Adobe Premiere Pro: Working with Proxies

Last Modified on 10/30/2026 3:10 pm EDT

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Premiere Pro: Working with Proxy Files

This document describes best practices for working with proxy files in Adobe Premiere Pro.

Understanding Proxies

Proxy files, or proxies, refers to a type of media created (or *transcoded*) from a high-quality source. Proxies need fewer resources (computing power, storage space, etc.) than the original media from which they are generated.

- Proxies make it possible to edit very high-quality media (4K, RAW, etc.) that would otherwise be prohibitive to work with.
- Proxies can:
  - Have a lower resolution than the original media
  - Use a lower-data rate or more processor-friendly codec
  - Be generated in non-linear editing software (NLEs) or sometimes in-camera
- Proxies are typically associated with *offline editorial* workflows where you edit with the proxies to ensure more responsive playback and the relink to the higher-quality original media for color grading and exporting.