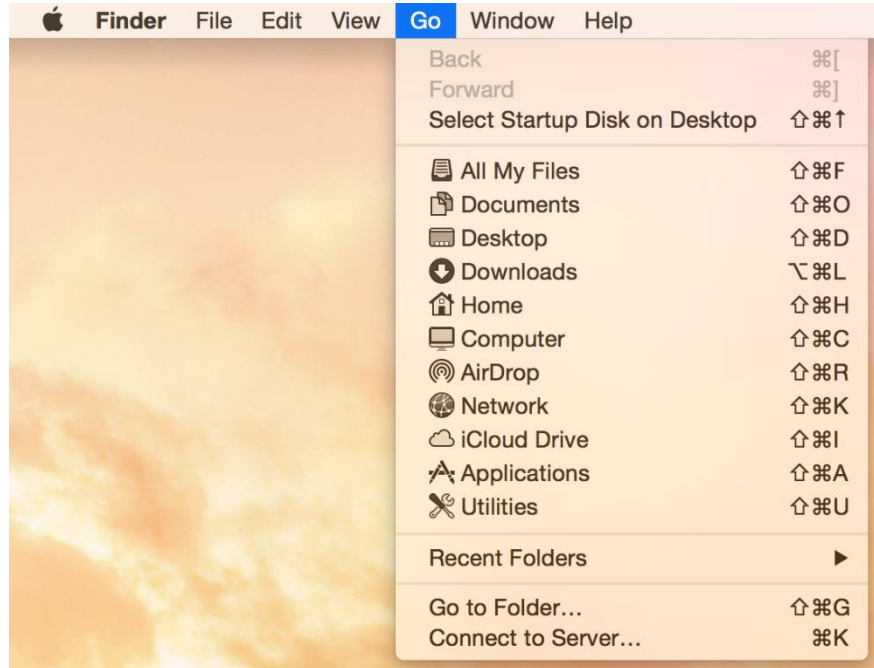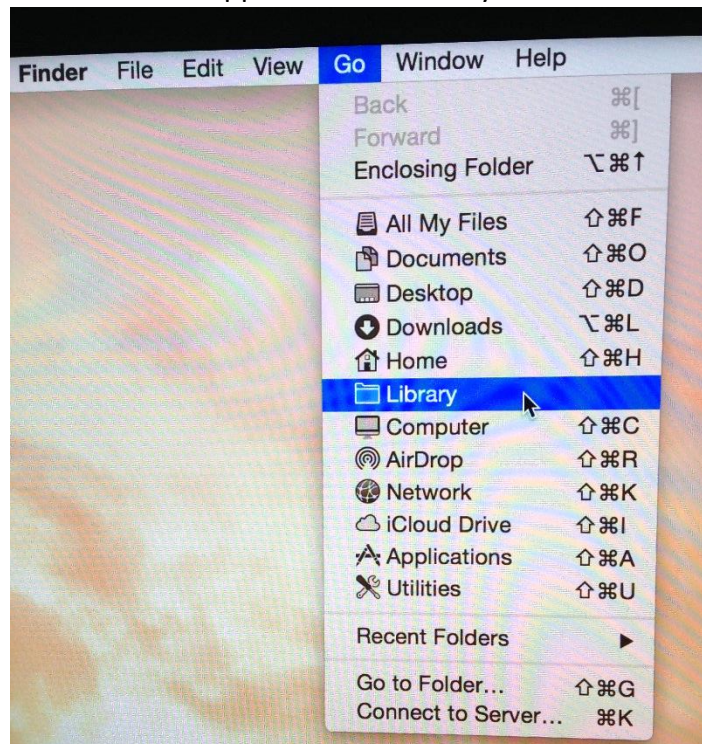# Deleting Media Cache Files for Premiere Pro
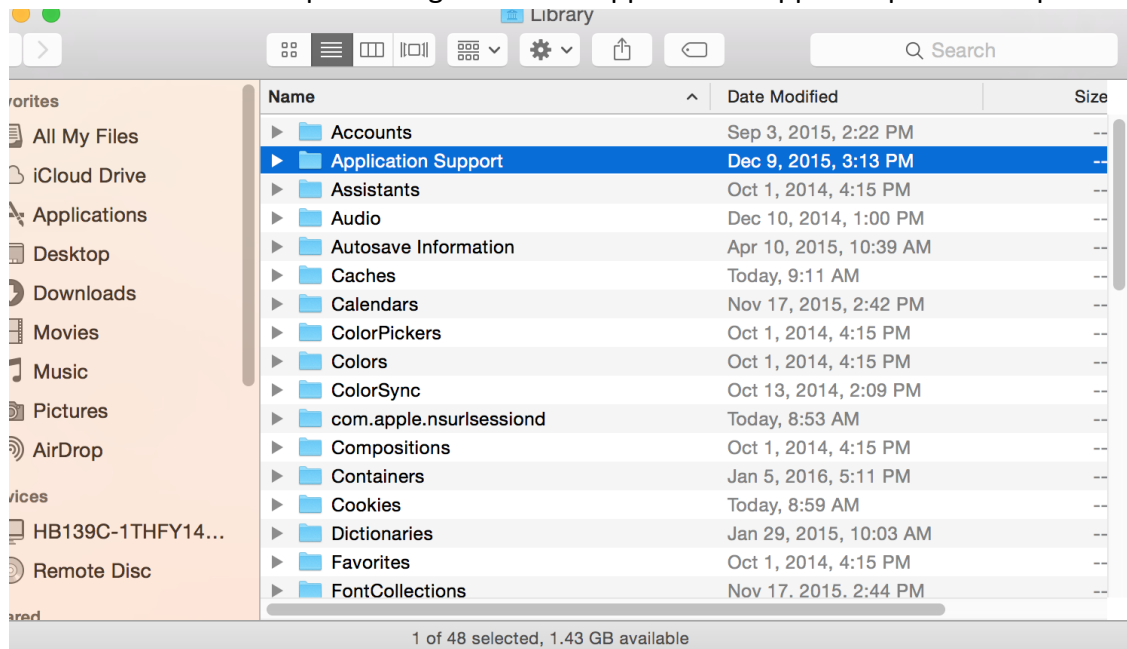
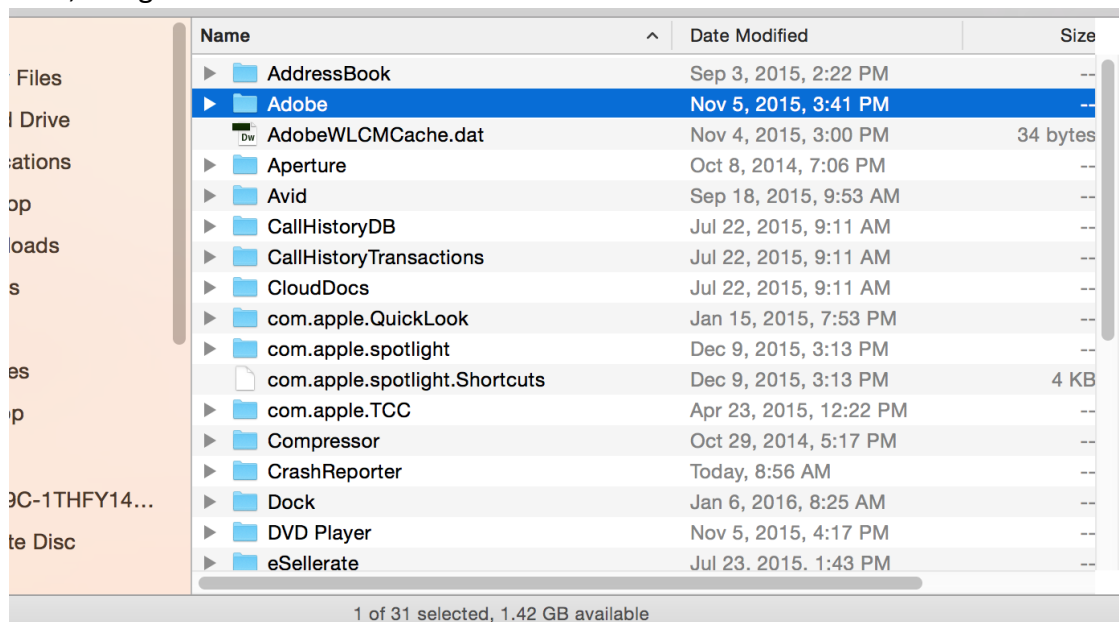1. After opening a Finder Window, navigate to the "Go" Dropdown

2. When holding down the "Option" key down on the keyboard another menu tab will appear called "Library".
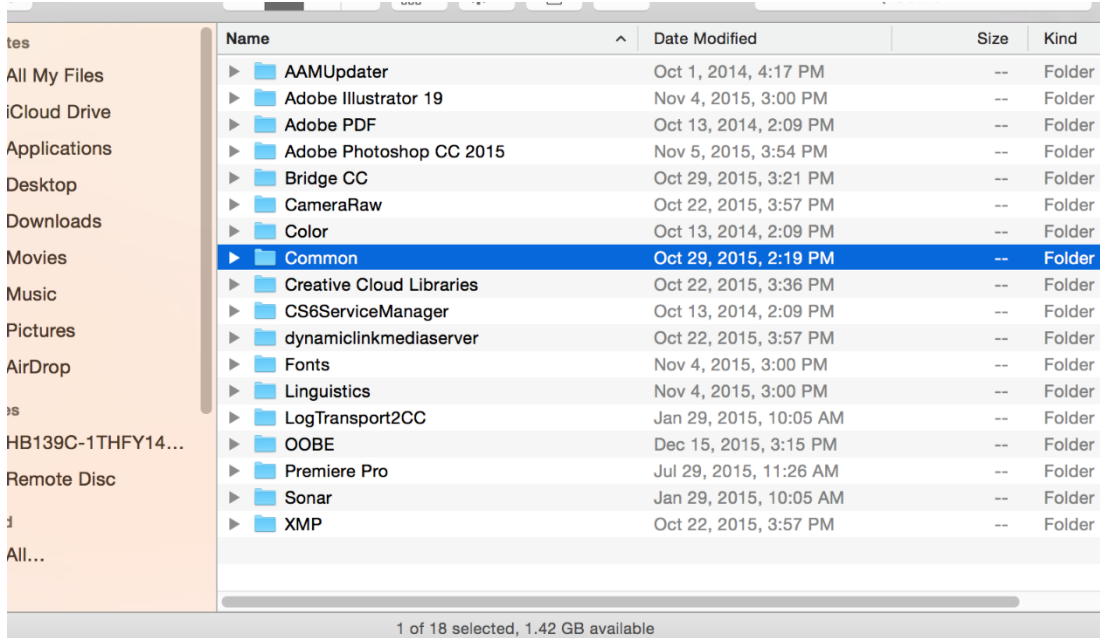
3. A Finder window will open. Navigate to the "Application Support" option and open it

4. Now, navigate to the "Adobe" folder.

5. Now, navigate to the "Common" folder

6. Now, select the "Media Cache" and the "Media Cache Files" and drag the folders into the Trash Bin.