Switch off help menu keyboard shortcuts
Switch on keyboard focus a/z

ProTools 11
Session info: cmd 2

View
Cursor center: <>
Clip start/end: <>
Mix/edit: cmd =
Toggle wave/vol: -
Toggle complete: ctrl cmd <>
All tracks: alt ctrl cmd <>
All/clip: ctrl alt A/F
Zoom: R/T or 1-5
View extra plug-in: shift clk
Mac screens ctrl <> (F3)

Edit
Break: B
Heal: cmd H
Peak: Tab/L or "/L
Shorten to cursor: A/S
Trim clip: alt, cmd +/-
Trim clip inside: ctrl +/-
Clip fit: ctrl cmd R/T/Y
Fade to cursor: D/G
X-fade: F
Trim fade: alt,cmd +/-
Fade info: cmd F
Fine adjust: hold cmd
Cursor start, end: arrow up/dwn
Tracks: P/;
Render: shift alt 3
Export render: cmd shift K
Z X C V

Select
Alt: select all
Cmd: on/off, de-select
Shift: select group
Tracks edit: P/; mix: ctrl P/;
Group: cmd G
On/off: shift cmd G
Group a/z selected

Nudge
Move (alt/ctrl/cmd)
Clip, X-fade: +/-
Inner: ctrl +/-
Clip/fade L/R: alt/cmd +/-
Clip fit left/all/right: ctrl cmd R/T/Y
Nudge gain in vol.
Nudge value: alt cmd +/-

Transport
Start/stop: 0 or spacebar
Rec: 3
Loop: 4
Punch: 6
Add marker: enter
Delete marker: alt clk
Recal location: . nmbr .
Memory locations: cmd 5
Mute Solo Rec: shift M/S/R
Set cursor start: dwn arrow
Set cursor end: up arrow
Center: <>
Move: +/-

Plug-in
Bypass: cmd clk
Under ctr
All under: alt ctr
Row:alt cmd
Make inactive: ctrl cmd
Row: alt ctrl cmd
Copy: alt drag
View extra plug-in: shift clk
Automatisation select: ctrl alt cmd clk

ProTools extra

New Track
New: shift cmd N
Number: up/dwn arrow
Stereo/mono: cmd <>
Sort: cmd arrow up/dwn
More: shift cmd arrow up/dwn

Rating
Select region
Ctrl alt cmd 1-5
View: select clip rating

Automatisation
Add on line: cmd
Add on level: ctrl
Delete: alt
Move: Nudge

Regions
Select unused: cmd U
Delete unused: cmd B

Duplicate
Clip: cmd D
Tracks: shift alt D

Playlist
New: ctrl \
Duplicate: ctrl cmd \
For all tracks: ctrl alt \
For selected tracks: shift ctrl alt \

Track high: ctrl alt cmd arrow dwn
Mix channel size: alt cmd m
Waveform: alt cmd [ ]

Fit clip
ctrl
cmd
T
R
Y

alt
Move
+/-
inside
ctrl
+/-
cmd

Fade
F
D
G

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