Color, Effects, Audio.
- Left Panel:** Lumetri Scopes, Effect, >>.
- Center Panel:** Program: Fitness Reel. The video preview shows a person's hands with a timer overlay. The timer overlay displays: MY TRAINING, 01, READY, 00:00, ROUND: 0/8, COMPLETE: 0%, WORKOUT, REST.
- Bottom Panel:** Media Browser, Fitness Reel, >>. The timeline shows a clip named "Interval Timer #2" and "Fitness Reel.mp4".
- Right Panel:** Essential Graphics, Browse, Edit. The "Edit" button is highlighted. Below it, the "Timer Name" is "my training". The "Text Properties" section shows "Bebas Neue" font and "Regular" weight. The "Position" section shows "Position: Timer" with "Y: 860.0" and "Y: 24.0". The "Ready" section shows a slider from 0 to 100. The "Workout Time SEC" section shows a slider from 0 to 20. The "Rest Time SEC" section shows a slider from 0 to 10. The "Rounds" section shows a slider from 0 to 8.

Annotations:

- Orange callout:** Select this window to edit color and time adjustments (points to the Color and Effects panels).
- Green callout:** Edit Text, Time (work time, rest, etc) (Use hints for a guide) (points to the timer overlay in the video preview).
- Orange callout:** Left mouse click on "Timer" layer to be active layer and edit (points to the "Interval Timer #2" layer in the timeline).
- Cyan callout:** Use the slider to edit timer below in the list (points to the "Ready" slider in the Essential Graphics panel).

THANK YOU!

If you have some questions,

please contact me trough my profile page

<http://videohive.net/user/studio-84>