

# BOUNCING TO DISK

So how do I get my work in ProTools back into Final Cut, Media Composer, or Premier? Or make an MP3 to send to a client for approval, or to my mom, or whatever?

It's very easy via **Bounce to Disk**. You can make a single file that includes part or all of your ProTools session, with or without picture.

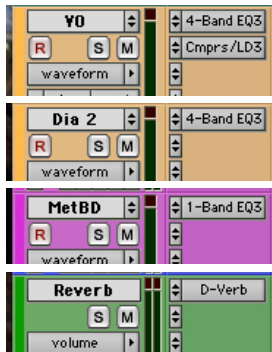
First you must decide what you want to **bounce**. The default **bounce** is all **un-muted** tracks and the entire length of the session.



**Muted tracks will not be included in the bounce.**

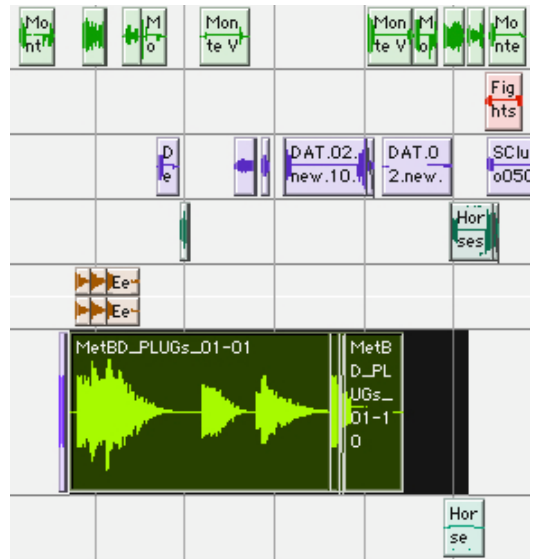
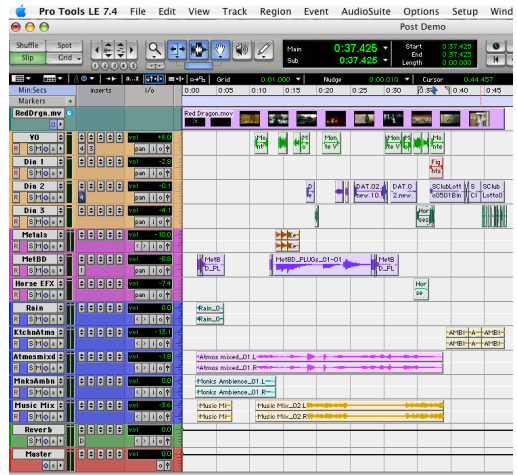


If there's a **solloed** track, **only it** will be included in the **bounce**. If there are multiple **solloed** tracks, **only they** will be included.



All **effects plug-ins** will be rendered and included in the **bounce**.

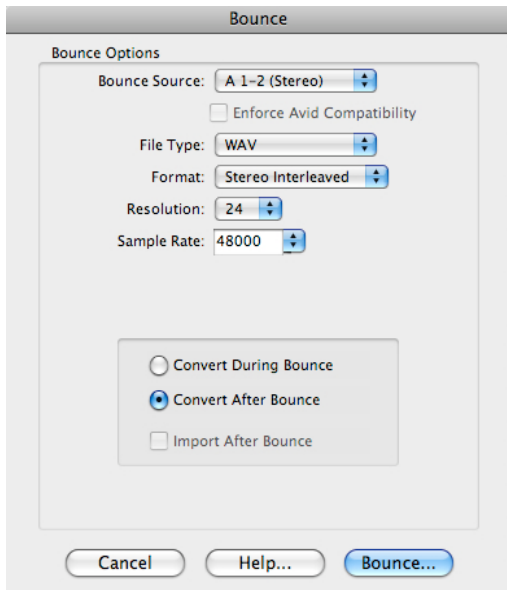
If there is a **selection** in any track, including the video track, the **bounce** will be the length of the **selection**, including all clips and parts of clips on **un-muted** tracks.



When everything is the way you want it, it's time to **bounce**.

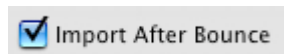
**File menu -> Bounce to -> Disk...**

The **Bounce** window opens.



Use these settings for making a stereo file for importing into Final Cut or other programs.

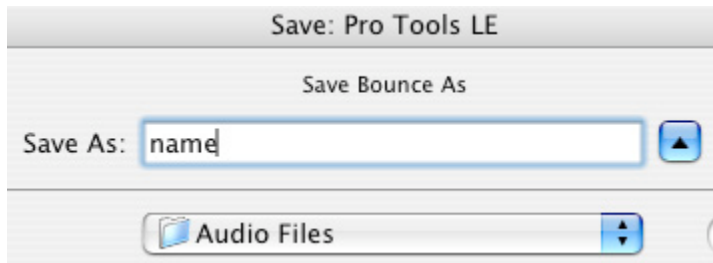
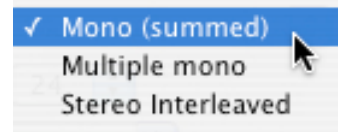
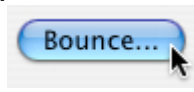
If you want to use your **bounced** file in your ProTools session, select **Import After Bounce**.



If you want to make a mono file, set the **Format** to **Mono (summed)**.

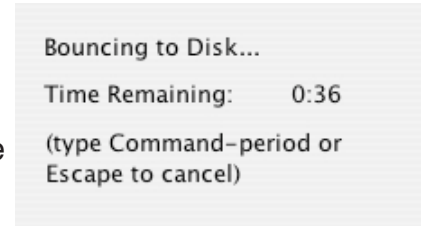
When the settings are as you want them, **click “Bounce”**.

You’ll be asked to name the file, and where to save it.

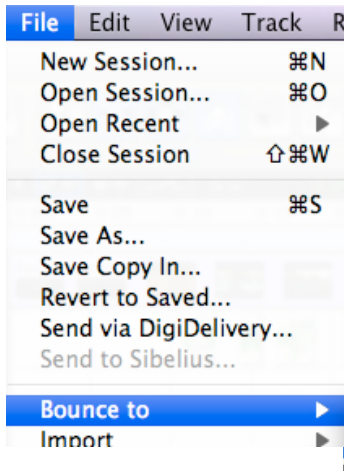


**Click “Save”**.

The progress window appears. This is a real-time process.



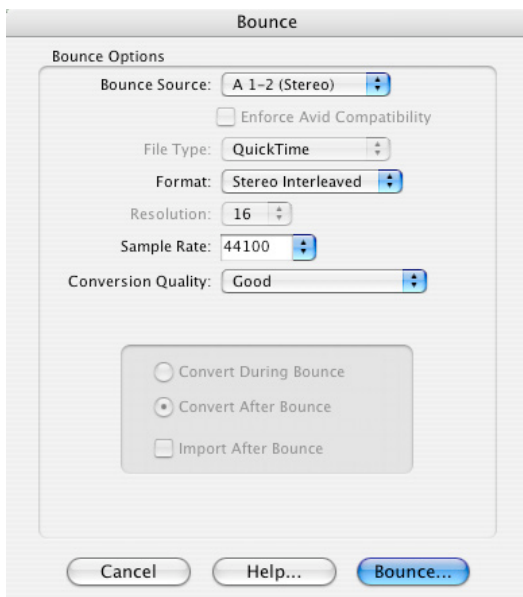
If you chose **“Import After Bounce”** you’ll get the standard **Audio Import Options** window when the bounce is finished.



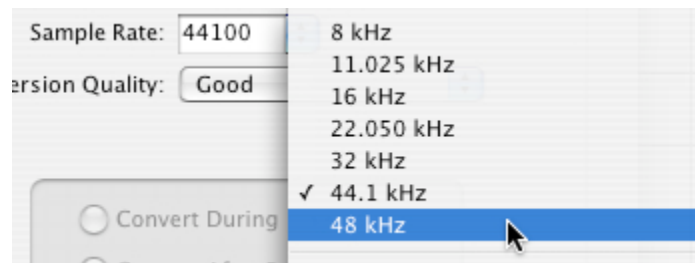
To include the video in your bounce, **File menu -> Bounce to -> QuickTime Movie...**

**(NOTE: Just as with Bounce To -> Disk, the default for Bounce To -> QuickTime Movie is all unmuted tracks for the length of the session. You can also select a portion of the session to make an excerpt.)**

A **Bounce** window similar to the audio bounce window appears.



The **Sample Rate** may default to 44100. If it does, change it to **48 kHz**.



**That’s it. Bounce away!**