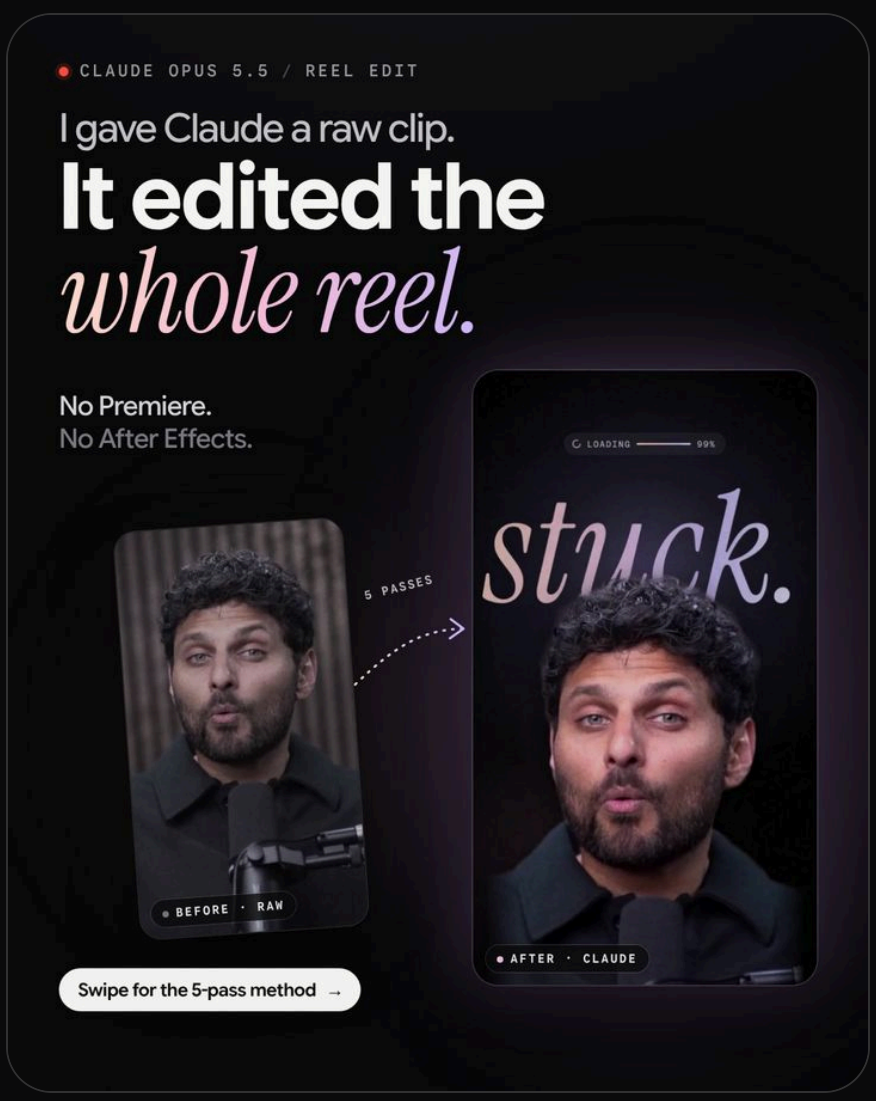
FREE KIT · @ZEEUIUX

The 5-Pass *Reel Edit Kit*

Edit a talking-head reel with **Claude Opus 5.5**. Raw clip in, finished reel out: captions, cut-out, motion graphics and sound, one pass at a time.



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1. Upload your raw clip to Claude and paste the **setup prompt**.
2. Run the **5 passes** in order, one prompt each, in the same chat.
3. Give **notes like a director** until it's yours. Then export.

BEFORE YOU START

Five things *first.*

- [ ] Use **Claude Opus 5.5** and keep the whole edit in **one chat**. Every pass builds on the last.
- [ ] Turn on **Code execution and file creation** in Settings → Capabilities. That's what lets Claude cut video and render files.
- [ ] Export your raw clip at 1080p and keep it **under 30 MB**. Trim the dead air at the start and end.
- [ ] Shoot with a little **headroom** above your head. That's where text goes in pass 02.
- [ ] Paste your **style rules** (bottom of this page) right after the setup prompt, or Claude will guess your look.

STEP 1 OF 7 · SETUP

Paste this *before anything else.*

It turns Claude into your editor: the passes, the order, the export settings. Send it together with your clip.

PROMPT Setup prompt

```
You're my reel editor. I've uploaded a raw talking-head clip. We'll edit
it in 5 passes, one at a time. After each pass, render a preview and wait
for my notes.

01 Transcribe: word-level timestamps → words.json
02 Cut-out: separate me from the background, soft edges, light wrap, no
outline
03 Captions: 1–3 words, key word big, rest small
04 Motion: one scene per idea, fired on its word
05 Sound: hits, taps, chime, voice on top
Export: 1080×1920, 30 fps, H.264, -14 LUFS

How to work:
- Do it all in code: Python and ffmpeg for video and audio, HTML/CSS/JS
for graphics, rendered frame by frame in a headless browser, so every
graphic is timed to the frame.
- Keep a project folder with words.json, the cut-out matte, each layer
and every render, so a change to one pass doesn't break the others.
- Keep text and graphics inside Instagram's safe area: nothing important
in the top 220px, bottom 380px or right 140px.
- Follow my style rules below. If they don't cover something, pick the
cleanest option and tell me what you chose.

Start with pass 01. Don't move on until I say "next".

My style rules:
[paste your Reel Style Rules here]
```

STEP 2 OF 7 · PASS 01 TRANSCRIBE

First, Claude *listens.*

Every word gets a timestamp. Captions, graphics and sound all sync to this one file, which is why they land on the beat instead of floating around.

PROMPT Pass 01 · Transcribe

```
Pass 01: Transcribe.
- Transcribe my clip word by word, with a start and end time for every
word. Save it as words.json.
- List every pause longer than 0.4s and every stumble or repeated take,
with timestamps. Don't cut anything yet.
- Show me the transcript as a table so I can fix any misheard words.
```

THEN Tighten the cut

```
Cut the pauses and stumbles you listed. Keep about 0.1s of breath on each
side of every cut. Re-time words.json to the new cut and render a rough
preview.
```

DONE WHEN You have **words.json**, every word is spelled right, and the rough cut has no dead air. Then type **next**.

IF STUCK If Claude can't download a speech model, ask it to use a **Whisper or Parakeet model from the sherpa-onnx releases on GitHub**. Both give word-level timings.

STEP 3 OF 7 · PASS 02 CUT-OUT

Then it cuts you *out of the frame.*

Frame by frame, with soft edges and no sticker outline. This is what lets text sit behind your head and backgrounds change around you.

PROMPT Pass 02 · Cut-out

```
Pass 02: Cut-out.
- Separate me from the background on every frame and save it as a matte I can reuse in later passes.
- Soft edges with a light edge blur and light wrap. No white outline, no glow.
- Fill any holes in my body and hands, and keep the hair detail.
- Render a check: me over a checkerboard, then me over a dark backdrop with one big word behind my head.
```

DONE WHEN The check video shows clean hair edges, no white outline and no holes in your hands. Then type **next**.

IF STUCK Rough or flickery edges? Ask for a **video matting model such as RobustVideoMatting (ONNX)**, run at 2× size, then fill the holes inside the body.

STEP 4 OF 7 · PASS 03 CAPTIONS

Captions that *follow your voice.*

Each word appears the moment it's said. One key word goes big. The rest stay small.

PROMPT Pass 03 · Captions

```
Pass 03: Captions.
- Use words.json. Show 1–3 words at a time, each one appearing the moment it's said.
- Pick one key word per sentence and set it big in my key-word style. Everything else stays small.
- Hold each caption at least 0.4s and never put one over my face.
- List the key words you picked before you render so I can swap them.
```

DONE WHEN Every caption appears on its word, one big key word per sentence, nothing over your face. Then type **next**.

STEP 5 OF 7 · PASS 04 MOTION

Every graphic *lands on a word.*

Claude reads the transcript, plans one scene per idea, then builds each one in code, timed to the frame. Approve the plan before it builds anything.

PROMPT Pass 04 · Motion

```
Pass 04: Motion.
- Read words.json and plan one scene per idea: the trigger word, its
time, what appears on screen and why.
- Show me the plan as a table and wait for my OK.
- Build each scene in HTML/CSS, fire it on its word, and composite it
with the cut-out so graphics can sit behind me or in front of me.
- One idea on screen at a time. Fast in, hold, clean out.
```

SAYS	AT	SCENE
“overanalysis”	00:04.40	Notification stack from “your brain”
“walking, cleaning, showering”	00:10.00	Three app tiles, tapped one by one
“Harvard Medical School”	00:16.24	Source card that types in the year

DONE WHEN You approved the plan and each graphic lands on its word with one idea on screen at a time. Then type **next**.

STEP 6 OF 7 · PASS 05 SOUND

Then it *designs the sound.*

A hit on the hook, a tap on every click, a chime to close. Then a mix that's loud and clean on a phone.

PROMPT Pass 05 · Sound

```
Pass 05: Sound.
- Add SFX on the cues from pass 04: a hit on the hook, a tap on every
click, a whoosh on every scene change, a chime to close.
- Keep my voice on top. If you add music, duck it under my voice.
- Clean my voice (cut rumble and hiss), then master to -14 LUFS with
peaks under -1 dB.
- Render the final 1080×1920, 30 fps, H.264 MP4 plus a cover frame.
```

DONE WHEN You hear a sound on every cut and click, your voice sits on top, and the MP4 is 1080×1920.

SIGNATURE Want your own sound? **Upload your SFX files (WAV)** and ask Claude to use them instead of generating new ones.

STEP 7 OF 7 · DIRECT AND EXPORT

You don't edit. *You direct.*

Watch the preview, then send notes the way you'd brief an editor. Tap a note to copy it.

- The outline around me looks fake. Soft edges only, with a light wrap.
- That graphic covers my face. Move it up and keep my face clear.
- Too much on screen. One idea at a time.
- The [word] graphic lands late. Fire it 3 frames earlier.
- Captions go by too fast. Hold each one at least 0.4s.
- Make the hook hit harder: a bigger first word and a hit on frame one.
- Use my brand colors: [hex codes]. Keep everything else.
- Only re-render 00:04 to 00:07. Keep the rest as it is.

BEFORE YOU POST

Check it *on a phone.*

- [ ] Watch it twice on your phone: **sound on**, then **sound off**. Both should make sense.
- [ ] Make sure nothing important sits under Instagram's buttons or caption.
- [ ] Pick a frame with **one big word** on screen as your cover.
- [ ] Keep it at **−14 LUFS** so it isn't quieter than the reel before it.

STYLE RULES

My reel *style rules.*

Paste these at the end of the setup prompt. Change the fonts and colors to your brand. Claude follows them on every pass.

FILE Reel-Style-Rules.md

```
# Reel Style Rules

## Canvas
- 1080×1920, 30 fps.
- Safe area: keep text out of the top 220px, the bottom 380px and the right 140px.

## Type
- Key words: a serif italic (e.g. Instrument Serif Italic), big, one per sentence.
- Support words: a clean sans (e.g. Google Sans or Inter), semibold, small.
- Labels and UI text: a mono (e.g. Google Sans Code), uppercase, wide tracking.
- Max 3 words on screen. Never over my face.

## Color
- Background: near-black #09090A with a soft warm glow.
- Accent gradient: #FFDCCB → #F6BDD8 → #C9B9FF.
- Text: #F5F5F4. Muted text: #A3A3AB.

## Motion
- Fast in (0.2–0.35s), hold, clean out. Ease-out on entrances.
- One idea per scene. Each scene fires on its trigger word.
- Use text behind me (cut-out) for hooks and big words.
- Subtle push-ins (max 6%) on emphasis. No shaky zooms.

## Sound
- Hit on the hook, tap on clicks, whoosh on scene changes, chime to close.
- Voice always on top. Master to −14 LUFS, peaks under −1 dB.

## Don't
- No white sticker outline around me.
- No emoji captions, no rainbow colors, max 2 fonts on screen.
```