

















Keyboard/Remote Shortcuts

Getting to know and utilize the keyboard shortcuts for Pro-Trainer will take the software to the next level. It will not only save time when capturing or performing analysis, it will make for a much cleaner presentation for observers. With the addition of the wireless remote control, many keyboard shortcuts can be performed away from the computer. Here are a few common shortcuts to know.

For a complete list of shortcuts hit Shift + F3 while in the software.

Icon	Keyboard Shortcut	Remote Key	Description
		Power	Opens Pro-Trainer Software
	Space or END	▶	Play/Pause Video
	S	■	Stop and Return to Start
	Shift =	CH +	Increase Video Playback Speed
	-	CH -	Decrease Video Playback Speed
	=		Default Video Speed (1/2 Speed)
	Right Arrow	▶▶	Step Forward One Frame
	Left Arrow	◀◀	Step Back One Frame
	Shift 8	▲	Zoom In
	/	▼	Zoom Out
	Z	8	Reset Zoom/Pan
	` or ~	0	Full S00creen Mode
	Ctrl F2	Mute	Bookmark On/Off
	Tab	▶	Jump to Next Bookmark
	Shift Tab	◀	Jump to Previous Bookmark
	1	1	One Viewing Windows
	2	2	Two Viewing Windows (Side-by-Side)
	3	3	Three Viewing Windows
	4	4	Four Viewing Windows
	Up Arrow	5	Activate Next Window
	Down Arrow	6	Activate Previous Window
	X	9	Lock All Videos
	PgDn	7	Open Video
	Enter	OK	Edit Videos Properties (Save)
	Ctrl M	VOL -/+	Mute/Unmute Sound
	Backspace	●	Open Video Capture