

ANTIHERO AI · LIVE GUIDE · FREE

HOW TO BUILD AI VIDEOS.

A full AI video from scratch: Grok Bot makes the clips in Grok Imagine and writes the script, ElevenLabs does the voiceover (a designed voice or your own clone), Premiere Pro puts it together, and Pixabay supplies music that won't get you struck.

SUNDAY, OCTOBER 4, 2026 · FACEBOOK LIVE

WHAT'S INSIDE

Five steps, five tools. If a scaffolder can do it, so can you. There will be mistakes. There are always weird clips.

- 00 **The workflow.** Five steps in plain English
- 01 **The words.** Shot list, voice clone, Content ID
- 02 **Clips.** Grok Imagine, via Grok Bot
- 03 **Script.** Written to match the clips
- 04 **Voiceover.** ElevenLabs: design or clone
- 05 **Edit.** Premiere Pro, start to export
- 06 **Music.** Pixabay without the copyright headache
- 07 **Checklist.** Tick every box
- 08 **Links.** Every doc and tutorial

HOW TO USE THIS GUIDE

Every grey box is a prompt: copy all of it. Text in [red brackets] is yours to fill in.

MADE WITH Matt's write-up for the live, every link checked. If a tool changes on their end, say so in the group.

THE WORKFLOW

The whole thing on one page.

STEP	TOOL	WHAT HAPPENS
1. Clips	Grok Imagine (driven by Grok Bot)	Grok Bot writes a prompt per shot and generates every clip
2. Script	Grok Bot	A voiceover written to match the clips, one or two lines each
3. Voiceover	ElevenLabs	Design a new voice, or clone your own
4. Edit	Adobe Premiere Pro	Clips, voice, music, captions, export
5. Music	Pixabay	Free, royalty-free tracks, with the license saved

WHY CLIPS FIRST

Matt writes the script after the clips exist, so the words match what's on screen. All clips are short, so the lines are short too.

FORMATS 16:9 for YouTube. 9:16 (1080 x 1920) for Reels, Shorts and TikTok. Pick before you generate anything.

THE WORDS

01

The few terms you'll meet.

GROK IMAGINE	xAI's image and video generator. Text to video, or animate an image you upload. grok.com/imagine
EXTEND FROM FRAME	Keeps a scene going past one clip by continuing from its last frame.
SHOT LIST	A numbered list of prompts, one per clip, all describing the same character the same way so the clips match.
VOICE DESIGN	ElevenLabs makes a brand new voice from a plain-English description.
INSTANT VOICE CLONE	A quick clone of your voice from about 1 to 2 minutes of clean audio.
PROFESSIONAL VOICE CLONE	A trained model of your voice: 30 minutes minimum, 2 to 3 hours for the best result.
CONTENT ID	YouTube's automatic music matching. A claim is not a strike, and you can usually clear it.

PART ONE

THE FOOTAGE.

Clips and script. Grok Bot does the prompting, you pick the keepers.

GROK

IMAGINE

02

Pick Video mode, the aspect ratio and the length, then render. Paid plans get longer clips and higher resolution.

How Matt does it: he tells Grok Bot what the video is about, it writes the prompts for each shot, generates them in Grok Imagine, and he downloads the ones he likes and redoes the weird ones.

PROMPT 01 · SHOT TEMPLATE

[Shot type: wide / medium / close-up] of [subject] [doing what] in [location],
[time of day and lighting], [mood or vibe].

Camera: [slow push in / pan left / handheld / drone shot / static].

Style: [cinematic / realistic / anime / 3D cartoon / vintage film].

Aspect ratio: [16:9 or 9:16]. Keep the [character / outfit / colours] the same as the last shot.

EXAMPLE

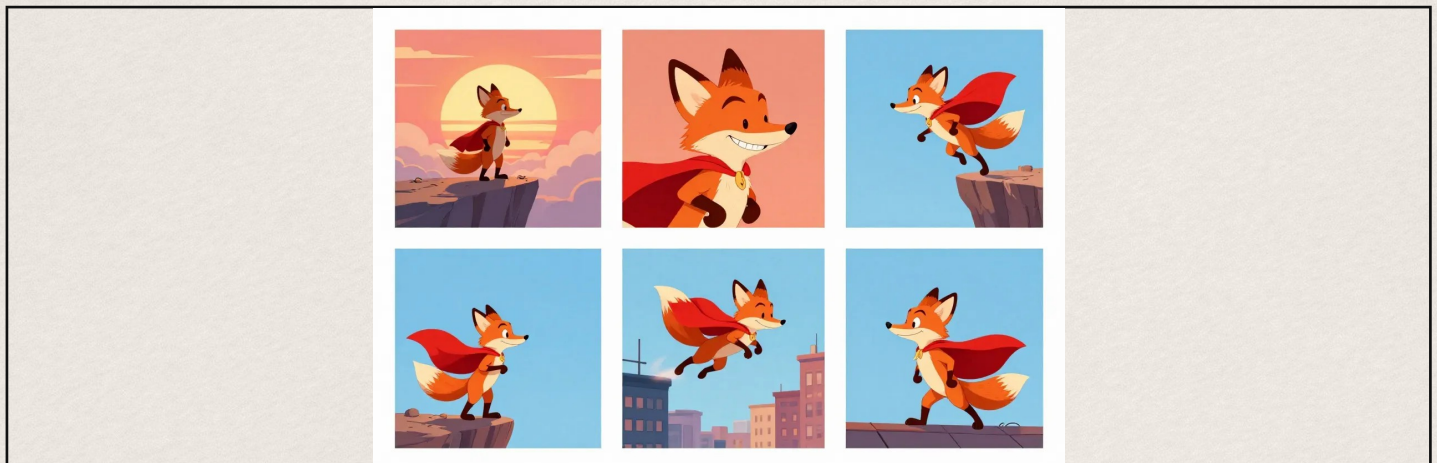
Medium shot of a tired construction worker in a hard hat drinking coffee on top of scaffolding at sunrise, warm golden light, peaceful mood.

Camera: slow push in. Style: cinematic, realistic. Aspect ratio: 9:16.

PROMPT 02 · ASK GROK BOT FOR THE SHOT LIST

I'm making a [length] [platform] video about [topic]. Write a shot list of 6 to 10 Grok Imagine prompts using my shot template.

Use the exact same character description in every prompt so the clips look like one video. Then generate them and send me the clips.



SIX SHOTS, ONE CHARACTER: SAME DESCRIPTION IN EVERY PROMPT

THE SCRIPT

03

One or two short sentences per clip, a hook in the first three seconds, and a call to action at the end.

PROMPT 03 · SCRIPT

Write a voiceover script for a [length, like 45 second] [platform, like Facebook Reel / YouTube video] about [topic].

Audience: [who it's for].

Tone: [casual / funny / serious / hype]. Write it the way a regular person talks, not like an ad.

I have these clips in this order: [list your clips, one line each].

Write one or two short sentences per clip so the voiceover lines up with each shot.

Start with a hook in the first 3 seconds and end with [a call to action, like "join the group"].

Keep it under [number] words.

READ IT OUT LOUD

If you trip over a line, the AI voice will too. Fix it now, not after you've paid for the audio.

ELEVENLABS

04

Two roads.

ROAD	HOW	BEST FOR
Voice Design	Describe it: "older Canadian guy, gravelly, friendly, a bit slow"	Not using your own voice
Instant clone	About 1 to 2 minutes of clean audio, no noise or echo	Starting out, quick
Professional clone	30 minutes minimum, 2 to 3 hours for best results	Sounding exactly like you

Plans: per the ElevenLabs pricing page, Starter adds the commercial license and Instant Voice Cloning; Creator adds Professional Voice Cloning. Prices change, so check elevenlabs.io/pricing.

- **Only clone your own voice**, or someone who gave you clear permission. Not your buddy as a joke, not a celebrity, not your ex.
- **Record clean.** Quiet room, no fan, same mic. A closet full of clothes works great.
- **Talk how you want it to sound.** Read like a robot, get a robot clone of you.
- **Settings.** Lower stability is more emotional; higher is steadier (sometimes flat). Higher similarity stays closer to the original. Go easy on style exaggeration.
- **Do it in chunks.** A paragraph at a time, so you only redo the bad line.
- **Name takes in order:** 01-hook, 02-intro. Future you says thanks.

PART TWO

THE EDIT.

Everything onto the timeline, music under the voice, captions on, export. Then make sure nobody can claim your music.



PREMIERE

PRO

05

Eight steps from a folder of files to a finished video.

1. **Import.** File > Import, or drag clips, voiceover and music into the Project panel.
2. **Sequence.** Drag the first clip onto the New Item icon. 16:9 for YouTube, 9:16 (1080 x 1920) for Reels, Shorts, TikTok.
3. **Lay out clips** in order. Trim by dragging edges, cut with the Razor tool.
4. **Voiceover** on audio track 1. Line the clips up to it.
5. **Music** on another track, turned way down under the voice.
6. **Captions.** Window > Text, transcribe the sequence, then create captions from transcript. Single-word captions work great for short form.
7. **Other size?** Sequence > Auto Reframe Sequence, pick 9:16, then check it.
8. **Export.** File > Export > Media (Ctrl+M / Cmd+M). H.264, preset "Match Source - Adaptive High Bitrate". You can post to Facebook or YouTube from the export screen.

NO PREMIERE?

The same steps work in any editor with a timeline. The order matters more than the app.

PIXABAY

06

Free under the Pixabay Content License. Read the fine print once.

1. Go to pixabay.com/music.
2. Search by mood or genre ("chill", "epic", "upbeat").
3. Look for the little **shield icon**: that track is registered with Content ID and might trigger a claim. For zero hassle, skip those.
4. Download from Pixabay, and grab the **License Certificate** if there is one. Save it with your project.
5. Credit isn't required, but shout out the artist in your description.

GOT A YOUTUBE CLAIM ANYWAY?

1. YouTube Studio > Content, find the video, See Details.
2. Dispute, choose "I have permission or a license to use the content".
3. Paste the track title, the Pixabay track link, the license link and your License Certificate text.
4. Or message the artist on Pixabay and ask them to release it.

FACEBOOK TOO

Facebook has its own matching. Same idea: keep your certificate and download records. And don't upload music-only videos (a still picture with a song). Those get flagged more.

THE CHECKLIST

07

Before you hit publish.

- ☐ Picked my topic and format (16:9 or 9:16)
- ☐ Grok Bot wrote my shot list with the same character in every prompt
- ☐ Generated clips in Grok Imagine and downloaded the keepers
- ☐ Script written to match the clips, read out loud once
- ☐ Voice picked: Voice Design, Instant Clone or Professional Clone
- ☐ Only cloned my OWN voice (or had real permission)
- ☐ Voiceover generated in chunks and named in order
- ☐ Music from Pixabay, checked for the shield, License Certificate saved
- ☐ Premiere: imported, sequence made, clips and voice lined up
- ☐ Music turned down under the voice
- ☐ Captions added
- ☐ Auto Reframe for the other size if needed
- ☐ Exported H.264, Match Source - Adaptive High Bitrate
- ☐ Posted it in the AntiHero AI group

LINKS

08

Every link from the write-up.

GROK IMAGINE

Grok Imagine	grok.com/imagine
xAI docs: Imagine	docs.x.ai/developers/model-capabilities/imagine
xAI docs: video generation	docs.x.ai/developers/model-capabilities/video/generation
Grok Imagine API announcement	x.ai/news/grok-imagine-api

ELEVENLABS

Voice Design	elevenlabs.io/docs/eleven-creative/voices/voice-design
Instant Voice Cloning	elevenlabs.io/docs/eleven-creative/voices/voice-cloning/instant-voice-cloning
Professional Voice Cloning	elevenlabs.io/docs/eleven-creative/voices/voice-cloning/professional-voice-cloning
Voice Library	elevenlabs.io/voice-library
Pricing	elevenlabs.io/pricing

PREMIERE PRO

Create captions	helpx.adobe.com/premiere/desktop/add-text-images/insert-captions/create-captions.html
Auto Reframe	helpx.adobe.com/premiere/desktop/add-video-effects/commonly-used-effects/add-auto-reframe-effect-to-a-sequence.html
Export video	helpx.adobe.com/premiere/desktop/render-and-export/export-files/export-video.html

PIXABAY AND COPYRIGHT

Pixabay Music	pixabay.com/music
Pixabay Content License	pixabay.com/service/license-summary
Clear a Content ID claim	pixabay.com/blog/posts/how-to-clear-a-youtube-content-id-claim-with-a-pix-190
YouTube: copyright claims	support.google.com/youtube/answer/6013276



NOW GO

MAKE A VIDEO.

Homework: make a 30-second video this week with this exact workflow and post it in the group, even if it's rough. Matt's was rough too. The AntiHero AI group is free, sells nothing, and will roast your editing lovingly.

[FACEBOOK.COM/GROUPS/ANTIHEROAI](https://facebook.com/groups/antiheroai)

