5 THINGS
Post Production Workflow
5thingsseries.com

ProRes 422 HQ
UHD 23.98

Import into
Premiere Pro

Create ProRes LT
UHD 23.98 Proxies

Copy Proxy to
portable SSD

Log and
Stringout

Mirror originals
to SSD

Copy Proxy
to NAS

Shoot B-Roll

Transcode to ProRes LT
UHD 23.98

Mirror originals
to SSD

Use template to
generate questions

Export lossless with
Alpha, no audio

Copy Proxy to
portable SSD

Media Clips
(Cutaways)

Transcode to
ProRes 422 HD

Record Screen
with Screenflow

Export native resolution
24fps (no 23.98)

Copy Proxy
to NAS

Rough Cut

Render Sequence

Export DPX Stills

Color Work

Review and
Approve

Export
Same as Source

Upload to YouTube

Review and
Approve

Graphics Work

Fine Cut

Audio edit
and mix

Conform
from SSD

Render Sequence

Final Export
ProRes 422 HQ
1080p 23.98