



Friends Meme of Ross I'm Fine

Step 1: Access the Template in CapCut

1. **Click the link** provided below the video to access the CapCut template.
 2. Tap the **Use Template in CapCut** button at the bottom of the page.
 3. When prompted, tap **Open** to launch the CapCut app.
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Step 2: Use the Template

1. In CapCut, tap the blue **Use Template** button at the bottom.
 2. **Select a video clip** for the background:
 - CapCut will default to the **Videos tab** in your camera roll.
 - Clips that are **long enough** for the template will be fully visible.
 - Clips that are **too short** will appear grayed out and cannot be selected.
 3. Tap **Next** in the bottom-right corner after selecting your background video.
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Step 3: Preview and Adjust

1. **Check the preview:**
 - If the background video doesn't look right tap **Replace**.
 - Go back and select another video that better fits the template.
 2. Once you're happy with the video, move to the next step.
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Step 4: Customize the Elements

1. **Adjust the Video Placement:**
 - Tap on the video element (e.g., "Ross" in the example).
 - Resize or reposition the video by dragging or pinching with your fingers.
2. **Edit or Delete the Text:**
 - Tap on the text element in the template.
 - If you don't want the text, tap **the trash can in the upper left to delete**.
 - If you plan to add your hook text later in Instagram, skip this step for now.

Step 5: Export the Video

1. Tap **Export** in the top-right corner.
2. Select **Save and Share to TikTok:**
 - You **don't need a TikTok account** or to post the video.
 - This will automatically save a copy of the video to your camera roll **without the CapCut logo**.
3. Close TikTok immediately after it opens.

Step 6: Share the Video on Instagram

1. Open **Instagram**.
2. Tap the **plus (+)** icon in the center at the bottom.
3. Select your saved video from the camera roll.
4. Tap **Next** in the bottom-right corner.
5. Tap the text tool to add your **Hook**.
6. Tap **Next** again in the top-right corner.
7. Add your **caption** and optional **hashtags**.
8. Tap **Share** to publish your Reel.