



File formats that QuickTime Player can play back in Mac OS X v10.6.x or later:

Video	Audio
QuickTime Movie (.mov)	iTunes Audio (.m4a, .m4b, .m4p)
MPEG-4 (.mp4, .m4v)	MP3
MPEG-2 (OS X Lion or later)	Core Audio (.caf)
MPEG-1	AIFF
3GPP	AU
3GPP2	SD2
AVCHD (OS X Mountain Lion only)	WAV
AVI	SNDF
DV	AMR

Basic tasks

New movie recording	alt option + command + N	Export	shift + command + S
New audio recording	ctrl + alt option + command + N	Export for the web	shift + command + E
New screen recording	ctrl + command + N	Minimize window	command + M
Open file	command + O	Show Movie Inspector	command + I
Open a URL location	command + U	Show export progress	alt option + command + P
Close window	command + W		

Movie playback

Play or pause	space	Turn volume up	▲
Play or pause all movies	command + enter return	Turn volume down	▼
Stop playback and go back one frame	◀	Maximum volume	alt option + ▲
Stop playback and go forward one frame	▶	Minimum volume	alt option + ▼
Go to the beginning of a movie	alt option + ◀	Show closed captioning	alt option + command + T
Go to the end of a movie	alt option + ▶	Show chapters	command + R
Cycle through rewind speeds	command + ◀	Loop the movie	command + L
Cycle through fast forward speeds	command + ▶		

Movie size

Enter full-screen mode	command + F
Exit full-screen mode	esc
Display movie at actual size	command + 1
Fit the movie to the screen	command + #
Fill the screen with the movie	command + \$
Display the movie in panoramic mode	command + %
Increase the movie size	command + =
Decrease the movie size	command + -

Movie editing

Undo	command + Z	Rotate left	shift + command + L
Redo	shift + command + Z	Rotate right	shift + command + R
Cut	command + X	Flip horizontal	shift + command + H
Copy	command + C	Flip vertical	shift + command + V
Paste	command + V	Split clip	command + Y
Select all	command + A	Trim	command + T
Select all excluding silent portions	shift + command + A		