FREE GUIDE · CLAUDE + HYPERFRAMES + GSAP

Type a prompt. Get a video.

This reel was made by Claude, with no After Effects and zero keyframes. This guide shows you the exact setup, step by step, in plain English.

⏱ About 20 min to set up

💻 Windows or Mac

🎬 Exports a real MP4



Made 100% with this setup

01 · THE BIG IDEA

How it works

Normal video tools make you drag every frame by hand. Here, Claude writes the video as a web page instead: **HTML** for how it looks, **GSAP** for how it moves. Then **HyperFrames** records that page, frame by frame, into an MP4.

The whole pipeline

Five boxes. You only do the first one.

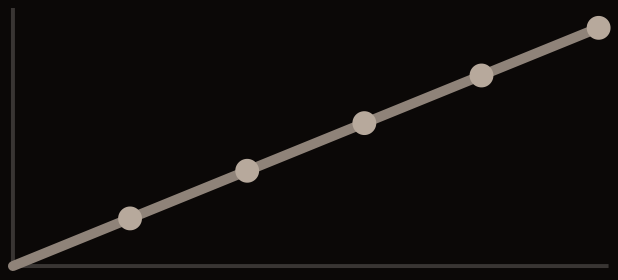


Claude and the tools do everything after your prompt.

Why GSAP makes it look pro

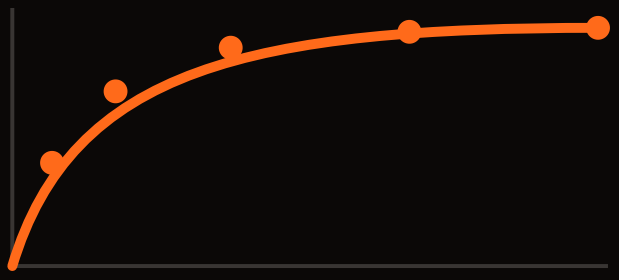
Same move, same time. Only the "ease" (the speed curve) is different. Dots show where the object is at equal moments.

linear (no skill)



even steps = robotic

power4.out (GSAP)



fast start, soft landing = buttery

02 · BEFORE YOU START

What you need

Four things. Three are free.

A computer FREE

Windows or Mac. Any recent laptop works.

Node.js FREE

Runs the tools. Get the **LTS** version from nodejs.org.

Claude Code PLAN

Claude's coding agent. Needs a Claude plan that includes Claude Code.

HyperFrames + GSAP FREE

The video engine and the animation library. Installed in step 2.

03 · DO THIS ONCE

Step by step

You'll type a few commands into a **terminal**, the text window where you talk to your computer. On Windows, open **PowerShell** from the Start menu. On Mac, open **Terminal**. Paste each command and press Enter.

1 Install Node.js and Claude Code ~5 min

Install Node.js from nodejs.org (click the LTS button, then Next until it finishes). Then install Claude Code with the one-line command on code.claude.com/docs. Check that Node works:

```
node -v
```

> **You should see** a version number like v24.x. If you get "not recognized", close the terminal, open a new one and try again.

2 Give Claude the video skills ~2 min

Skills are instruction packs that teach Claude how to use a tool properly. This one command adds the HyperFrames skills, including its GSAP skill for easing and timelines:

```
npx skills add heygen-com/hyperframes --all
```

> **If it asks** "Ok to proceed? (y)", type **y** and press Enter.

3 Create a video project ~1 min

This makes a folder called **my-reel** with everything a video needs, then opens it:

```
npx hyperframes init my-reel
cd my-reel
```

4 Ask Claude for your video ~5 min

Start Claude Code inside the folder by typing **claude**, then paste a prompt like this one. Change the topic to yours.

```
claude
```

EXAMPLE PROMPT

Using /hyperframes, make a 20-second vertical video (1080×1920) about [your topic]. Dark background, one bright accent colour, big bold captions, and smooth GSAP easing. Keep all text away from the top and bottom edges so Instagram's buttons don't cover it.

> **Tip:** be specific about length, size, colours and mood. Claude asks before big decisions, so just answer in plain words.

5 Preview it in your browser `instant`

Open a second terminal in the same folder and run this. It shows your video in a browser tab, so you can watch it and ask Claude for changes ("make the title bigger", "slower ending").

```
npm run dev
```

6 Export the MP4 `~2–5 min`

When you like it, render the final file. It lands in the **renders** folder, ready to post.

```
npm run render
```

> **First time only:** the render downloads a browser it records with. That's normal and takes a minute.

Where to put text on a Reel

Instagram draws buttons over your video. Keep words in the green zone.



- Top bar: no text in the top ~170 px
- Safe zone: titles, captions, key visuals
- Right side: like, comment, share buttons
- Bottom: your caption and username

`1080 × 1920 · 30 fps · under 30 s`

Put these numbers in your prompt and Claude lays the video out for you.

04 · LEVEL UP

Add voice, music and captions

A silent reel gets scrolled past. These three upgrades are what the reel above uses.

🎙️ Voiceover

Write your script, generate the voice in ElevenLabs, and save it into your project's **assets** folder. Then tell Claude: "add assets/voice.mp3 as the voiceover".

🎵 Music & sound effects

Free tracks and effects from Mixkit (whoosh, pop, typing). Ask Claude to keep the music quiet under the voice and put each effect on the moment it belongs to.

💬 Word-timed captions

HyperFrames can turn your voiceover into word timings, so captions pop on exactly when each word is said:

```
npx hyperframes
transcribe
assets/voice.mp3
```

How the reel above is built (27 s)

Short scenes, one idea each, and a clear ask at the end.



- 🎙️ The voice runs the whole time
- 🎵 Music sits about 11 dB under the voice
- 💥 One big "riser + impact" at the payoff
- ✨ A new beat every 2–4 seconds

05 · QUICK ANSWERS

FAQ

Do I need to know how to code?

No. Claude writes all the code. You describe what you want in plain words and ask for changes the same way.

Is it really free?

HyperFrames, GSAP, Node.js and Mixkit's music are free. Claude Code needs a Claude plan, and ElevenLabs voices use its credits (it has a free tier).

Can I edit the video after it's made?

Yes. The video is just files in your project folder. Ask Claude to change any text, colour, timing or scene, then render again. Nothing is baked in until you export.

How long does a 30-second reel take?

Once you're set up, a first draft takes a few minutes of prompting, and the render takes a few more. Polishing usually takes a few rounds of "make this bigger, move that earlier".

Does it work for YouTube or landscape videos?

Yes. Ask for 1920×1080 instead of 1080×1920. HyperFrames renders any size.

YOU'RE SET

Your first prompt is your first video.

Make one today, post it, and tag me. I'd love to see what you build.