

# iPhone filming quick guide

for vertical & horizontal

How you can use your iphone to  
create incredible videos

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HOW TO  
**FILM**  
YOURSELF  
SHOTS GUIDE

CREATED BY BRYAN HYNES 2025



# THE STARTER KIT

## WHAT TO GET WHEN STARTING

**The main focus when starting out is to get the basics right.** Even with a phone, footage can look amazing.

### The basics:

- Well-framed and creative shots
- Correctly exposed images
- Easy-to-use lights
- Great audio



## LINKS & STARTER LIST

- **IPHONE 15 PRO**. Multiple lenses with the ability to film Log.
- **VARIABLE ND FILTER**. Control the light and expose the image correctly in bright or sunny conditions.
- **JOBY TRIPOD** Functional set-up. Vertical head. Value for money.
- **PHONE CLAMP**: Attach the phone to the tripod or magic arm.
- **DJI MIC 2**. Easy to use - Professional sound quality - Works with phones and cameras
- **MINI APUTURE LIGHT PANEL** - Versatile and bright with hue/color control
- **NEEWER CLAMP AND ARM** - Great for mounting all kinds of objects or cameras for creative shots.



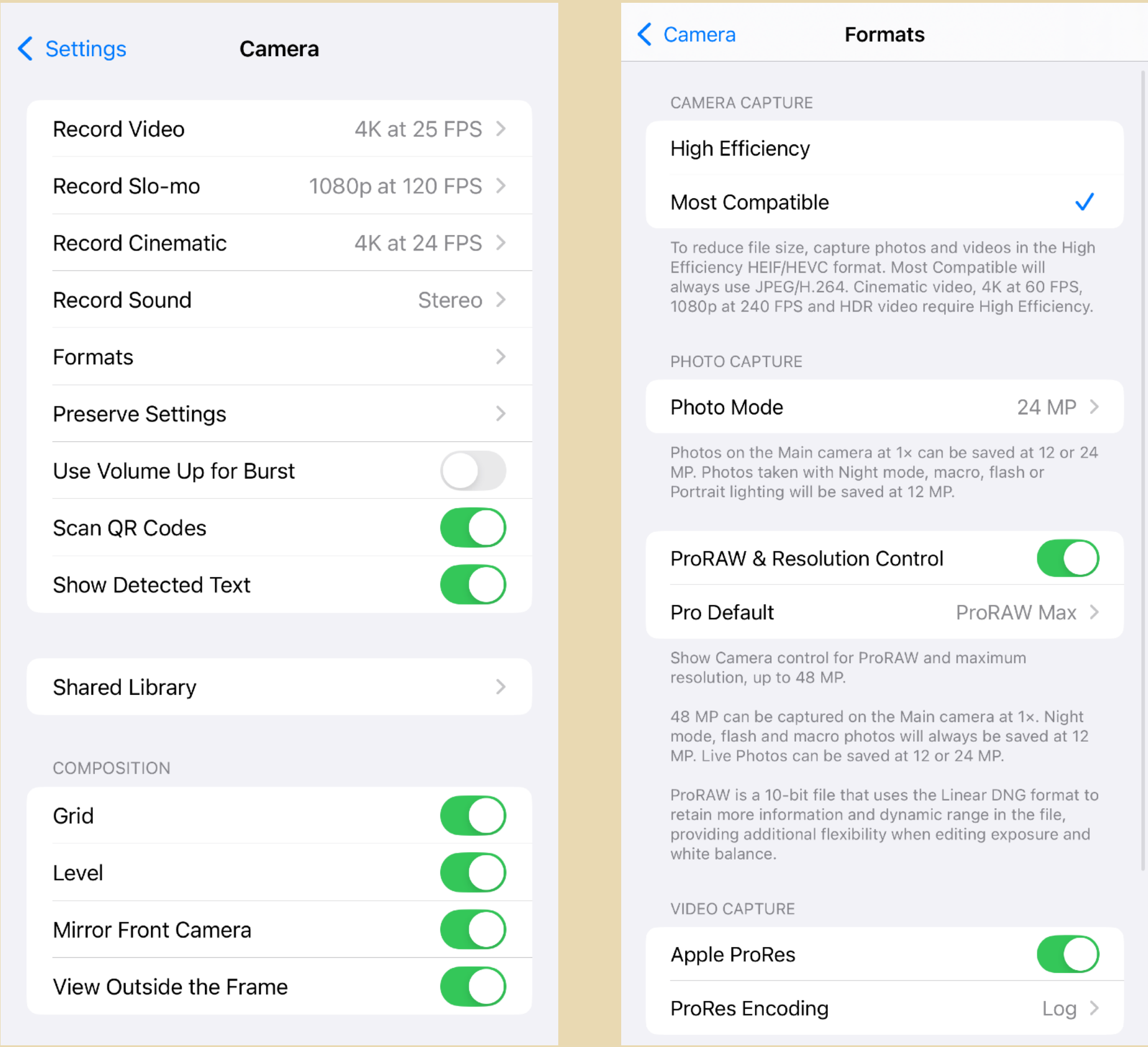
More on this topic in The Shots Guide

# THE SETTINGS

## CAMERA SETTINGS MADE SIMPLE

Mastering your camera settings is the secret to turning raw shots into cinematic art.

**Below are my iPhone camera settings.**  
For manual control - check out the next page.



If you're in the America use 24FPS everywhere else use 25FPS





# THE SETTINGS

## CAMERA SETTINGS MADE SIMPLE

For manual control of your camera, try using the Black Magic or Filmic Pro apps. Personally I use the Black Magic App



### 1. Resolution

Film in 4K: Codec H264

### 2. Frame Rate

24fps: For that classic cinematic feel.

30fps: For social media

### 2. Shutter Speed & 180° Rule

Rule: Double your frame rate for shutter speed.

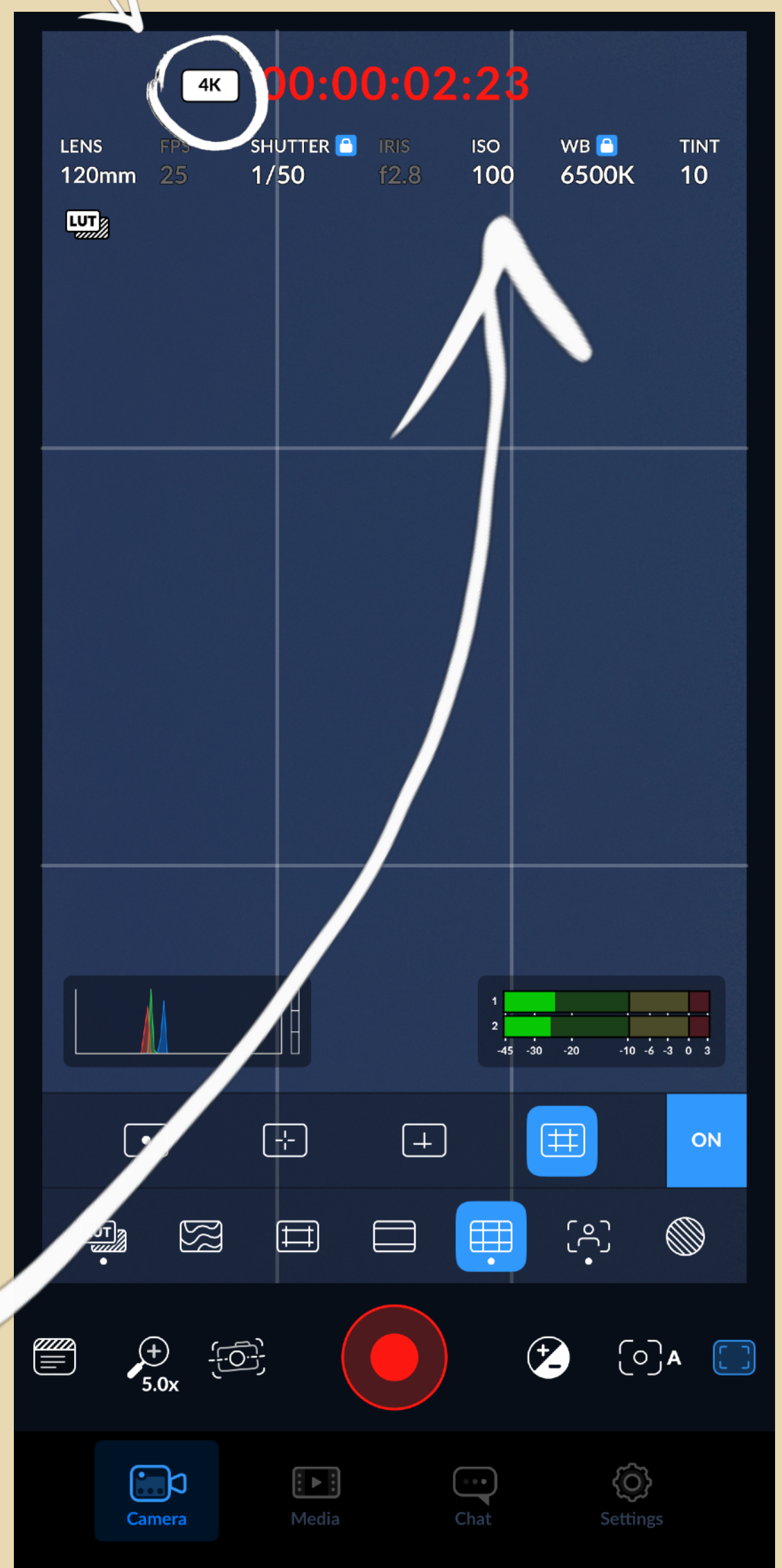
Example: 25fps = 1/50 sec.

### 4. ISO

In bright light: Keep ISO low (around 100) for clean, noise-free footage.

Tip: Use an ND filter to control exposure.

\*black magic app screenshot



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# THE LIGHT

## FIND YOUR LIGHT

Light is everywhere, you just have to know where to look.



### 1. **Find the light:**

Scout for natural light—golden hour is your best friend for warm, flattering tones.

*Example:* Film your outdoor scene just before sunset to capture that soft, golden glow.

### 2. **Shoot into the light:**

Position your subject facing the light source for dramatic silhouettes and rich textures.

*Example:* Have a portrait subject stand against a setting sun for beautifully lit hair and soft shadows.





# THE SHOTS

## GET THE SHOT

The right shots don't just capture a scene. They tell the story.

### 1. **Get a range of shots using you iPhone lens:**

Use 0.5x or the 1x Lenses for Wides.

The 2x Lens is great for Medium shots.

Get the camera close to an object to get a close-up or tight macro shot.

### 2. **More on this in the full Shots guide.**

Tap above to get the full version.



More on this topic in The Shots Guide



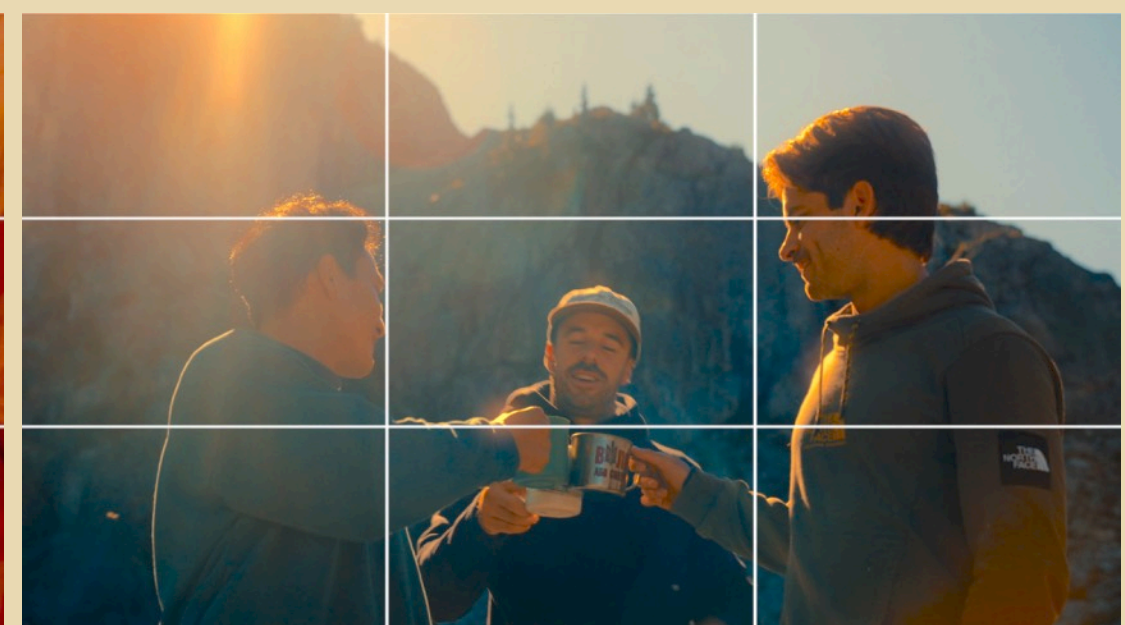
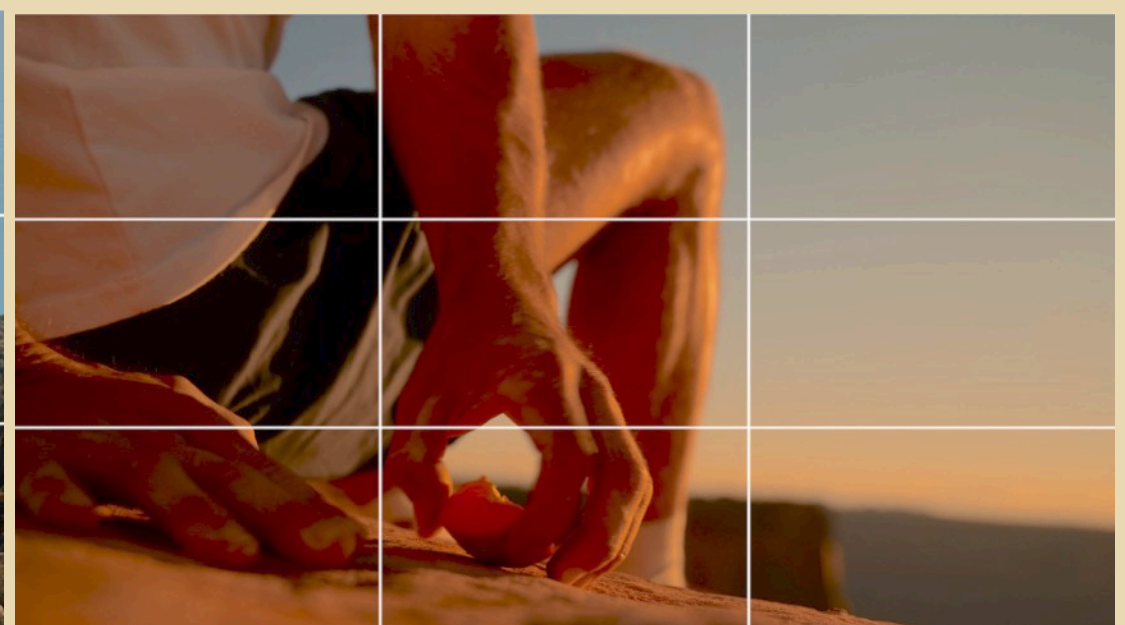
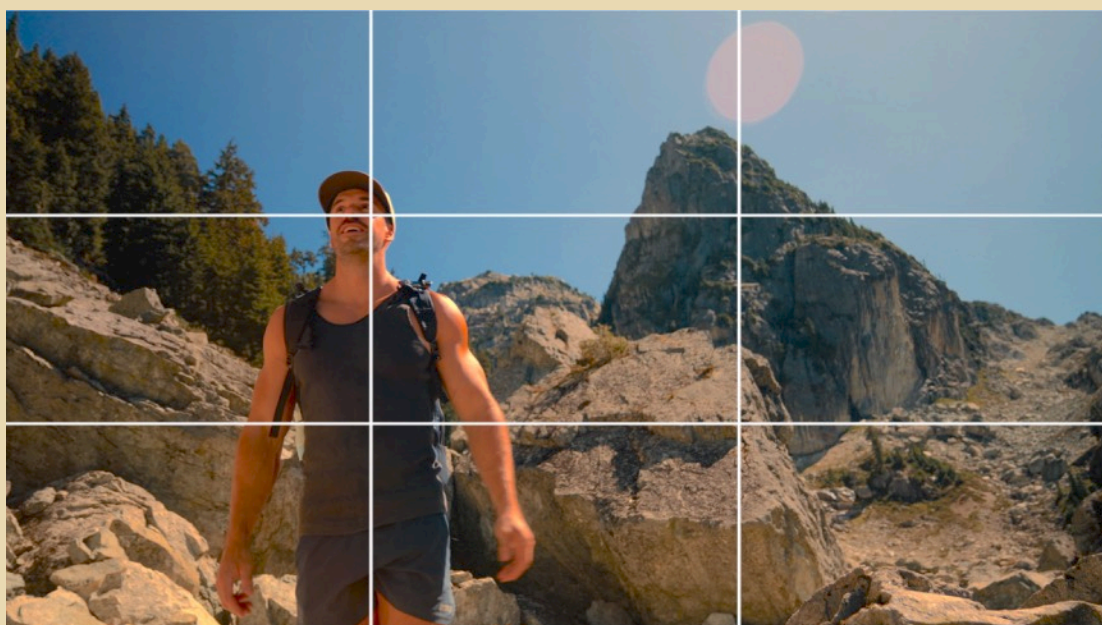
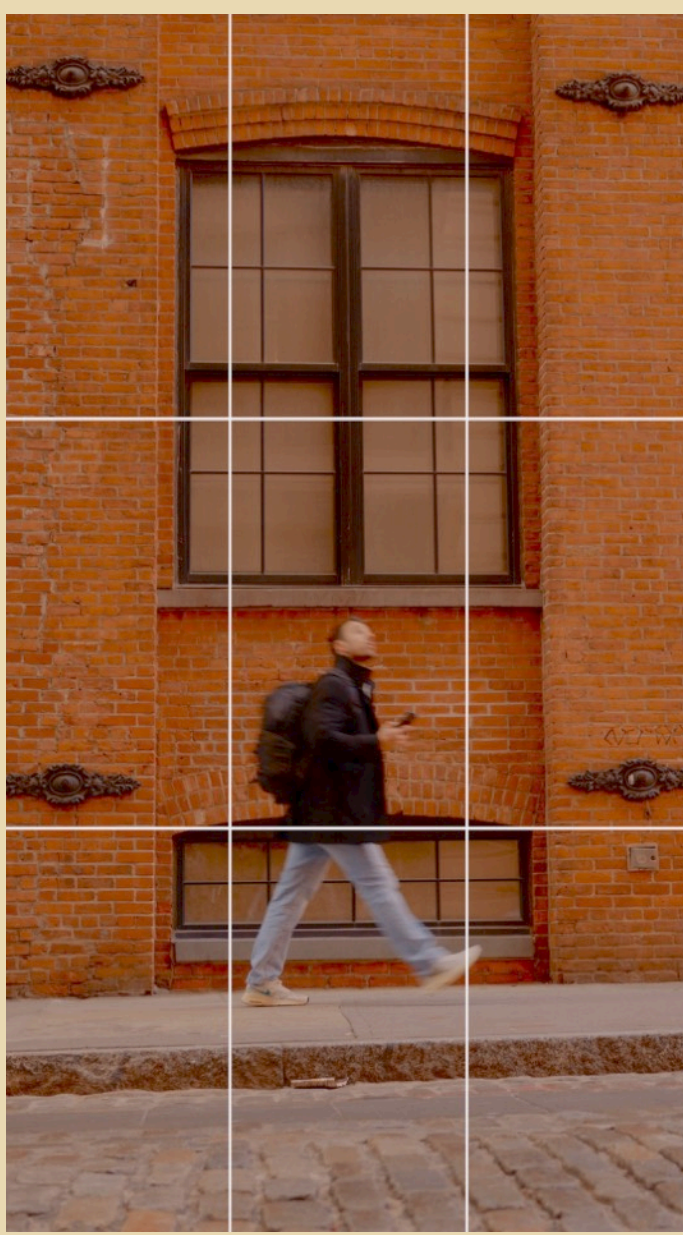
# THE FRAMING

## COMPOSE YOUR SHOT

### 1. RULE OF THIRDS

Rule of thirds is where subjects are placed along the intersecting gridlines for a balanced composition.

Divide your frame into a 3x3 grid. Place your subject along these lines or intersections to make the shot feel balanced and interesting.



More on this topic in The Shots Guide



# THE COVERAGE

CAPTURE EVERY ANGLE

## CAMERA COVERAGE:

Coverage is all about **options**.

The more angles and shots you capture, the more control you have in the edit.

A well-covered scene lets you shape the pacing, build emotion, and guide the audience's focus.



WATCH IT HERE



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# THE FOCUS

## HOW TO NAIL YOUR FOCUS

### **Auto focus**

Keep the frame and subjects sharp. Let the camera do the heavy lifting.

Example: Shooting a wide shot with a subject.



### **Manual focus/ Lock focus** —

Set your focal point and lock it. perfect for controlled, pro-level shots.

Example: Shooting a cinematic interview or a specific point that stays locked in focus while the background remains softly blurred.



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# THE EDITING

## MAKING SEAMLESS CUTS

### 1. EDITING ON MOVEMENT & ON ACTION

Cutting on action to keep the flow smooth and natural.

#### **Example:**

CLIP ONE: Arriving to the view

CLIP TWO: Holding camera checking settings

CLIP THREE: Turning the lens for focal length

By cutting mid-movement, the transition feels fluid and intentional.

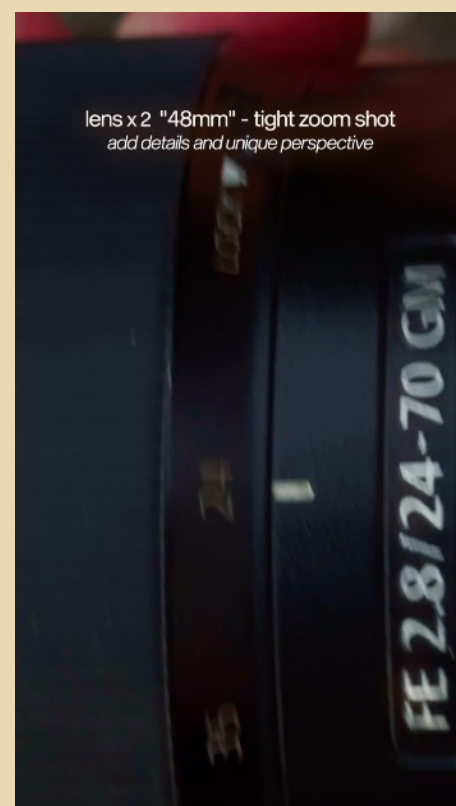
CLIP ONE



CLIP TWO



CLIP THREE



I personally edit in Final Cut Pro but Davinci or Capcut are also great. .



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# Get More in The Shots Guide

The iPhone Quick Guide is a small snapshot into the full Shots Guide

Get the best guide for video and storytelling that's a no BS shortcut to 10x your videos?

[CLICK HERE TO GET THE FULL GUIDE](#)



**babydoetabor** commented: Just wrote my first script tonight 100 stoked to have purchased your guide!! 18m

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