EDIT

Edit with AI workflow

The simple loop for videos that need no editor.

1. **Record clean**
   Quiet room, steady camera, one idea per video.

2. **Get the transcript**
   Let AI transcribe, then mark the best lines.

3. **Cut and caption**
   Ask Claude to cut dead air and add captions to the spoken words.

4. **Add graphics and sound**
   One idea on screen at a time, matched to the words.

5. **Review like a director**
   Watch once, list changes, and send them back to Claude.

How to use it Run the loop on one short video this week.