NEW CAPTIONLAB 1.1 · THE GUIDE

Animated captions, explained step by step.

CaptionLab 1.1 turns a transcript into styled, animated captions right on your Premiere Pro timeline — and keeps every word, line and colour editable. This guide walks through every button in the new **Captions** tab, in the order an editor actually uses them.

`≈ 12 min read · 4 min video` `Mac & Windows` `Premiere Pro 2022+`

`⌘ on Mac = Ctrl on Windows`

1 Check the text

Names, typos, fillers. What the captions *say*.

2 Lines & caps

How captions are cut and shown. Used everywhere.

3 Look

Animation, font, colours, position. Graphics only.

▶ Watch the 4-minute video: youtu.be/l4gr120Hvls

The 60-second version

1. **Transcribe** a clip or sequence on the *Transcribe* tab, as before. The captions open in the *Captions* tab by themselves.
2. Press ▶ **Add to timeline**. Styled, animated captions land on a new video track above your footage.
3. Scrub through. Fix a name in ① **Check the text**, set one or two lines in ② **Lines & caps**, try a different look in ③ **Look**. Every change updates the clips on the timeline as you make it.
4. Made a change you don't like? `⌘Z`. One press undoes one whole CaptionLab step.

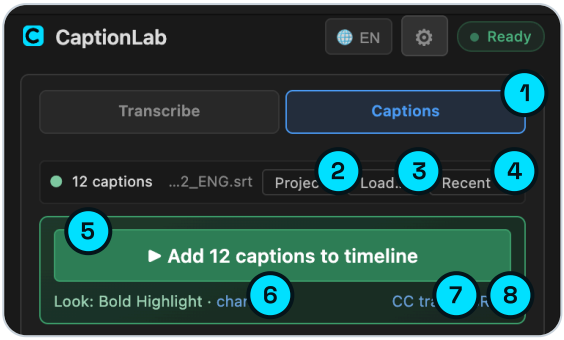
Why add first, polish second? You judge captions on the picture, not in a list. Seeing them over your footage tells you in seconds whether two lines cover a face, or whether the font fights the brand. Because everything stays live, adding early costs you nothing.

Open your captions

After a transcription the Captions tab already holds the result. To work on captions you made earlier, use the source row at the top:

1. **Captions** tab: everything in this guide lives here.
2. **Project**: opens the .srt selected in Premiere's Project panel.
3. **Load...**: opens an .srt or .captionlab.json from disk.
4. **Recent**: the last files you opened or transcribed.
5. **▶ Add to timeline**: puts the captions on the timeline now.
6. **change**: jumps to ③ Look.
7. **CC track**: Premiere's own caption track instead of graphics.
8. **SRT...**: saves a subtitle file.

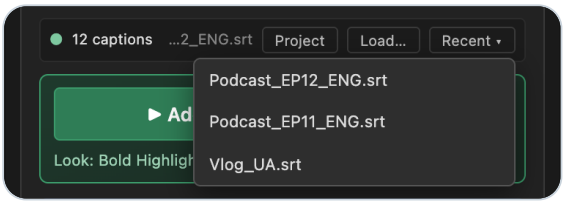
Opening an `.srt` that CaptionLab saved also reads the small `.captionlab.json` next to it, so the exact timing of every word comes back. A plain SRT from somewhere else works too; the words are then spread evenly through each caption.



Captions loaded, not on the timeline yet.

Recent

The last eight files you opened or transcribed. Handy when you jump between two cuts of the same episode, or between language versions.



Recent: the last files you opened or transcribed.

> **Tip.** You can also drop an `.srt` straight onto the panel.

▶ Add to timeline

The big green button puts the captions on a **new video track** above your clips, one graphic clip per caption, in the look shown under the button (*Look: Bold Highlight · change*). Your footage and any existing tracks are never touched.

Don't need animated graphics? The two links on the right make the other formats from the same captions:

- **CC track**: Premiere's own caption track, for accessibility, broadcast or a YouTube upload with selectable subtitles.
- **SRT...**: a file for YouTube, Vimeo or a client.

1 Check the text

This step is about *what the captions say*. The list shows every caption with its start time. Click one and Premiere's playhead jumps there; while the video plays, the list follows along and highlights the caption on screen.

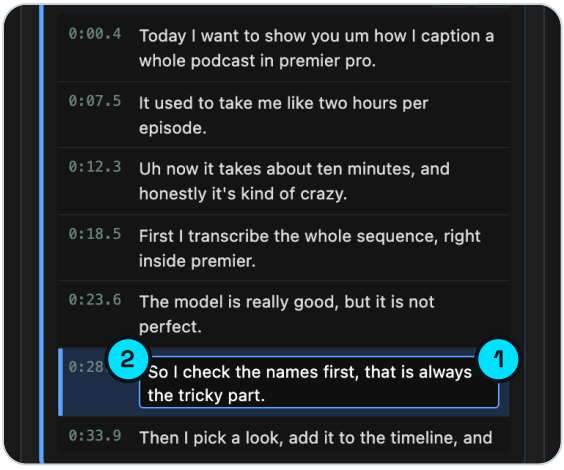
Fix one caption

Double-click a caption to edit it in place. Arrow keys, `Home`/`End` and copy-paste work as in any text field.

- `Enter` saves, `Esc` cancels.
- The clip on the timeline updates at once.
- Edited captions get a small ✎ in the list.

> **What happens to the timing?** If you only correct a word, it keeps its timing. If you add or remove words, the caption's time is shared out again across the new words, so the highlight still moves with the speech.

Keyboard: `↑`/`↓` move through the list, `Enter` starts editing the selected caption.



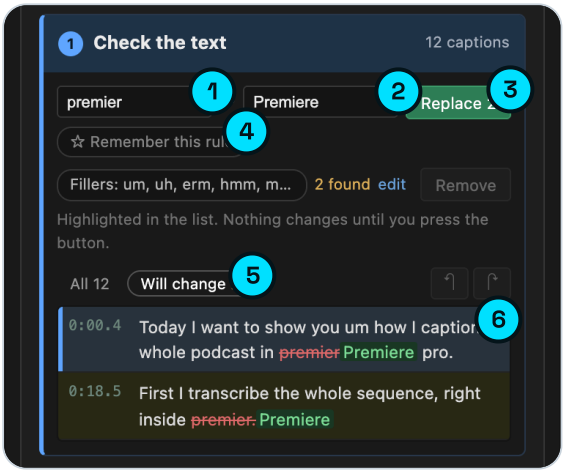
Double-click a caption to fix it in place.

Find → Replace

The fastest way to fix a name the model keeps mishearing: type what to find and what to put instead. **Nothing changes yet.** Every match is shown in the list first, the old word struck through in red, the new one in green.

1. **Find**: what to look for.
2. **Replace with**: what to put instead (leave empty to delete).
3. **Replace N**: does it, as one undo step.
4. **☆ Remember this rule**: keep it for your next videos.
5. **Will change**: shows only the captions that will change.
6. The preview: old word struck through, new word in green.

- It matches whole words, ignores capitals and keeps the punctuation (*premier,* → *Premiere,*).
- Several words work: *premier pro* → *Premiere Pro*.
- Leave *Replace with* empty to **delete** a word everywhere. The button then says *Remove N*.



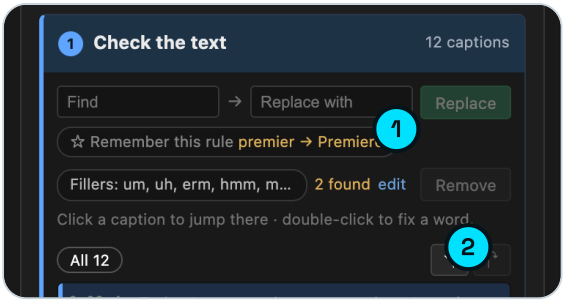
Find → Replace shows every match before anything changes.

Saved rules for your next videos

Names, brands and slang come back every episode. Press ☆ **Remember this rule** and the pair becomes a chip you can apply with one click next time. Already pressed Replace? The button remembers the replace you just did, and shows it.

1. ☆ **Remember this rule**, showing the replace you just did.
2. **Undo / Redo** for text changes, the same as `⌘Z`.

Right-click a saved chip to delete it.



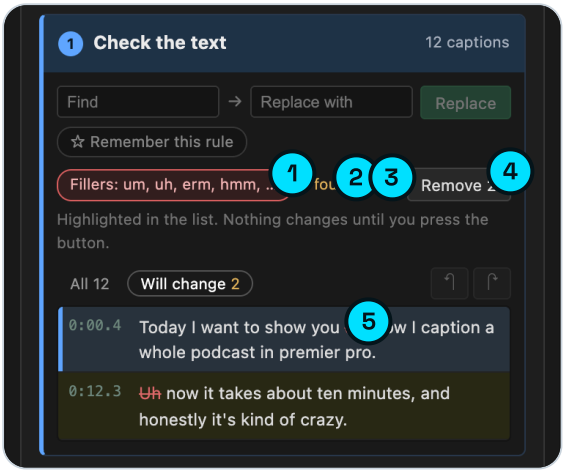
After Replace, Remember keeps the same rule for next time.

Fillers

"Um", "uh", "like": fine in speech, noise in captions. Click the *Fillers* chip to see every one of them struck through in the list, then remove them all in one go.

1. **Fillers** chip: shows them in the list.
2. How many were found.
3. **edit**: your own list of fillers, for your language.
4. **Remove ℕ**: takes them all out in one step.
5. Each filler struck through before it goes.

The list is yours: *edit* it for your language (e.g. *ну*, *типу*, *eee*, *yani*). A filler also matches when it's stretched ("ummm"). Commas and capitals around a removed word are tidied up for you.



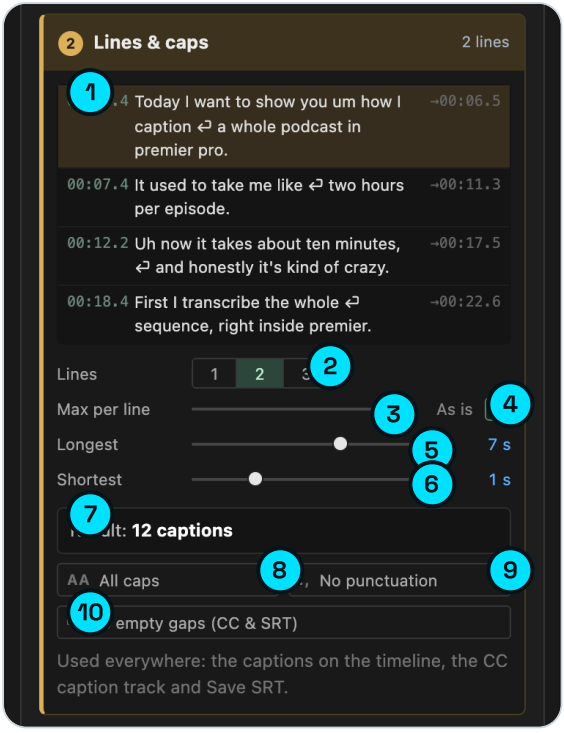
Fillers struck through, ready to remove.

2 Lines & caps

This step decides *how the captions are cut and shown*, and it is shared by everything you make: the graphics on the timeline, the CC track and the SRT. The four captions at the top show the result as you change things.

1. The first captions, exactly as they will be cut and shown.
2. **Lines**: 1, 2 or 3 per caption.
3. **Max per line**: characters per line.
4. **A** (As is): the cut the model made.
5. **Longest**: no caption stays on longer than this.
6. **Shortest**: no caption is shorter than this.
7. **Result**: how many captions you will get.
8. **All caps**
9. **No punctuation**
10. **No empty gaps** in the CC track and SRT.

> **Re-cutting, not just re-wrapping.** When you let go of a slider, CaptionLab cuts the captions again from the timing of every word, so a new caption always starts exactly when its first word is spoken. *A* ("As is") brings back the cut the model made.



② Lines & caps, with 2 lines per caption.

Good starting points

VIDEO	LINES	MAX PER LINE	LONGEST	CAPS / PUNCTUATION
Reels · Shorts · TikTok (9:16)	1	14–20 ch	2–3 s	All caps on, no punctuation
YouTube (16:9)	2	38–42 ch	6–7 s	Keep both
Podcast clips	2	30–34 ch	4–5 s	Keep punctuation
Client / broadcast SRT	2	42 ch	7 s	Keep both, shortest ≥ 1 s

> **Rule of thumb.** People read roughly 15–20 characters a second. If a caption flashes by, raise *Longest* or lower *Max per line*, and let the cut carry over into more captions.

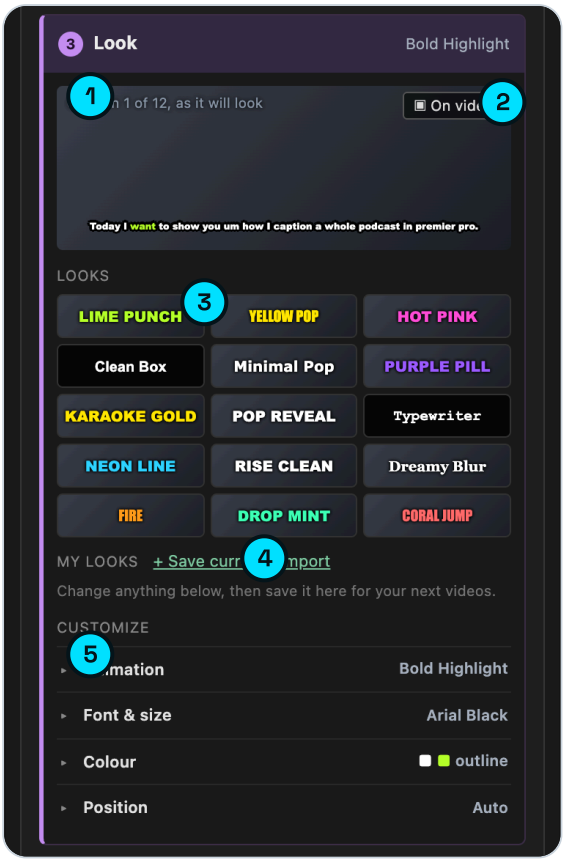
No empty gaps (CC & SRT) stretches each caption to the next one in the CC track and the SRT file, so the text doesn't blink off between phrases. Pauses longer than *Up to* stay empty. For the graphics on the timeline, use the Close gaps tool instead.

3 Look

Everything about how the graphic captions *look*. The preview at the top plays your own caption with the current animation, so you can judge a style before anything touches the timeline.

1. Live preview of your own caption, playing the animation.
2. ▣ **On video**: the preview on your real frame.
3. **Ready looks**: one click sets style, font and colours.
4. **+ Save current**: keep your look under My looks.
5. **Customize**: Animation, Font & size, Colour, Position.

A ready look sets the style, font, colours and outline in one click. Change anything after that and the look shows *(edited)*; **+ Save current** keeps it under *My looks* for your next videos. Right-click a saved look to delete it. *Import* and *Export* move your looks between computers, or to the rest of your team.

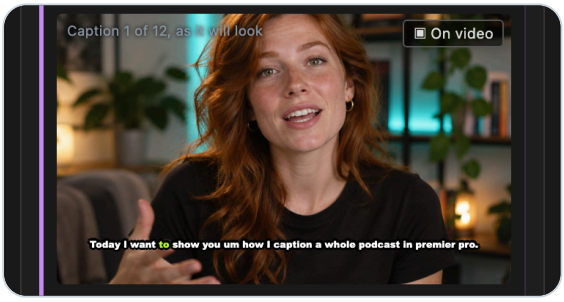


③ Look: preview, ready looks, My looks, Customize.

See it on your own video

▣ **On video** takes the frame under Premiere's playhead and shows the caption on it, in your sequence's shape (16:9, 9:16, 1:1). Click a caption in the list and the frame follows. ↻ **New frame** grabs a fresh one, **×** goes back to the plain background.

> **Why this matters.** A yellow that pops on grey can vanish on a sunny beach, and two lines that fit 16:9 can cover a face in 9:16. Checking on the real frame catches both before you render.



▣ On video: the caption on the frame under the playhead.

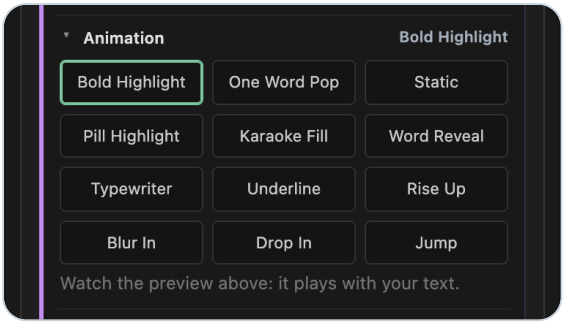
Change the look, live

With the captions on the timeline, click another look and watch every clip follow, starting nearest the playhead, so the caption you are looking at changes first.

The 12 animations

Open **Customize → Animation**. Every style follows the speech word by word, using the timing from the transcription.

STYLE	WHAT IT DOES	GOOD FOR
Bold Highlight	Whole phrase visible, the spoken word lights up	The all-rounder
One Word Pop	One word at a time, with a punch	Fast Reels, hooks
Karaoke Fill	Colour fills each word letter by letter	Music, rhythm
Pill Highlight	A coloured pill jumps under the spoken word	Brand colours
Word Reveal	Words appear as they're said and stay	Storytelling
Typewriter	Letters typed out with the speech	Tech, tutorials
Underline	A bar slides under the spoken word	Clean talking heads
Rise Up	Letters rise and fade in	Calm, premium
Blur In	Each word comes into focus	Moody, cinematic
Drop In	Words drop in from above; the spoken word lights up	Energetic edits
Jump	The spoken word hops up and lights up	Playful, comedy
Static	No animation, still fully styled	Interviews, docs

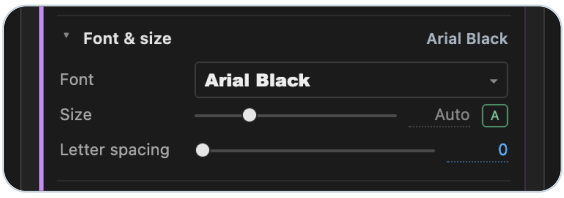


Customize → Animation: 12 styles.

Font, colour, position

Font & size. Any font installed on your computer, with the recommended bold display faces first. *Size* on *Auto* fits the caption to your frame; *Letter spacing* opens up heavy fonts.

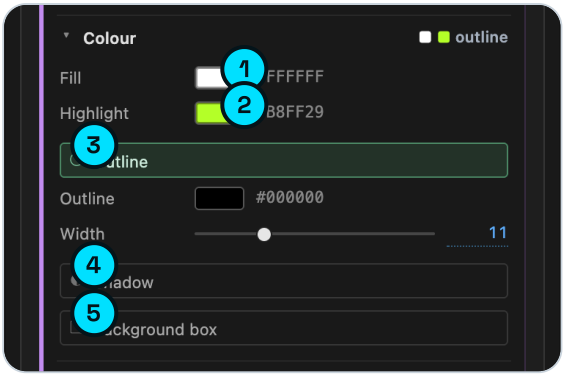
Sending the project to someone else? They need the same font installed, or Premiere shows a stand-in. The ready looks only use fonts that come with every Mac and Windows PC.



Customize → Font & size.

Colour. *Fill* is the text, *Highlight* the spoken word (or the pill, the bar, the karaoke fill). Click a swatch for the picker with an eyedropper. Then *Outline* with width and colour, a soft *Shadow*, and a *Background box* with opacity, padding and roundness.

1. **Fill**: the colour of the text.
2. **Highlight**: the spoken word (or the pill, bar, karaoke fill).
3. **Outline**, with width and colour.
4. **Shadow**, with strength.
5. **Background box**, with opacity, padding and roundness.



Customize → Colour.

Position. *Height* moves the captions up or down; *Box width* is how wide a line may get before it wraps or shrinks. On *Auto* both follow your frame, so the same look works in 16:9 and 9:16.

For 9:16. Keep captions between 60% and 75% height: low enough to stay off faces, high enough to clear the TikTok and Reels buttons.



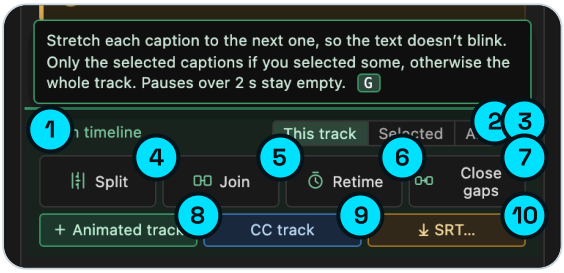
Customize → Position.

On the timeline

Once the captions are on the timeline, the bottom of the panel turns green. From now on **every change applies to the clips as you make it**: a word, a line count, a colour, a font. No export, no re-import.

1. **On timeline**: changes apply as you make them.
2. **Apply to**: this track, the selected clips, or all.
3. ↻ reads the captions back after you edit them in Premiere.
4. **Split** `S`
5. **Join** `J`
6. **Retime** `R`
7. **Close gaps** `G`. Hover any tool for its help, as here.
8. **+ Animated track**: another copy, with the current look.
9. **CC track**: Premiere's caption track.
10. **SRT...**: a subtitle file.

Apply to. *This track* is the track you added (or the track of the selected caption). *Selected* changes only the clips you selected in Premiere, which is great for highlighting one phrase in a different colour. *All* means every CaptionLab clip in the sequence. Other graphics are never touched.



The bottom of the panel once the captions are on the timeline.

Make one phrase stand out

Select a caption clip in Premiere, set *Apply to* to **Selected**, then change the colour: only that caption changes. Great for the one line that sells the video.

Split · Join · Retime · Close gaps

TOOL	KEY	WHAT IT DOES	WHEN TO USE IT
Split	S	Cuts the caption under the playhead in two, right there. Its words go left and right.	A caption is too long for one breath
Join	J	Joins the selected neighbouring captions into one. With one caption selected, joins it with the next.	A phrase got cut in a strange place
Retime	R	Shares a caption's time across its words again.	You trimmed a clip or changed its words in Premiere
Close gaps	G	Stretches each caption to the next one. Only the selected captions if you selected some, otherwise the whole track. Pauses over 2 s stay empty.	Text blinks off between phrases

The keys need the panel's attention. S J R G work while the CaptionLab panel is active (click its caption list first). On the timeline these letters stay Premiere's own. Premiere doesn't let a panel add shortcuts to the timeline itself.

Graphics, CC track or SRT?

+ ANIMATED TRACK

Graphics on the video

Burned into the export, animated, in your brand. For social, ads, short-form.

Another copy on a new track is the easy way to A/B two looks: hide one track, compare, keep the winner.

CC TRACK

Premiere's caption track

Real, switchable captions for accessibility, broadcast and platforms that read caption tracks. Uses ② Lines & caps; the looks don't apply.

↓ SRT

A subtitle file

For YouTube, Vimeo, a client or a translator. Also uses ② Lines & caps. A `.captionlab.json` next to it keeps the word timing for later.

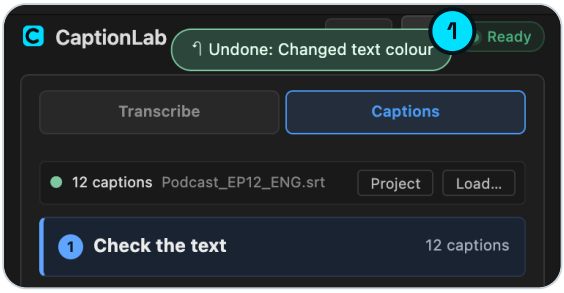
Undo with ⌘Z

Editors live on `⌘Z`, so CaptionLab plays along: **every CaptionLab action is one step in Premiere's History**. Press `⌘Z` in Premiere, or in the panel, and the whole step goes back: a Replace across 40 captions, a new look, a Split. A small note at the top of the panel says what was undone. `⇧⌘Z` brings it back.

1. The note says what `⌘Z` just undid.

> **How it works under the hood.** Premiere's scripting can't record text and colour changes in History by itself. CaptionLab adds one named line per action (you'll see *CaptionLab · #12 Replaced 3* in Window → History). When that line is undone, the panel puts the previous captions back, and Premiere undoes the cuts and clips natively, so nothing is rebuilt.

Dragging a slider counts as one step, not fifty.



⌘Z in Premiere undid a whole CaptionLab step.

Editing captions in Premiere

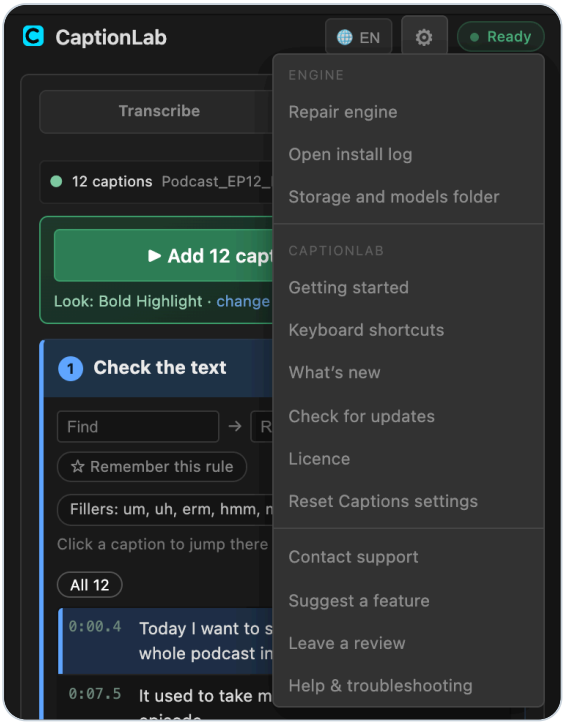
The clips are normal Premiere graphics: move them, trim them, delete them, change a word in the Essential Graphics panel. CaptionLab **reads the clips back before every change**, so your hand edits are kept. The ↻ button next to *On timeline* reads them right away.

- **Trimmed a caption or changed its words?** Select it and press *Retime*, so the highlight follows the new length.
- **Moved a whole block of captions?** They keep working. If many were deleted, *+ Animated track* puts a fresh, complete set on a new track.
- **New transcription of the same video?** CaptionLab never mixes it with older captions on the timeline. It adds the new ones as a new track.

Settings menu & keys

The ⚙ at the top of the panel:

- **Repair engine**, **Open install log**, **Storage and models folder**: the AI engine and how much space the models take.
- **Getting started** and **Keyboard shortcuts**: this guide in short.
- **What's new**, **Check for updates**.
- **Licence**: the email and order it's on, and how to move it to a new computer.
- **Reset Captions settings**: the look and the lines back to how they came. Your captions, rules and My looks are kept.
- **Contact support**: an email with your version, Premiere and system already filled in.

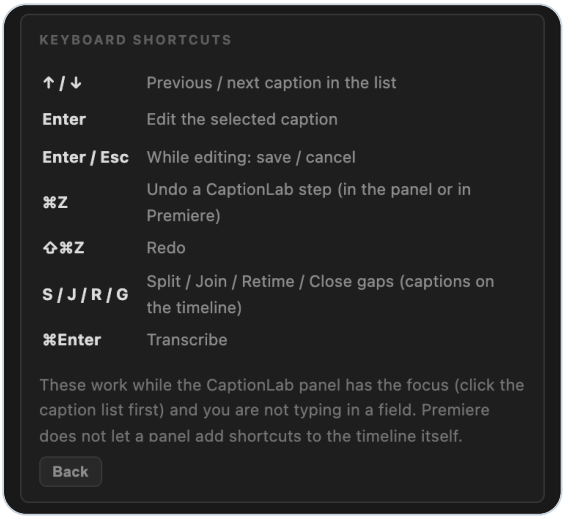


The ⚙ settings menu.

Every key in one place

↑ ↓	Previous / next caption in the list
Enter	Edit the selected caption (Enter saves, Esc cancels)
⌘Z / ⇧⌘Z	Undo / redo a CaptionLab step
S J R G	Split, Join, Retime, Close gaps
⌘Enter	Transcribe

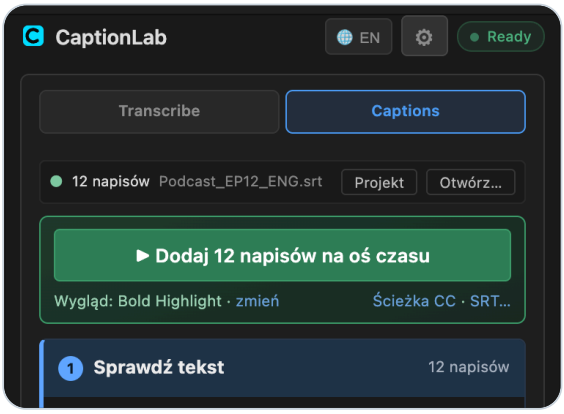
On Windows read Ctrl for ⌘.



⚙ → Keyboard shortcuts.

In your language

The Captions tab speaks Polish, Ukrainian, Romanian, Turkish, Arabic, Czech, French, German, Spanish, Thai, Hebrew, Hungarian, Finnish and Croatian, on top of English. It follows the interface language you choose with 🌐 in the panel header.



The Captions tab in Polish.

Recipes

2 MINUTES

A Reel with punchy captions

1. Transcribe the 9:16 sequence. 2. ② Lines: 1, Max per line 16, All caps, No punctuation. 3. ③ Look: *Yellow Pop*. 4. ▶ Add to timeline. 5. ▣ On video → nudge *Height* to ~70%.

YOUTUBE

Burned-in and switchable

1. ② Lines: 2, 42 ch. 2. ▶ Add with *Clean Box* for the export with captions. 3. *CC track* for the accessible version. 4. *SRT…* to upload to YouTube Studio.

PODCAST

Names right, every episode

1. ① Find the host's name as the model writes it → Replace → ☆ Remember. 2. Next episode: click the saved chip. 3. Fillers → Remove. 4. Save the look under *My looks*.

CLIENT REVIEW

Two looks, one decision

1. Add captions in look A. 2. Pick look B → *+ Animated track*. 3. Toggle the track eyes in Premiere while the client watches. 4. Delete the loser.

FAQ & troubleshooting

I changed the look, but the captions on the timeline didn't change

Check *Apply to* at the bottom of the panel. With *Selected*, only the clips selected in Premiere change. Switch to *This track* or *All*.

The keys S, J, R, G don't do anything

Click the panel's caption list first. When the timeline is active, Premiere keeps these letters for itself.

⌘Z undid something else

⌘Z goes back through Premiere's History in order. If you did something in Premiere after the CaptionLab step (moved a clip, for example), that comes back first. Look at Window → History: CaptionLab's steps are the lines that start with *CaptionLab · #*.

A caption flashes by too fast to read

In ② raise *Longest* or lower *Max per line*, or Join it with its neighbour (select it, `J`).

The font looks different on another computer

That computer doesn't have the font. Install it there, or pick one of the ready looks, which only use fonts that every Mac and PC has.

Can I export the captions with the video?

Yes. The animated captions are normal graphics, so they render with your export like any title. For switchable subtitles use the CC track or an SRT.

CC track does nothing in Premiere Pro 2022

Premiere 2022 does not let plug-ins create caption tracks. CaptionLab puts the SRT in your Project panel and selects it: drag it onto the timeline, and Premiere makes the caption track. From Premiere 2023 on, CC track does it for you.

Where did the Models tab go?

It moved. On the *Transcribe* tab, click **Model** ▾ under the language picker: it shows the model in use and opens the same list, to download, switch or delete models. How much space they take is under ⚙ → *Storage and models folder*.

Does this work offline?

Yes, all of it: transcription, captions, looks. CaptionLab never sends your audio or text anywhere.

Something else

⚙ → *Contact support* writes an email with your version and system already filled in. Or write to editlabtools@gmail.com.

Captions that move. Inside Premiere Pro.

One-time purchase · 99 languages · 100% offline · free 3-day trial