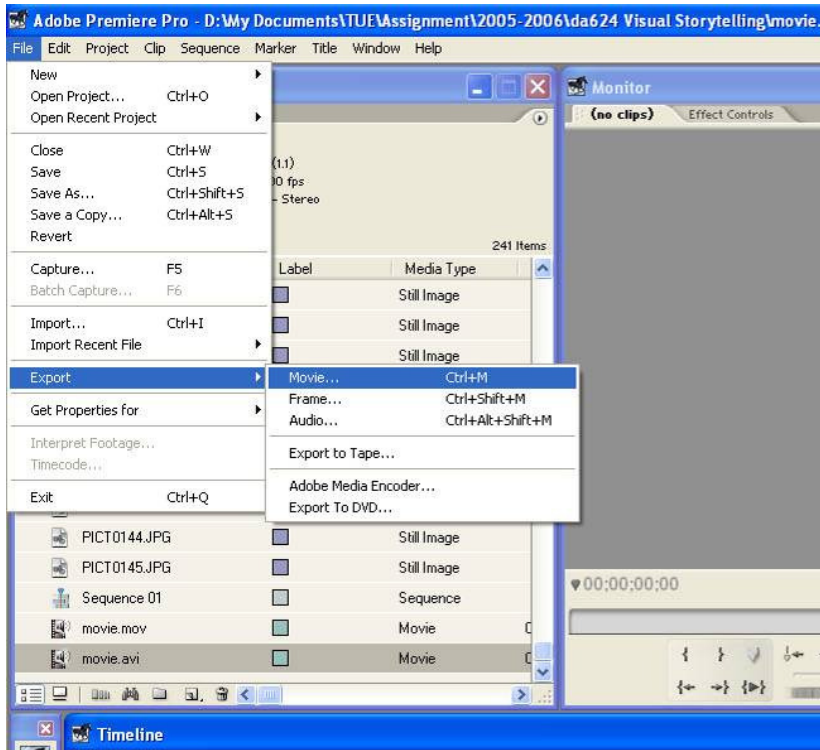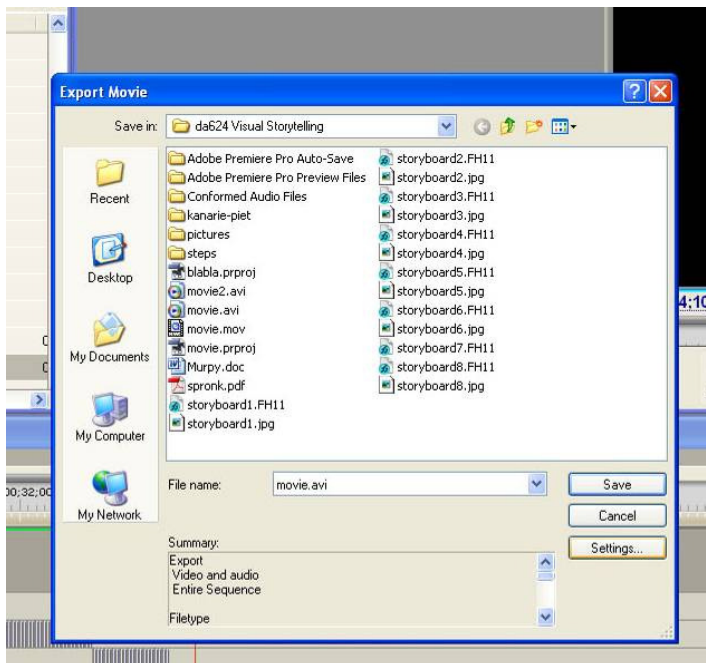**Exporting movies from Adobe Premiere to an Apple compatible format.**
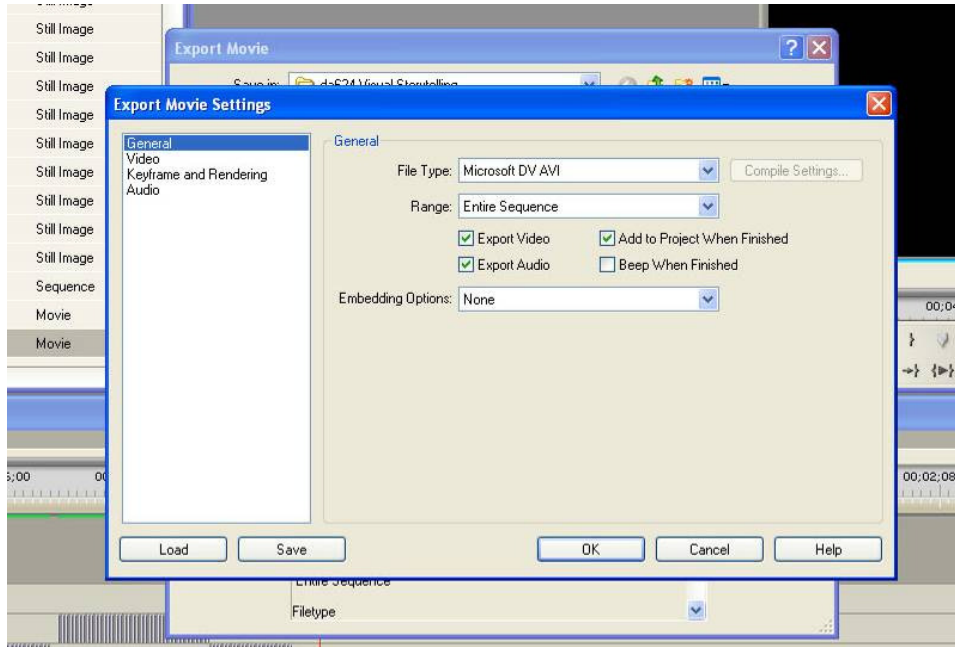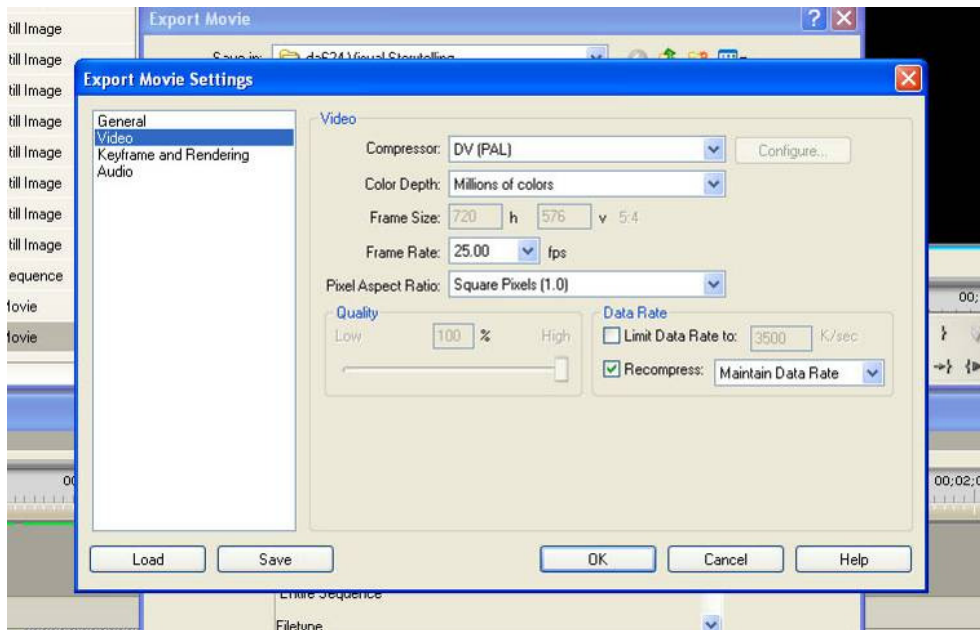
Step 1,
Go to file→ Export→Movie

Step 2,
In the export movie menu choose Settings…

Step 3,
File Type should be Microsoft DV AVI

Step 4,
The video compressor is DV (PAL),

Pixel Aspect Ratio is Square Pixels (1.0)

Step 5,
Click OK, and specify desired file name.