

A PERSONAL WORKFLOW GUIDE

Tio Vik's AI Workflow

My complete workflow for creating high-quality, ultra-realistic AI videos — built through hundreds of hours of testing, refining, and problem-solving.

5 STEPS

8 TOOLS

MOBILE + PC



THE FLOW

Image → Cleanup → Video → Downscale → Publish

00 Welcome

You're about to learn my complete AI video production method — the same workflow I've developed for creating high-quality, ultra-realistic AI videos. Before we get started, take a deep breath. There is a lot to unpack, especially if you are brand new.



AI is powerful, but it is not perfect.

There will be moments when it doesn't understand your prompt, the scene comes out wrong, or the result feels completely off. Don't get frustrated — that is part of the process.

The most important skill: problem-solving.

Sometimes you'll need to adjust your prompt, change your approach, simplify the scene, or use tools like ChatGPT or Claude to help you describe what you want.



The image is everything.

A great starting image gives the AI a much better foundation and dramatically increases your chances of getting a high-quality final video.

This is not a full prompting class. Every tool I show you has thousands of tutorials online. What I'm teaching here is my personal workflow — what I've learned, and how I create high-quality AI videos.

STEP ONE

01

Image Generation

Mobile or PC · Google Flow · Nano Banana Pro



PRIMARY TOOL

Google Flow

labs.google/flow/about

GENERATOR

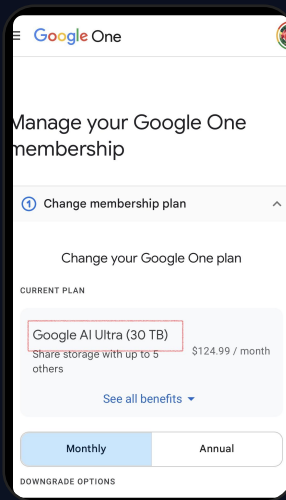
Nano Banana Pro

Inside Google Flow

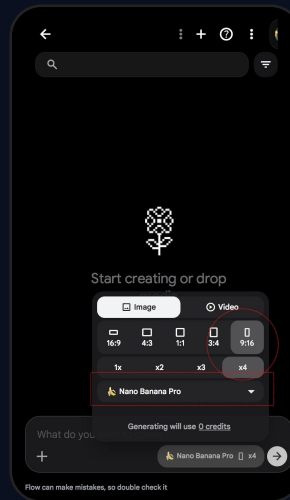
For image generation I recommend **Google Flow**. Use the best plan available — free/lower tiers limit how many images you can generate. I generate using **Nano Banana Pro** (inside Flow). When it comes to creating a strong AI video, **the most important part is the image you start with.**



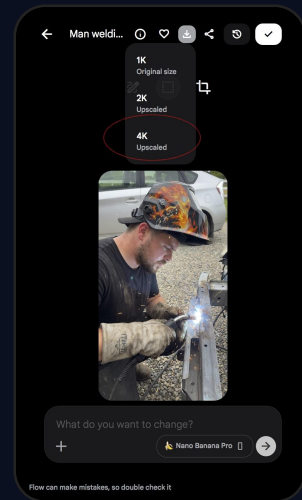
1 · CREATE YOUR
GOOGLE FLOW
ACCOUNT



2 · CHOOSE THE BEST
PLAN AVAILABLE



3 · OPEN NANO BANANA
PRO INSIDE FLOW



4 · DOWNLOAD AT 4K
WHEN FINISHED

Free or lower-tier options limit how many generations you can make. Once your account is set up you can begin generating images directly on mobile before moving to the upscaling step.

Writing Your First Prompt

For realistic images, start your prompt with:

PROMPT

"Ultra-realistic, photorealistic image of a man welding a car chassis."

This is an example — your real prompt would be more detailed.

To include yourself, a product, a vehicle, or any other reference, tap the **plus sign** inside the prompt box and upload reference images.



Major tip

Use ChatGPT to help you generate highly detailed prompts if you don't know how to write one yourself.

When downloading: select 4K.

There are editing options, but I keep the image as original as possible — that preserves texture. Reusing or editing the same image too many times degrades quality. **It all starts with the image, so take your time and pick the best possible starting photo.**

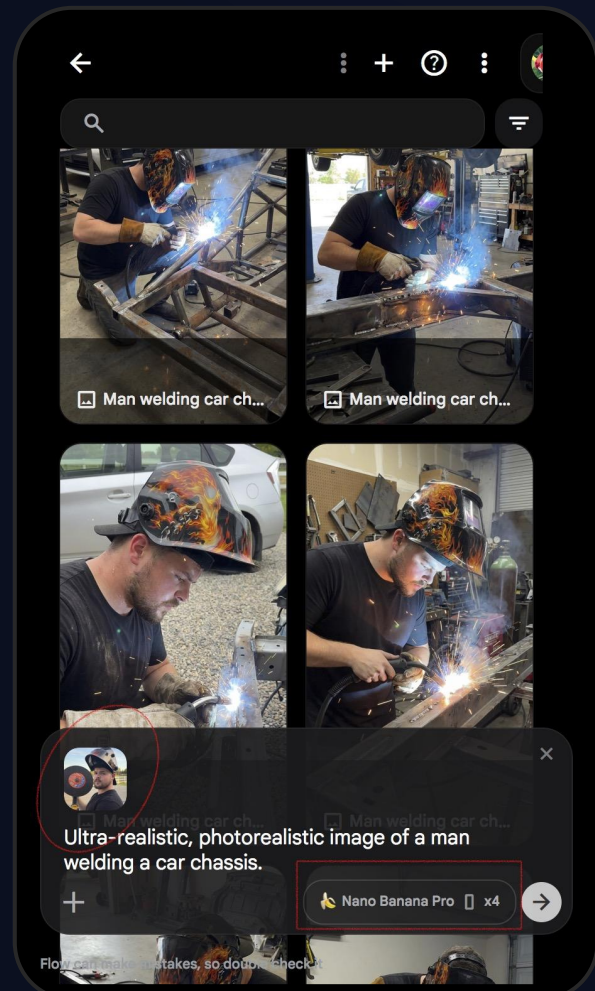


Image Generation Tips

Generating images can get frustrating because AI is unpredictable. Sometimes you get the perfect result right away — other times it takes several attempts. Here are the tricks I've learned.

1

Don't burn your best generations

Start with **Nano Banana 2** for testing prompts and ideas — experiment freely. Once happy with the direction, switch to **Nano Banana Pro** for the final high-quality image.

2

Lead with "ultra-realistic"

Nano Banana prioritizes realism better when that phrase is placed **at the beginning** of the prompt.

3

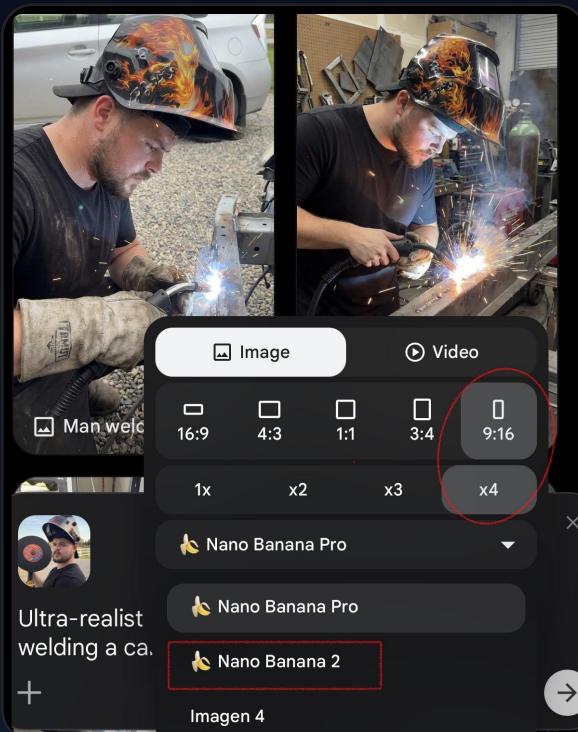
Think outside the box

To make a car back into an object, generate it **already touching** the object. Then prompt it driving forward in video, and reverse in CapCut.

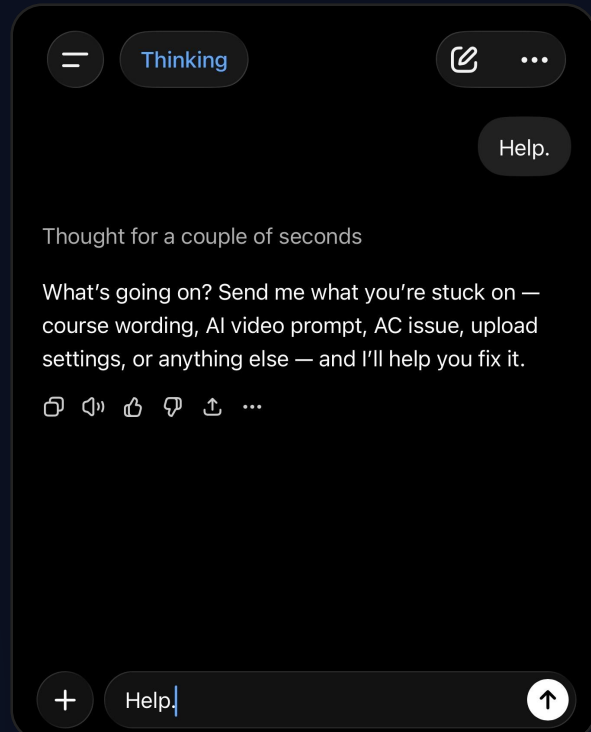
4

When stuck, ask the AI

I use **ChatGPT or Claude** to help me build scenes, improve prompts, or find a different approach. Even I get stuck.



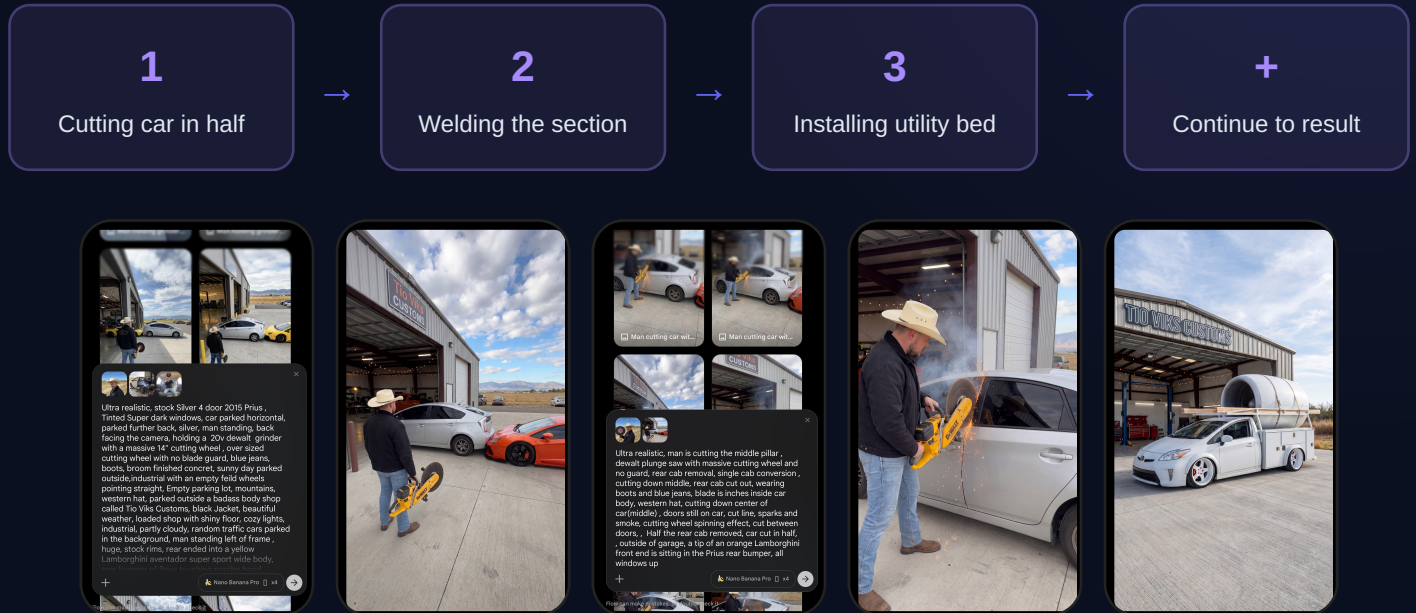
TEST IN NANO BANANA 2 FIRST · SWITCH TO PRO FOR THE FINAL



USE CHATGPT OR CLAUDE WHEN YOU'RE STUCK ON A PROMPT

Building Longer Videos With Images

For longer-form content (like the work trucks I build), I generate around **10 images** before converting to video. These become a sequence of 2–5 second clips compiled into one longer video.



Start backwards.

Begin with the final result you want, then work back from there. Use the final image as the reference so every earlier frame stays consistent. The whole video feels more believable and intentional.

Every image you create should be visually strong and eye-catching. Each one should give the audience a reason to keep watching. The quality of your final video depends on the strength of every starting frame.

Adding Yourself Into AI Scenes

To add yourself into an AI-generated scene, use very clear, high-quality reference photos of your face. The better the reference, the better the AI's chance of recreating you accurately. Faces are rarely perfect on the first try — use a **side profile** or slightly angled photo instead of straight-on. They're easier for AI to recreate and look more natural.

DO

Side profile or 3/4 angle

- ✓ Crisp focus on the face
- ✓ Even, natural lighting
- ✓ One clear subject only
- ✓ Original phone photo

AVOID

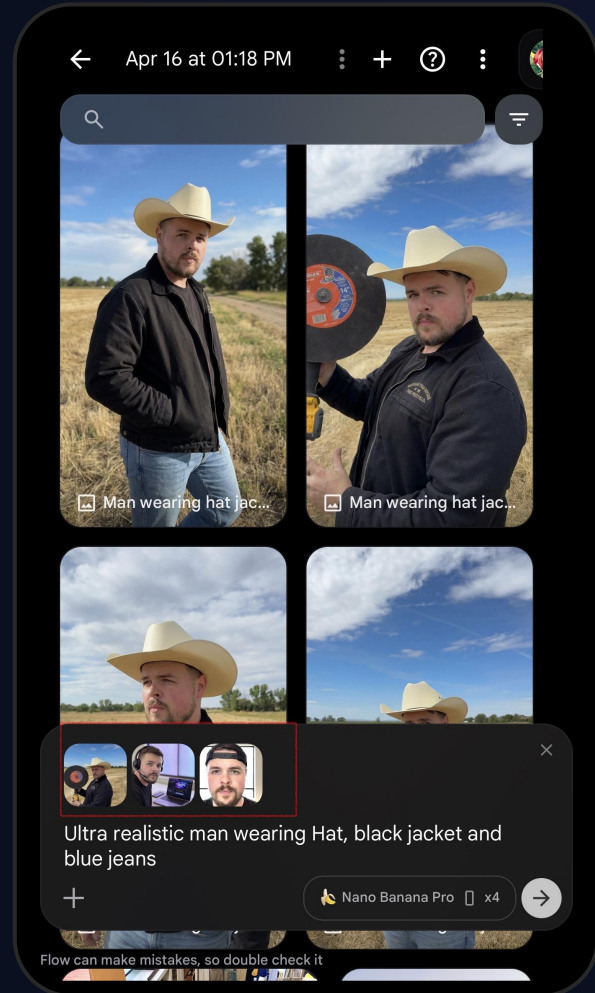
Dead-center straight-on shots

- ✗ Sunglasses or face coverings
- ✗ Heavy filters or smoothing
- ✗ Low-res screenshots
- ✗ Harsh shadows



Patience is key.

You may need hundreds of attempts to get the face right. This is a form of art — my method cannot be mass-produced.



STEP TWO

02 Image Cleanup & Upscaling



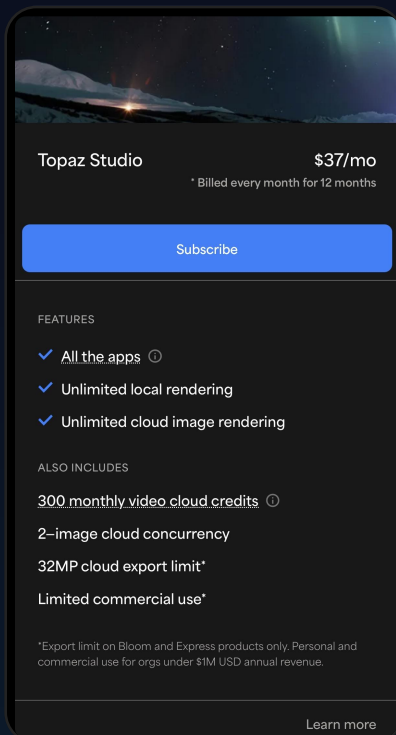
Desktop only · Topaz Photo AI

Upload your image to **Google Drive**, then download it onto your workstation or PC. For upscaling and cleanup I use **Topaz Photo AI** (topazlabs.com). Open your image in Topaz Photo AI and apply **Autopilot** if needed. You can play around with different settings, but for my method I keep it simple.

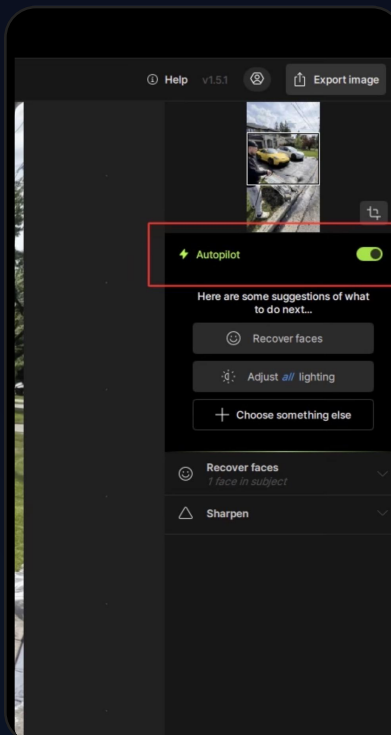


I don't mess with upscaling.

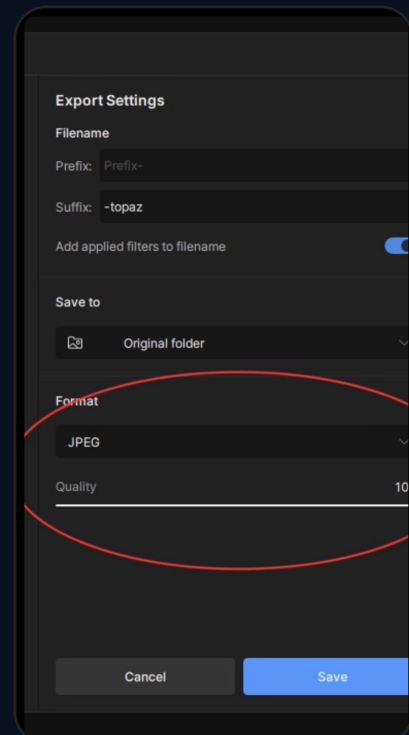
It can make objects, skin, and people look plastic. If your photo already looks great, **skip this step** and move to Step Three.



1 · SIGN UP AT [TOPAZLABS.COM](https://topazlabs.com)



2 · OPEN IMAGE · APPLY AUTOPILOT



3 · EXPORT · JPEG · 100% QUALITY

After exporting, upload back to Google Drive then download to your mobile. It may sound complicated, but once you open the program it's very simple. There are many tutorials on YouTube — in my method, the images are already pretty solid, so you usually only need light cleanup.

STEP THREE

03

Image to Video



Mobile · Kling AI

TOOL

Kling AI

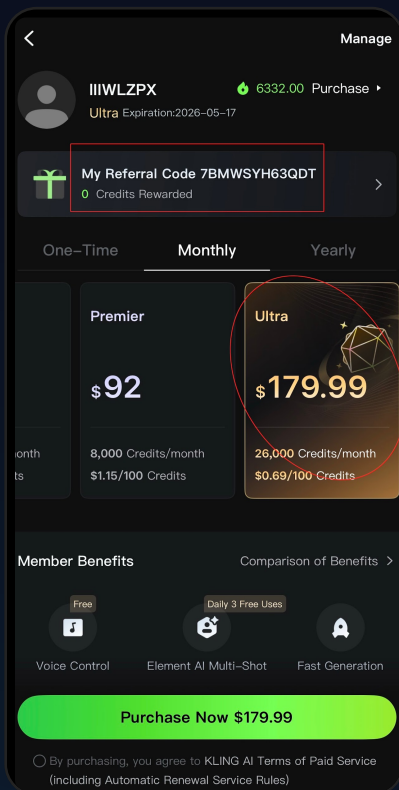
iOS · Android

PLAN

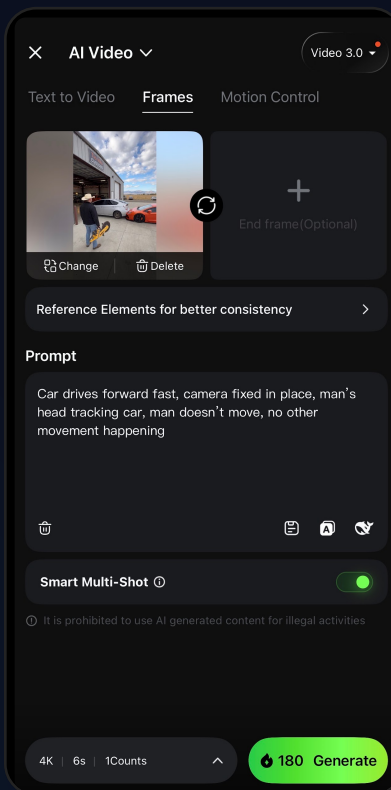
Pro Plan

Best long-term value

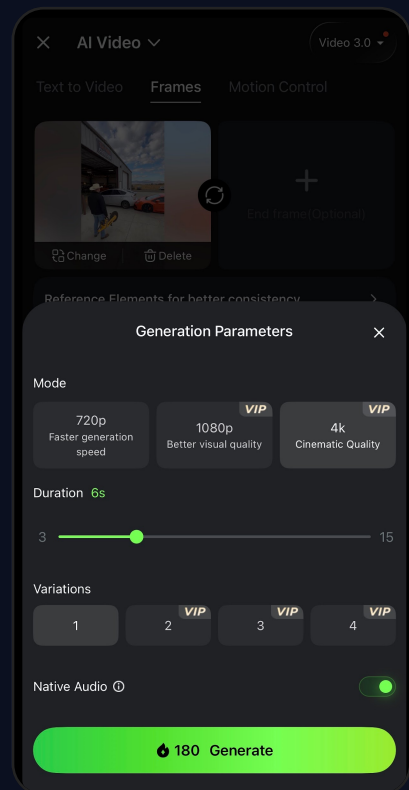
Inside Kling, use the **AI Video Tool** with the **Frame Feature**. Upload your image, set output to **4K**, and choose how many variations. **Simplicity is key** — clear, direct prompts like *"Car drives out of scene"* beat long descriptions. Test in **720p** first to save credits, then switch to **4K** for the final render.



1 · SUBSCRIBE TO THE PRO PLAN



2 · PICK THE FRAME FEATURE



3 · OUTPUT 4K · TURN OFF WATERMARK

Combine Frames & Reverse Tricks

You can **combine two frame images** to get motion a single image can't produce — a man walking into the scene and beginning to cut the car, for example. Just two bridging frames.

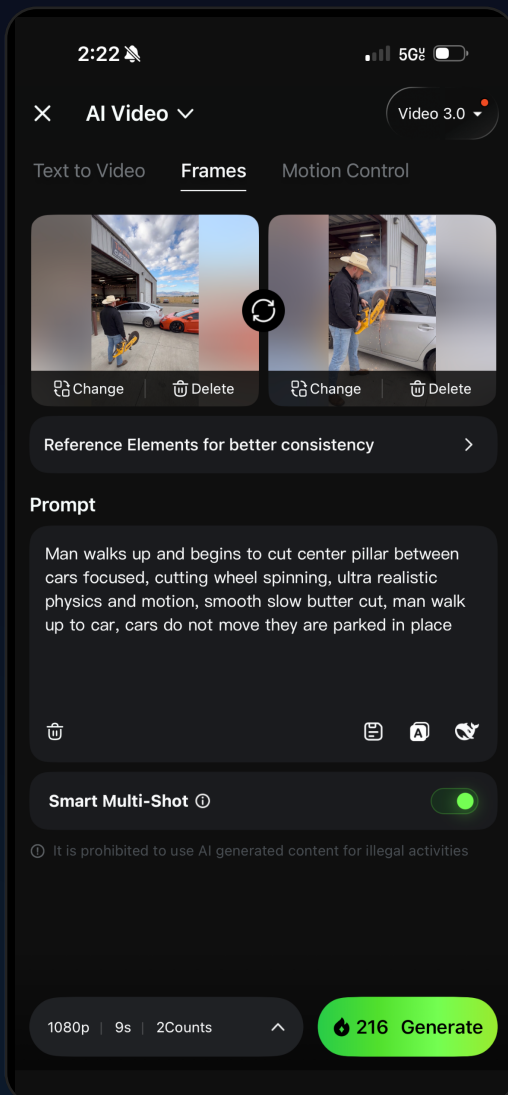
Some scenes require **thinking outside the box**. To make a car back into an object, generate it **already touching** the object — then prompt it driving **forward**. Take the clip into **CapCut** and reverse it.



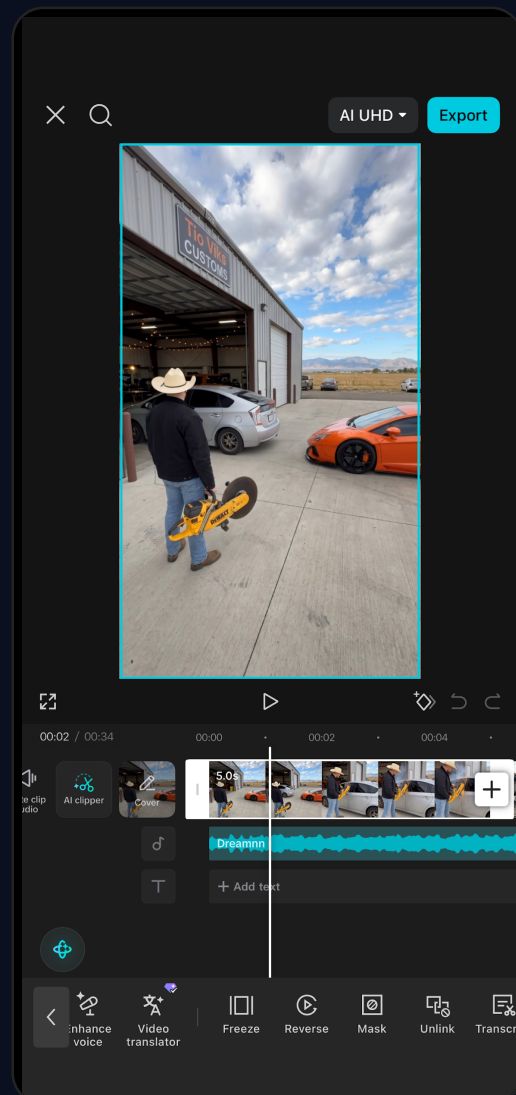
You are the artist.

One image or video can be used in many ways. Basic editing — splitting, reversing, arranging scenes — unlocks effects the AI can't generate on its own.

This requires basic video-editing skills. I'm not here to teach editing — there are thousands of CapCut tutorials online.



COMBINE TWO FRAMES



CAPCUT · REVERSE THE CLIP

What I Learned About AI Video

AI videos don't always follow prompts perfectly. Something unexpected almost always happens — and **that can actually be a beautiful thing**. A lot of my viral videos came from results I did not plan.

You might prompt: "A guy working on his car in the driveway." But AI might accidentally make the hood slam shut, the car roll back a little, or the jack look sketchy enough to make everybody in the comments nervous. It is not what you asked for — but those little mistakes can make the scene feel way more real, way funnier, and a lot more relatable.

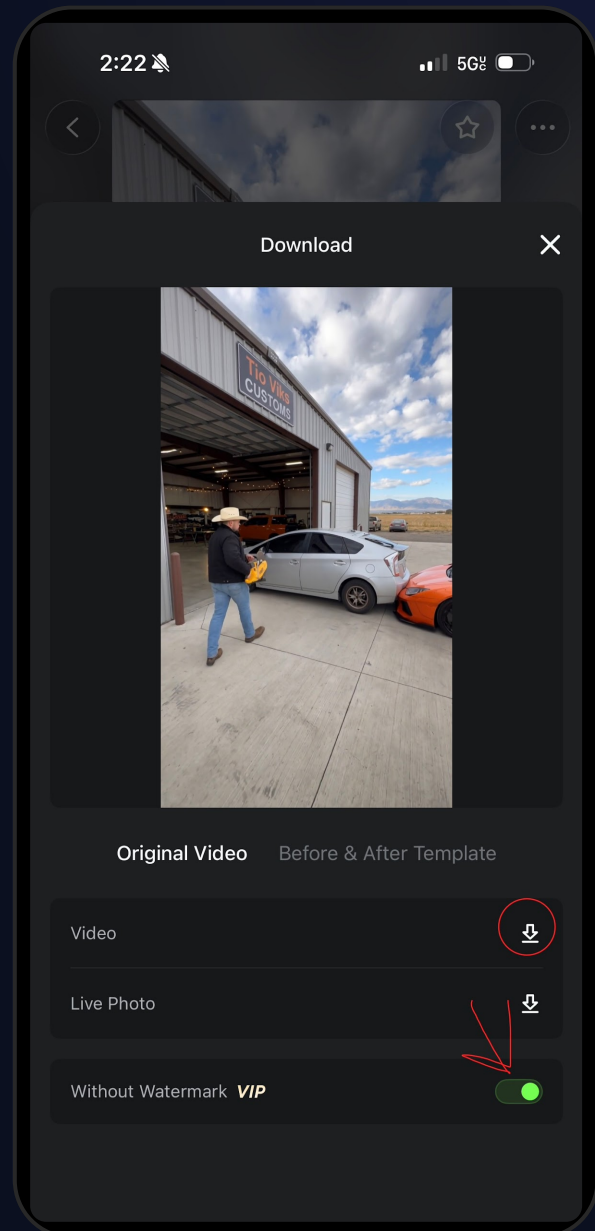
That perfect result usually comes from experimenting with prompts — but for me, **simplicity works best**. At the end of the day, it comes down to your imagination and what you want to happen inside the image you created.

I cannot give you imagination. I also cannot give you one perfect prompt template — it doesn't exist. It comes down to **you, your ideas, your problem-solving, and your willingness to keep testing**.



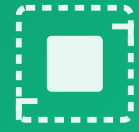
Final Kling Export

Once your video is finished, download it onto your device. **Turn off the watermark** before downloading. If you like the result — congratulations, you've created a high-quality AI video.



STEP FOUR

04 Video Downscaling



Desktop · Topaz Video AI

This step may sound complex — if you hit an issue, **ChatGPT can help**. We're converting Kling's **4K / 24 FPS** output → mobile-friendly **1080×1920 / 30 FPS**. The reason is compression: platforms compress your video anyway, often worse than what you can control.

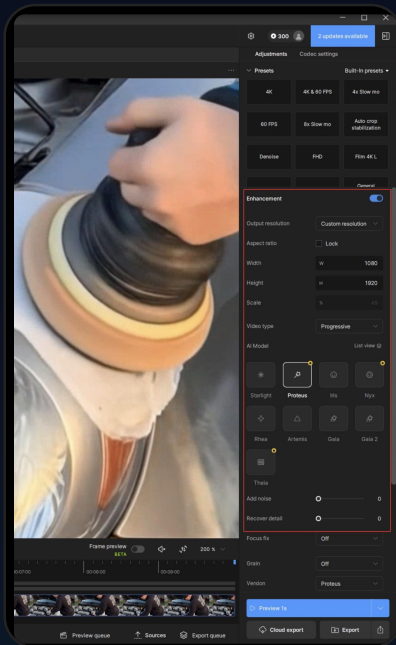
ENHANCEMENT **Proteus**

RESOLUTION **1080 × 1920**

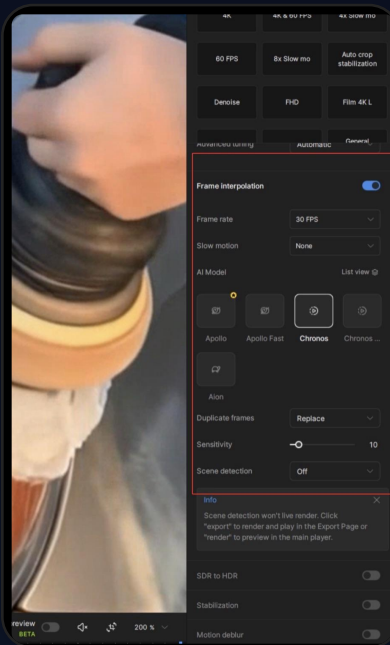
DETAIL RECOVERY **0**

INTERPOLATION **Chronos** · **7–15%**

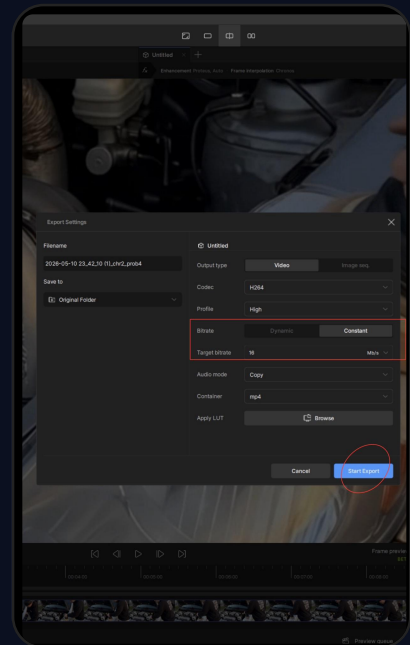
BITRATE **16 Mb/s** · **Constant**



1 · UPLOAD TO TOPAZ VIDEO AI



2 · CHRONOS · SENSITIVITY 7–15%



3 · CONSTANT BITRATE · 16 MB/S

If the vertical ratio is locked, click the lock until you can adjust manually. **Export as few times as possible** — each re-export costs detail. Upload the result back to Drive.

STEP FIVE

05 Upload or Edit More



CapCut · Social platforms

At this point you have two options.

Upload directly

A

If your video is complete, upload to:

- ▶ TikTok · Instagram · Facebook
- ▶ YouTube Shorts
- ▶ Any platform you choose

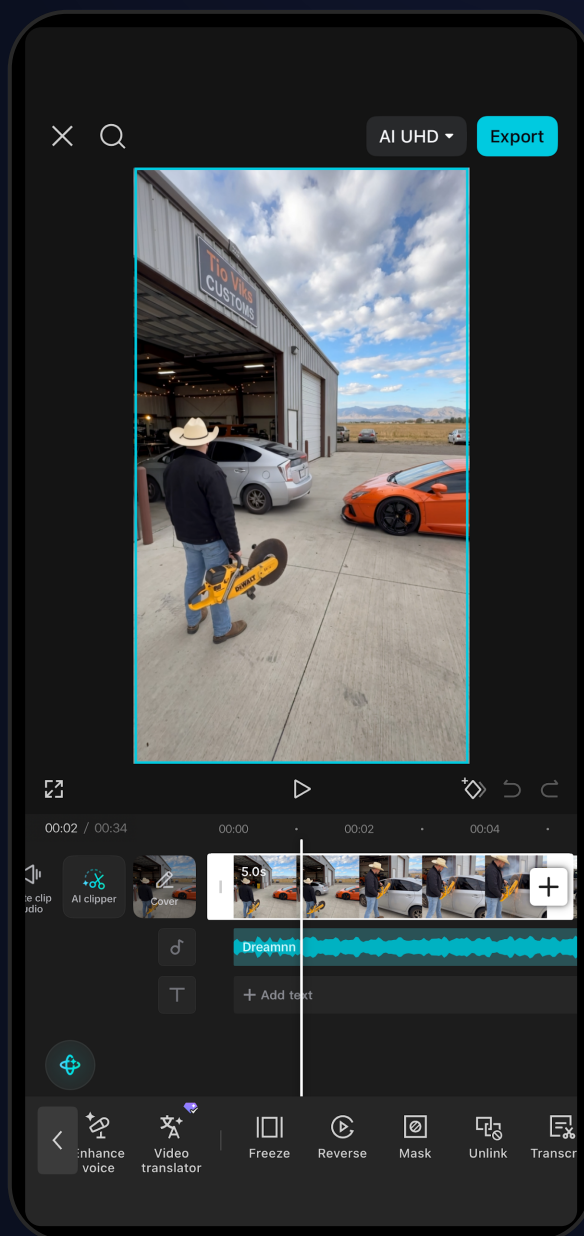
Edit longer video

B

If you're making a longer video with multiple scenes, combine clips inside a video editor.

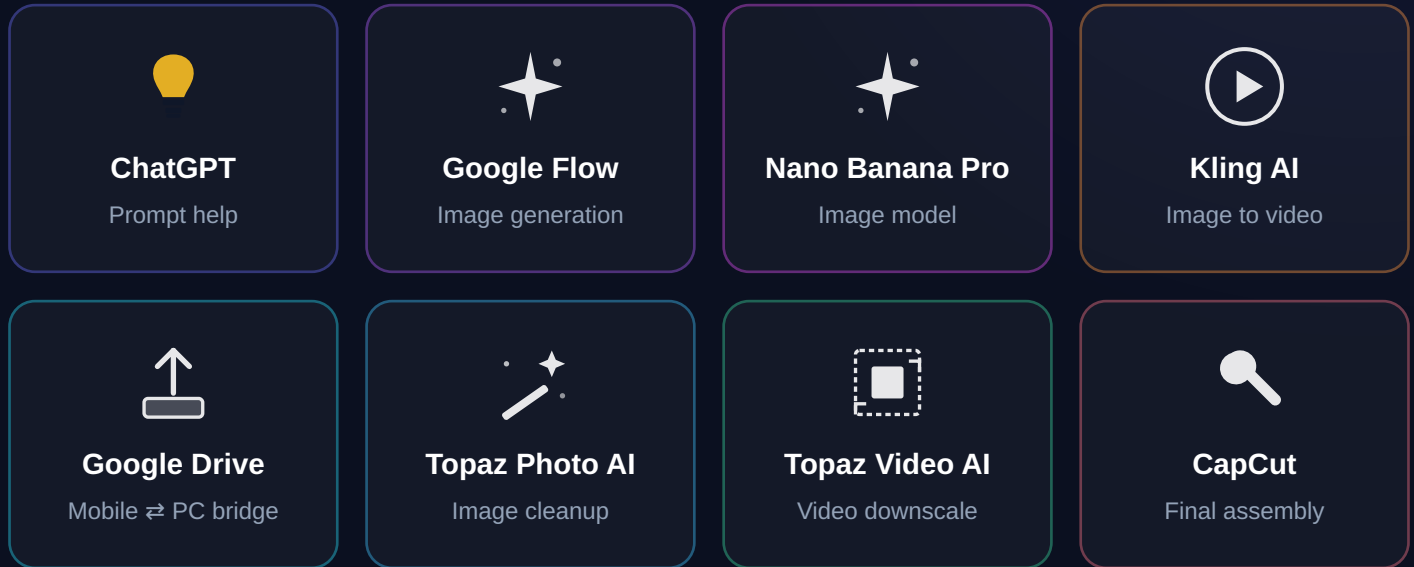
I personally use **CapCut** for all my editing — sound, transitions, and effects.

You can play with these steps and see what works best for your own workflow.



★ The Full Tool Stack

The only tool in this workflow that requires a computer is **Topaz**. Every other tool can be used on mobile. Find the process that works best for you — this is what works for me.



IMPORTANT

About Google Flow & Nano Banana Pro

Nano Banana Pro is available inside Google Flow. Flow also has other tools you can use since you're paying for the premium plan. They sometimes offer a discounted first month — a good way to test before committing.

You're free to generate images from any tool or platform. You don't have to use my exact setup. But for me, Nano Banana Pro has been the best and most cost-effective option. When downloading from Flow, **always select 4K**.



Watch out: gridding

Flow's video tool can create great results and useful sound, but I've noticed visible **grid lines** every few seconds in the output. Look at my earliest AI videos and you can see it. That's one of the reasons I use this workflow.

FINAL WORD

You now have the knowledge.

Use it. Experiment with it. **Make it your own.**



If you are completely new to editing or need one-on-one coaching, you can book a private session with me. I'll walk you through every step and teach you different methods for creating high-quality AI videos.

If you find success with this

Let's work together and make big things happen.

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