

Done in After Effects CS5
CS5, CS5.5, CS6, CC, CC 2016 + Compatible
No Plugins Required,
1080x1080

Instagram

PROMO PACK

Editing

Editing Text

1. Open the project with After Effects
2. Open “01. Edit” > “Text”> composition inside this project.
3. Select and type your text into Text Layers*

Add Media

1. Open 01. Edit”>”Media” and open compositions inside
2. Import your media files (File> Import> File > select your video)
3. Drop your new media files inside the opened compositions

Editing Logo

1. Open “01. Edit” > “Logo” Composition
2. Import your logo “File” > Import
3. Drop your logo into “Logo” Composition
4. That’s it.

How to Render:

1. Open “02. Render Comps” folder and select composition which you want to render
2. Go to **Composition-->Add to Media Encoder Queue**

My Export setting:

▼ Export Settings

Format: H.264

Preset: Custom

Comments:

Output Name: Instagram Promotion_mute2.mp4

☒ Export Video ☒ Export Audio

▼ Summary

Output: C:\Users\yuraf\AppData\Local\Temp\Untitled Project_AME\Instagram Promotion_mute2.mp4
1080x1080 (1 0000), 25 000 fps, Progressive, 00:04:52:12
VBR, 1 pass, Target 15,00 Mbps, Max 15,00 Mbps
AAC, 192 kbps, 48 kHz, Stereo

Source: Composition, Instagram Promotion_mute2/tmpAEtoAMEProject-Instagram Promotion_mute24.aep
1920x1080 (1 0), 25 000 fps, Progressive, 00:04:52:13
48000 000 Hz, Stereo

Effects Video Audio Multiplexer Captions Publish

▼ Basic Video Settings

Match Source

Width: 1 080

Height: 1 080

Frame Rate: 25 000

Field Order: Progressive

Aspect: Square Pixels (1.0)

TV Standard: ☐ NTSC ☒ PAL

Profile: Main

Level: 4.2

☐ Render at Maximum Depth

▼ Bitrate Settings

Bitrate Encoding: VBR, 1 pass

Target Bitrate [Mbps]: 15,00

Maximum Bitrate [Mbps]: 15,00

▼ Advanced Settings

☐ Key Frame Distance: 75

☐ Use Maximum Render Quality ☐ Use Previews

☐ Use Frame Blending

Estimated File Size: 529 MB

Metadata... OK Cancel

I CAN EDIT THIS TEMPLATE FOR YOU!

If you don't have Adobe After Effects or don't have the time to edit this template yourself, I can do it for you! Just email me:
yura.fresh@gmail.com

Regards,

Yura Fresh