Recording & File

New Recording	⌘ N
Start/Stop Recording	⌘ ⇧ 2
Add Recording to Document	⌘ ⇧ R
Export	⌘ E
Open Document	⌘ 0
Save	⌘ S

Playback & Timeline

Play/Pause	SPACE
Move One Frame Forward	→
Move One Frame Backward	←
Jump One Second Forward	⇧ →
Jump One Second Backward	⇧ ←
Jump to Beginning of Clip	⌘ ←
Jump to End of Clip	⌘ →

Editing

Split Clip at Scrubber	⌘ T
Split All Tracks at Scrubber	T
Split and Select Right	⇧ T
Ripple Delete	⌘ ⌫
Add Freeze Frame	⌘ ⇧ F
Select All	⌘ A
Deselect All	⌘ ⇧ A

Actions & Properties

Add Video Action	⌘ B
Add Audio Action	⌘ K
Show Video Properties	⌘ 1
Show Audio Properties	⌘ 2
Show Callout Properties	⌘ 4
Show Annotations Properties	⌘ 5
Show Text Properties	⌘ 6
Show Media Library	⌘ 7

Transitions & Effects

Add Starting Transition	⌘ ⌥ ,
Add Ending Transition	⌘ ⌥ .
Add Both Transitions	⌘ ⌥ \
Add Chapter Mark	`

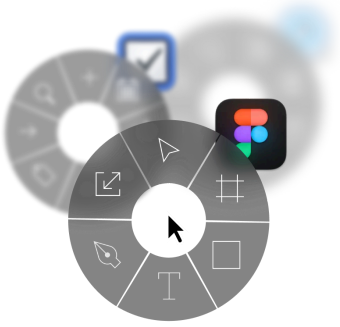
Standard Operations

Undo	⌘ Z
Redo	⌘ ⇧ Z
Zoom In Timeline	⌘ +
Zoom Out Timeline	⌘ –

Pie Menu for ScreenFlow

Work faster with a customized radial menu for ScreenFlow. Add whatever shortcut you want!

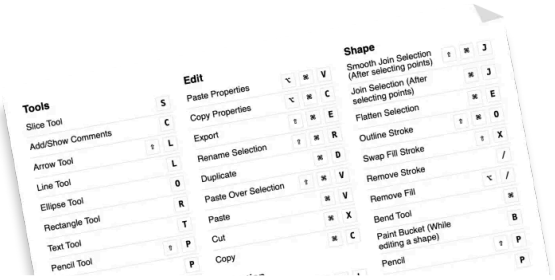
Download at www.pie-menu.com



Download Keyboard Cheat Sheet for ScreenFlow for Mac

Do you want all keyboard shortcuts for ScreenFlow in one pdf?

Download cheat sheet



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ScreenFlow shortcuts for Mac