

FLAGSHIP STUDIOS

Final Cut Pro X to Pro Tools Export Procedures



2016

Flagship studios | | 413 Davis St. Suite 105 Virginia Beach, VA 23462

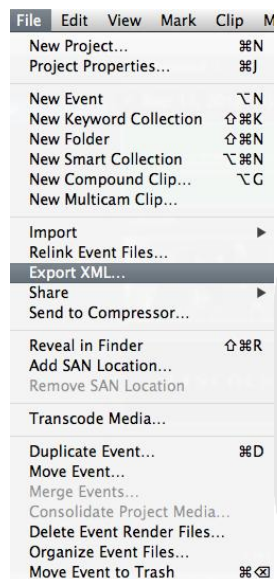
Final Cut Pro X Export to Pro Tools

This workflow details the steps necessary to export a Final Cut Pro X audio-only sequence to the *XML* file format. Since Final Cut Pro X does not support direct export to Pro Tools using the more popular *AAF* file format, you must first export your FCP X sequence audio as an XML file, we will then convert this file to an AAF using a third party software. Also, the video for the corresponding XML audio-only file will have to be exported separately as a QuickTime video file. This document details the exact steps necessary for exporting a multi-track audio sequence with QuickTime video to Pro Tools.

FCP X XML (Audio-Only) Sequence Export

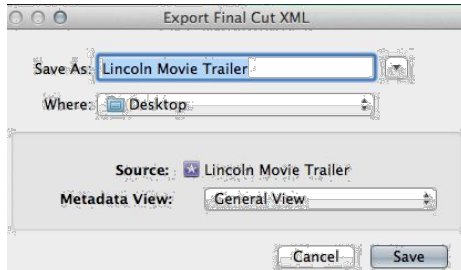
To export an audio-only XML sequence from Final Cut Pro X:

1. Select the sequence that you wish to export in FCP X.
2. Choose **File > Export XML**.



Final Cut Pro X: Export XML

3. In the **Export Final Cut XML** dialog, name the exported XML file, choose a save directory, and then click **Save**.



Export Final Cut XML dialog

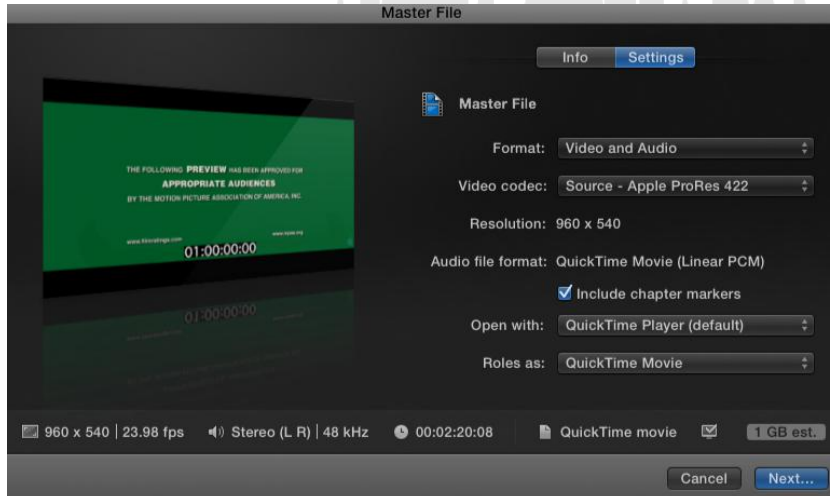
You have now completed the audio export from your FCP X sequence. The next section details the video export steps.

QuickTime Export

To export a separate QuickTime video file from your Final Cut Pro X sequence:

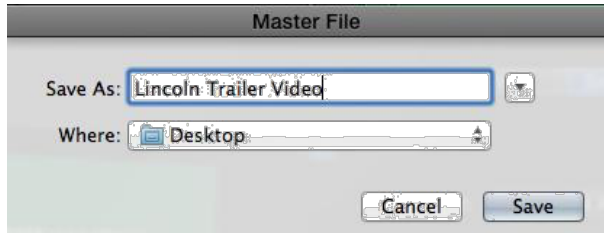
1. Select the sequence containing the QuickTime video (preferably with a Timecode window burn) that you wish to export.
2. Choose **FILE > SHARE > MASTER FILE (default)** or press **Command + E**.

The **Master File** dialog appears.



Final Cut Pro X Master File dialog

3. In the **Master File** dialog, click the **Settings** tab and configure the QuickTime file settings (if necessary) and then click the **Next** button. In most instances, the default settings will work fine.
4. In the **Master File Save As** dialog, choose a save directory, name the file, and then click **Save**.



Master File Save As dialog

FCP X begins exporting the QuickTime file in the background.

5. You can check the progress of the QuickTime video export by choosing **Window > Background Tasks** or pressing **Command + 9**.
6. After you have successfully exported both the audio---only XML and the QuickTime video, you can quit Final Cut Pro X.

If you have any questions about the contents of this document, please contact us at;

theflagshipva@gmail.com