

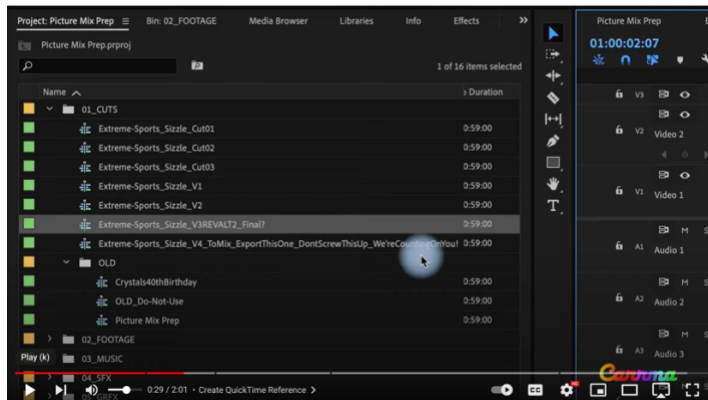
Mix Prep for Post Audio

<https://www.youtube.com/watch?v=HAouRuuAOHs>

You will need to create to files:

- Quick time Reference
- Audio AAF

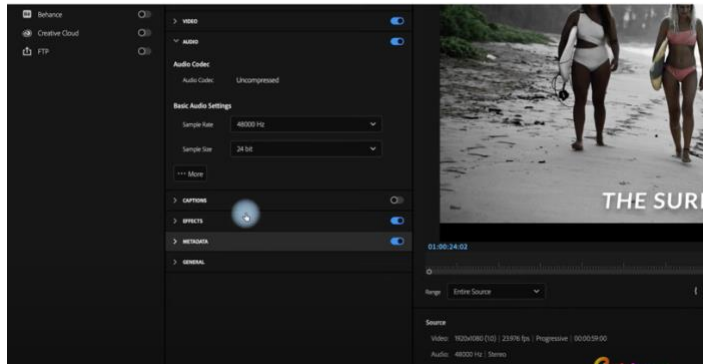
1. Make sure you export the sequence that represents the latest version or “LOCKED CUT.”



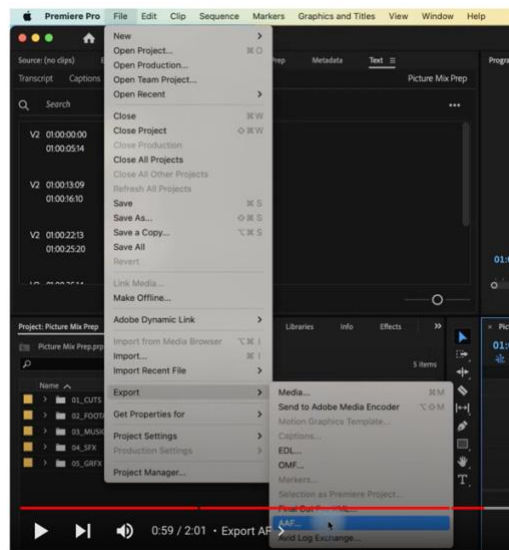
2. Export the sequence in its native frame rate and frame size as **Apple ProRes 422 Proxy**



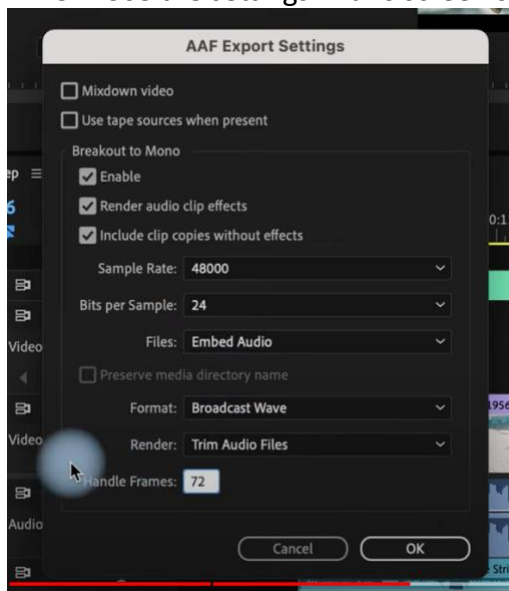
3. Export Audio at 48kHz and 24Bit



4. Export AAF audio



5. Use the settings in this screen shot.



Save it and your done!