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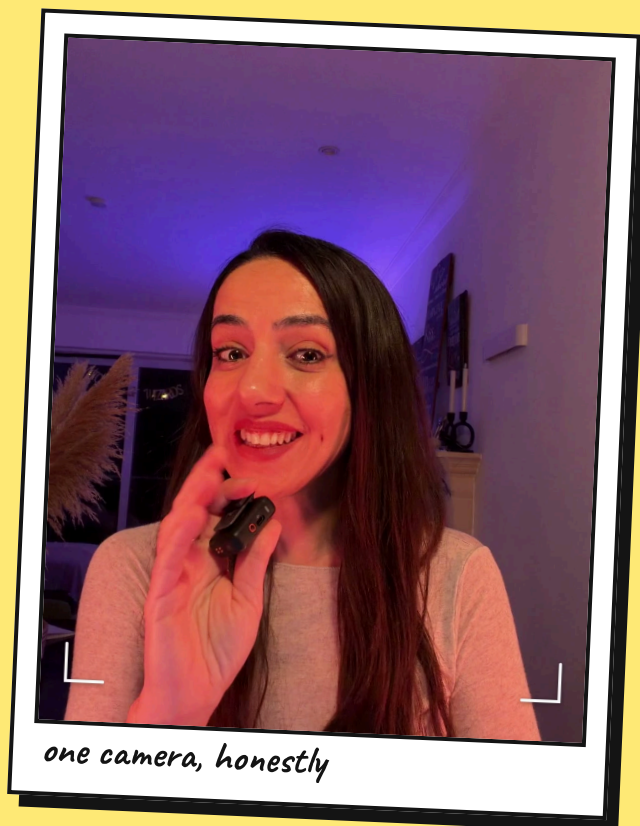
TECH, AI & THINGS WORTH TRYING

FREE

One Camera, Five Angles: The AI Trick

How I turned one front-facing phone clip into a multi-camera edit with Claude and Gemini Omni in Google Flow.

My new crew skips the coffee ↪

[START HERE →](#)

WHAT YOU'LL MAKE

One clip in, a multi-cam edit out

You film one angle. AI fakes the other cameras.

I filmed one 9:16 clip on my phone. One camera facing me, one angle, about 35 seconds of me talking.

Claude transcribed it, found the natural pauses and wrote every prompt. Gemini Omni in Google Flow made the new angles: a 45° side, a high angle, a left profile and a close-up. Then I cut them together with my real voice. Prompts written by me: 0.



Same second, same sentence. Only one camera was real.

Time

An afternoon, mostly waiting and re-timing shots.

What I spent

About 80 Flow credits, tests included. One failed run was refunded.

No extra cameras were harmed

BEFORE YOU START

What you need

A phone

Any phone that films 9:16 video. Tripod or a stack of books.

Flow access & credits

Google's credits page says everyone gets **50 Flow credits a day**, with or without a subscription (they don't roll over). Paid plans add a monthly pool: Plus 200, Pro 1,000, Ultra 10,000 or 25,000. Google's Get started page still lists a paid plan, and at peak times video can need one, so check your own account.

Published costs

Gemini Omni Flash, per generation (Google's credits page): 720p 4 s **7**, 6 s **10**, 8 s **12**, 10 s **15**. Editing an uploaded video: **40**. The cost depends on the model, the type of generation and your plan.

Claude Pro or Max

Claude Code (what I used) comes with the paid Pro and Max plans, not the free one. Check claude.com/pricing for today's price.

No Claude Code?

The normal Claude chat doesn't take video files right now. Export a transcript with timestamps instead (auto captions in your editing app) and paste that in.

Plans and prices change. Check before paying.

STEP 1

Film the clip

Boring framing on purpose. The AI does the drama.

- 01 One angle, 9:16** Phone on a tripod, front-facing, you talking to camera. Mine was about 35 seconds.
- 02 Talk in clear sentences** Small pauses between sentences make the cut points later. Rambling makes life hard.
- 03 Optional: 3 reference photos** Not required. Same spot, same light: your left side, your right side and one from above. They help the AI keep your face and room consistent.
- 04 Check the mirror** Only if you took photos: if you filmed with the selfie camera and it mirrors the image, flip them so the room matches the clip.

STEP 2

Let Claude plan the shots

I used Claude Code, in the Code tab of the Claude desktop app.

- 01 Transcribe** Claude Code ran Whisper, a free transcription tool, locally on my Mac. Every word, with timings.
- 02 Find the beats** It found the pauses between sentences. Those are your cut points.
- 03 Cut the chunks** Omni only accepts uploaded video of 10 seconds or less. So cut your clip into 4, 6, 8 or 10 second chunks, always at a sentence break.
- 04 Write the prompts** Claude wrote one Gemini prompt per chunk with a timed shot list. I just read and approved.

Chat-only route

Paste your timestamped transcript into Claude and ask for chunks at sentence breaks plus a timed shot list per chunk. You cut the video yourself in your editor.

It may ask to install things. Read first.

STEP 3

Set up Google Flow

flow.google.com. These are the exact settings I used.

- 01 New project** Upload your chunk (plus the reference photos, if you took them).
- 02 Agent off** Turn the **Agent** chip OFF so Flow uses your prompt exactly as written.
- 03 Settings Video, Ingredients, Omni 1.1 Flash**, 9:16, 720p, x1.
- 04 Attach in order** Clip first, then any photos, in the same order your prompt mentions them.
- 05 Paste as one paragraph** No line breaks. Enter can submit before you're done.
- 06 Check the cost, then pilot** The cost only shows after the clip is attached, and that's the number to trust. Flow showed me 20 credits per 8–10 s clip at 720p x1 and 40 for x2, not the published price. Generate ONE pilot before spending more.

Credits are taken when you generate, so check the number before every run.

STEP 4

The prompt recipe

A short version of what Claude wrote for me. Change the timings to your own beats.

PASTE INTO THE FLOW PROMPT BOX (ONE PARAGRAPH) (select + copy)

Turn this one-camera video into a professional multi-camera edit. There is only one person in this video. Her face must look identical in every shot and her lips must match the original words exactly. Keep the room, lighting and original audio. Each shot is a steady tripod camera; every change of angle is an instant hard cut, no camera travel. No cameras, tripods or crew visible. Shot list: 0-1.2 s original front framing; at 1.2 s, 45 degrees to her right; at 2.5 s, high angle from above and in front; at 4.1 s, left profile; at 5.2 s, close-up.

Pronouns

Change the pronouns to match the person in your video.

Using photos? (optional)

Mention them in the same order you attached them.

HONEST BIT

What worked, what broke

Lessons from 4 generations, one refunded failure.

Winners

The high angle and the 45° side looked the most real.

Losers

Full right profile and "wider" shots often stayed front-on anyway.

Surprise tripods

"As if real cameras were standing in the room" added tripods. Say no cameras visible.

Lip sync drift

Omni kept every word but ran ~0.3 s early. Re-time each AI shot to your real audio.

Colour

AI shots came out less warm. Colour-match them to your original.

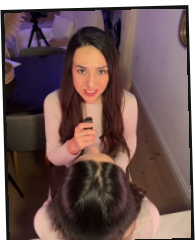


Exhibit A

"Top of her head" gave me a second head. Spot the bonus tripod too.

STEP 5

Edit and post

BEFORE YOU HIT POST

- ☒ Keep your original audio under every shot.
- ☒ Hard cuts only, timed to your sentence breaks.
- ☒ Save the big reveal for the right moment. Mine showed all four angles in a grid stamped AI.
- ☒ Only use your own face, or get clear consent from anyone you put through this.
- ☒ Switch on the AI label: TikTok **AI-generated content**, Instagram **AI info**, YouTube **Altered or synthetic content** → Yes. Menu names move around, so look for them.

TRY IT

Your first message to Claude Code

Open the Code tab, point it at the folder with your clip, then send this.

TRY IT

My clip is in this folder. Transcribe it locally with Whisper, find the pauses between sentences and cut it into chunks of 4, 6, 8 or 10 seconds at sentence breaks. For each chunk, write one Gemini Omni prompt as a single paragraph: one person, identical face, lips matching the original words, same room and light, steady tripod shots, instant hard cuts, no cameras visible. Add a timed shot list using a 45° side, a high angle, a left profile and a close-up.

Then pilot ONE chunk. Trust me.

One camera. Zero crew. *And nobody asked for a coffee break.*

*Which angle gave it away for you? Tell
me in the comments 🙄*



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Sources, checked 19 Oct 2026:

- [Get started with Google Flow \(Google Flow Help\)](#).
- [Manage your Google Flow credits \(Google Flow Help\)](#).
- [Google AI plans \(Flow credits per plan\)](#).
- [Learn about Google Flow models & supported features](#)
- [Edit videos & build scenes in Google Flow](#)
- [Create videos in Google Flow](#)
- [Using Claude Code with your Pro or Max plan](#)
- [Claude Code desktop docs \(Code tab\)](#).
- [Uploading files to Claude \(supported file types\)](#).