



ScreenFlow 2.0 Shortcuts

Preview Area

- ⌘ mouse Resize while maintaining aspect ratio
- ⌥ mouse Crop object
- ⌘ Holding ⌘ key temp. toggles snapping
- Mouse-wheel Scale selected object(s)
- ⌥-⌘-0 Set Preview area to natural size
- ⌘-= Zoom in Preview area
- ⌘-- Zoom out Preview area
- ^-N Toggle snapping to guide lines
- ⌥-⌘-V Paste style
- ⌥-⌘-⌘-V Paste and match style
- ⌘-B Bold
- ⌘-I Italic
- ⌘-U Underline

Quick Timeline Navigation & Views

- J Play presentation
- ⏪ Move scrubber to previous clip start/end
- ⏩ Move scrubber to next clip start/end
- Space bar Play/pause presentation
- Home Move scrubber to start of presentation
- End Move scrubber to end of presentation
- = Zoom in timeline
- Zoom out timeline
- ⌘-Z Resize timeline to fit visible area
- ⌘ Holding ⌘ key temp. toggles snapping
- ^-N Toggle snapping to guide lines
- ⌘-S Toggle live audio scrubbing
- Forward one frame
- ← Backward one frame
- ⌘-→ Forward one second
- ⌘-← Backward one second

Quick Edits

- W Trim front of clip(s) to scrubber position
- E Trim end of clip(s) to scrubber position
- I Insert In Point
- O Insert Out Point
- ⌘-I Move scrubber to in point
- ⌘-O Move scrubber to out point
- ⌘-⌘ Ripple delete between In/Out Points
- ⌘-click Extend selection in layer
- ⌘-A Select all clips
- ⌘-⌘-A Deselect all clips
- Double-click Selects all actions in the clip
- ⌘-drag in header Create/Extend In/Out point selection
- drag on clip end Adjust the clip duration
- ⌥-drag on clip end Adjust the clip speed

Quick Actions

- ⌘-K Add video action
- ⌘-L Add callout
- ⌘-R Add screen recording action
- ⌘-⌘-T Split clip
- ⌘-⌘-F Add freeze frame
- ⌥-⌘-L Lock/unlock clip
- ⌥-⌘-A Paste audio properties
- ⌥-⌘-C Paste callout properties
- ⌥-⌘-I Paste video properties
- ⌥-⌘-S Paste screen recording properties
- ⌘-⌘-V Insert media at scrubber position

Markers

- ` Insert Marker at scrubber position
- ⌘-~ Delete Marker at scrubber position
- ⌘-↑ Next Marker
- ⌘-↓ Previous Marker

Inspectors

- ⌘-1 Show Video Properties
- ⌘-2 Show Audio Properties
- ⌘-3 Show Screen Recording Properties
- ⌘-4 Show Callout Properties
- ⌘-5 Show Text Properties
- ⌘-6 Show Media

Everywhere

- ⌘-⌘-2 Start/stop recording
- ⌘-⌥-2 Pause recording
- ⌘ Delete selection
- ⌘-, Open Preferences window
- ⌘-? Open help window
- ⌘-E Export video
- ⌘-H Hide ScreenFlow windows
- ⌥-⌘-H Hide other windows
- ⌘-M Minimize current window
- ⌘-N New recording
- ⌘-O Open recording document
- ⌘-S Save document
- ⌘-⌘-S Save document as
- ⌘-⌘-R Add additional recording to current document
- ⌘-X Cut
- ⌘-C Copy
- ⌘-V Paste
- ⌘-Z Undo
- ⌘-⌘-Z Redo
- ⌘-W Close current window
- ⌘-Q Quit ScreenFlow

Legend

- ⌘ Apple/Command
- ⌥ Alt/Option
- ^ Control
- ⌘ Shift
- ⌘ Delete