



Ableton Push is a hardware instrument and MIDI controller for the Ableton Live software. The Push allows you to launch audio samples and trigger sounds. It was built specifically to make it easier to interact with Ableton Live. Creating music with Push is fun as it allows you to get more creative and productive

1. Power up the Ableton Push

On the back of the Ableton Push hardware interface, plug in the **AC plug** for power. Note that the interface should work without AC power BUT the LED lights on the interface will not light up



2. Plug in USB cable

On the back of the Ableton Push hardware interface, plug in the **L-shaped USB connector**. Note that the USB cable can only go in one way, with the rounded edges facing upwards



3. Plug in USB cable into computer

Plug in the other end of the USB cable into any available USB slot on the back of the Mac computer



4. Power on the Ableton Push unit

On the back of the Ableton Push hardware interface, push the Power button on to turn on the interface



5. Verify Ableton Push is powered on

The Ableton Push unit should look like this. You should have two cables plugged in on the back side of the unit (one for USB and one for AC Power). The front of the interface should have the Ableton logo with the word "Push" displayed. The unit will only operate once the Ableton Live software has been launched. Please note that Ableton Push was designed to only work with Ableton Live. It will not work with Apple's Garageband



6. Launch Ableton Live

Click on the "Live" icon on the macOS dock



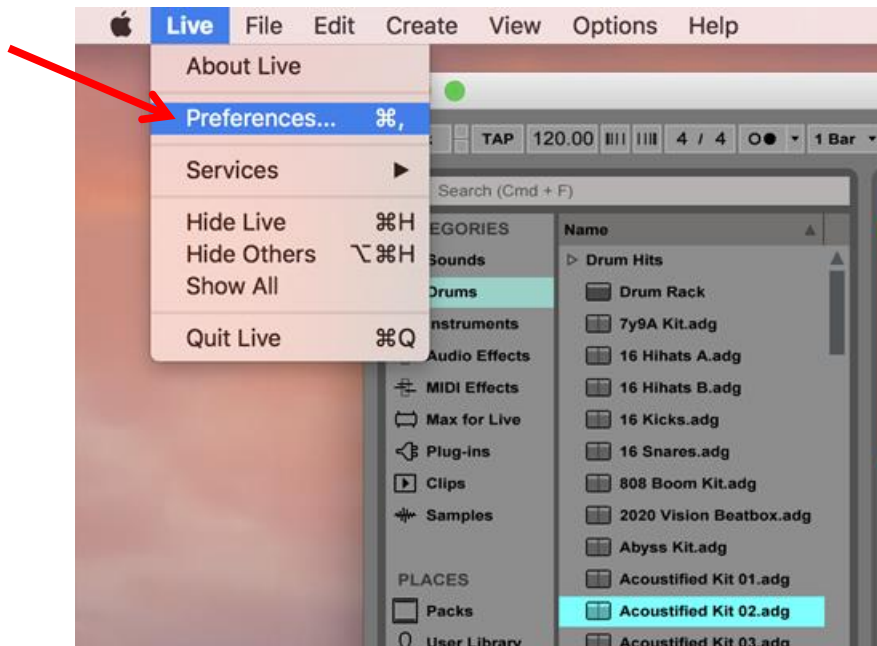
7. Verify Ableton Push connection with Ableton Live

Once the software has been loaded, the front of the Push interface should light up with a grid of white and blue buttons. Your current track (typically the first MIDI track in Ableton) will also be highlighted on the Push



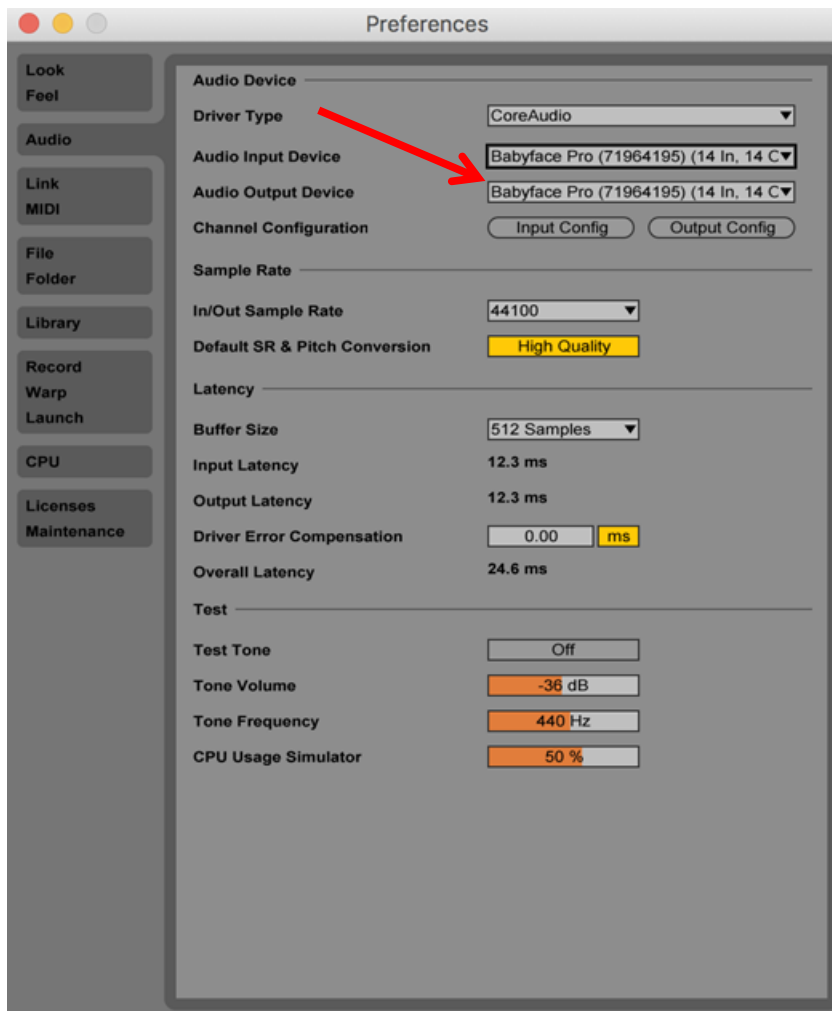
8. Setting up microphone with Ableton Live

If you wish to also use the microphone to record vocals and/or speech, select **Preferences** under the **Live** menu



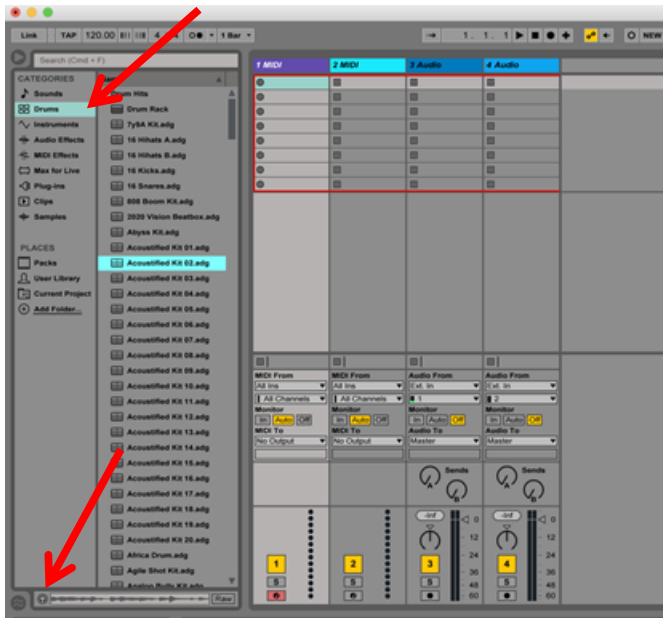
9. Using the RME Babyface Pro with Ableton Live

Once in Live **Preferences**, select the **Audio** tab making sure that **Babyface Pro** is selected for both the **Audio Input Device** as well as the **Audio Output Device**. Please refer to our other tutorial called “[Using the RME Babyface Pro to Record Voice](#)” to learn how to setup the Babyface Pro audio interface in more detail. Note that you will need to create a new **Audio track** in Ableton Live to record vocals from the microphone



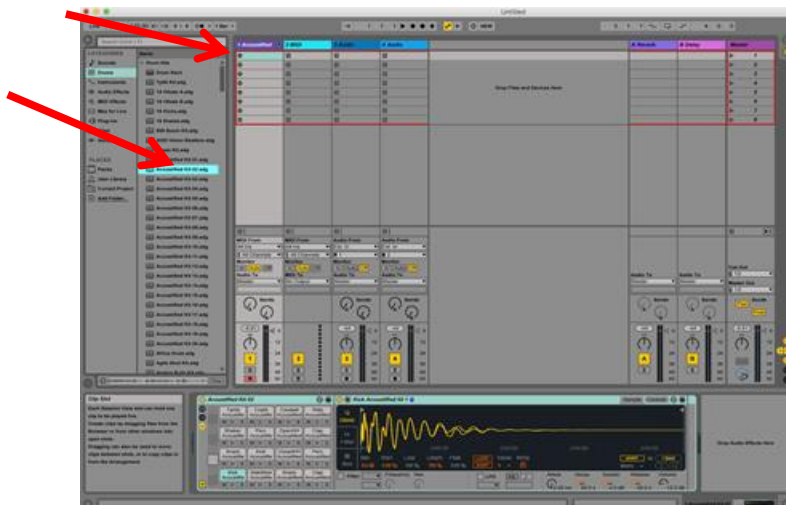
10. Create a drum kit track in Ableton Live

Let's setup our Ableton Live session with some drums. Under the **Categories** section, select **Drums**. You can always sample what the drum kit will sound like by clicking on the **Preview** button



11. Create a MIDI drum track in Ableton Live

Drag and drop the drum kit you would like to use into the first MIDI track/column. Ableton Live will automatically map the drum kit to the first MIDI track



12. Automatic mapping of drum track in Ableton Push

The Ableton Push interface will also be automatically mapped with the active drum kit buttons glowing in the same colour as the track colour (in this case, a blueish purple)



13. Recording a MIDI drum track with Ableton Live

You can then hit **Record** and start playing the drums using the touchpads on the Push interface. Your recording will use up one slot in the Ableton grid. Once you are done, just hit the Stop button



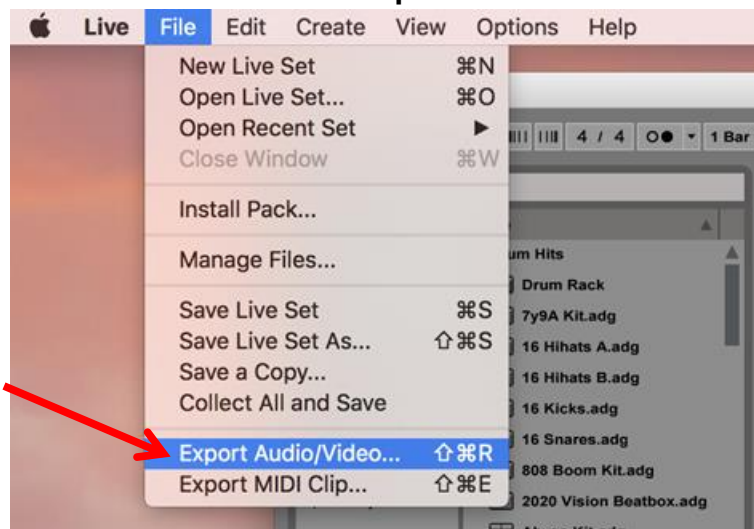
14. Previewing your recording in Ableton Live

You can then preview your work by clicking on the **Play** button in the slot that is holding your recording. Editing in Ableton Live is beyond the scope of this tutorial. Please refer to the “**Additional Resources**” section at the end of this tutorial for links to other learning resources



15. Exporting your MIDI & audio out to a music file

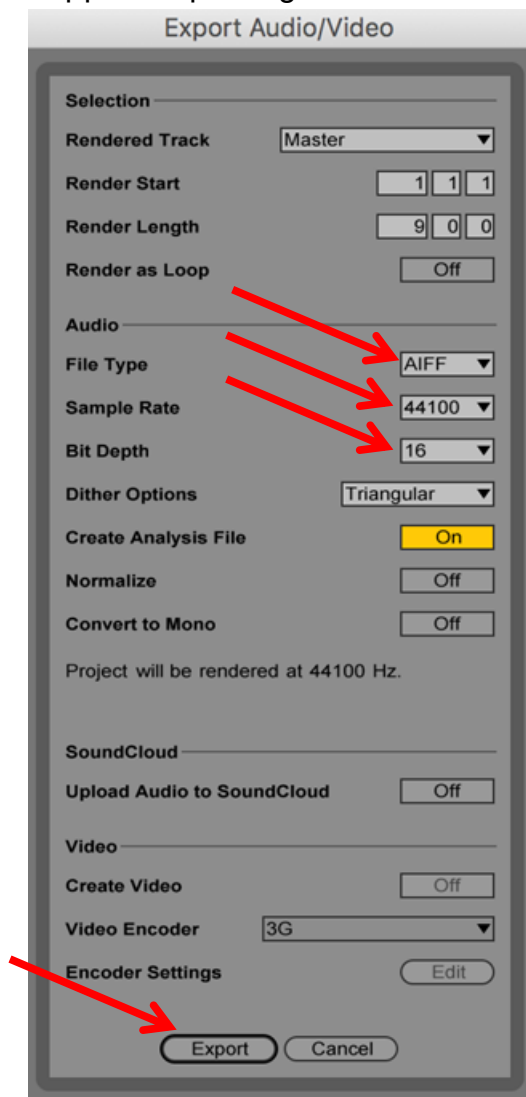
Once you are satisfied with your recording and performance, click on the **File** menu and select “**Export Audio/Video...**”



16. Export audio settings for your music file

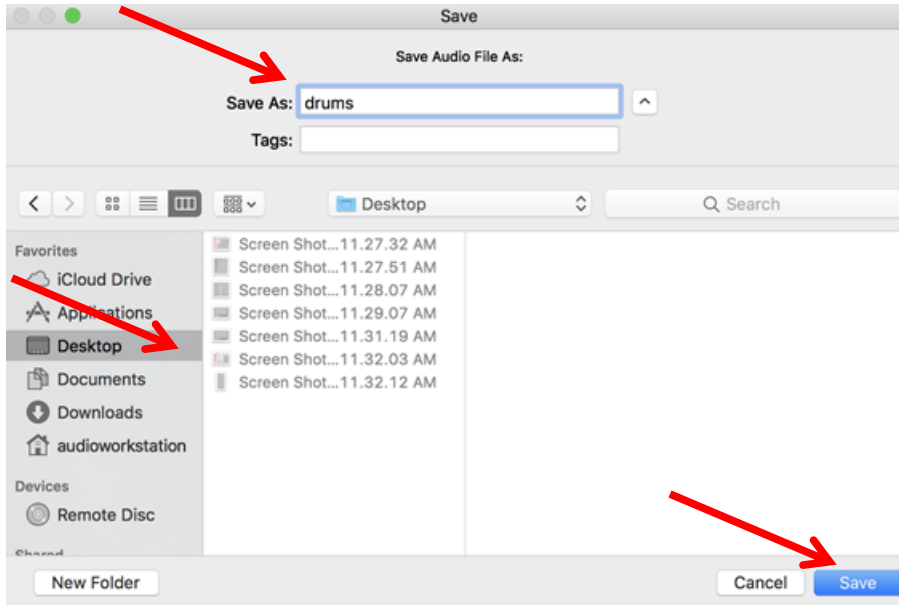
In this dialog window, you can select what file type you would like to export your file as (**WAV** or **AIFF** are both safe choices for uncompressed audio and for listening directly on a computer via a media player like iTunes).

If your end destination is for an audio CD, you should change the **File Type** to **WAV**, leave the **Sample Rate** at “**44100**” and the **Bit Depth** at **16**. Then click **Export**. Please note that Ableton Live version 9 does not natively support exporting out to an MP3 file



17. Saving your music file to disk

Select your saving destination (such as a USB thumb drive) and give your file a name. When done, finally click on **Save**



Additional Resources

Ableton Live 9 Essential Training (Course by Lynda Library)

<https://www.lynda.com/Ableton-Live-tutorials/Ableton-Live-9-Essential-Training/120600-2.html?org=picnet.org>

Ableton Push: Making Music (Course by Lynda Library)

<https://www.lynda.com/Ableton-Live-tutorials/Making-Music-Ableton-Push/133319-2.html?org=picnet.org>