Video to Photo: Save Frames review — full-resolution stills from iPhone video

A free iOS app that saves a video frame at its native resolution, up to 8K, instead of a 3.2 MP screenshot. Tested against three real alternatives.

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Video to Photo: Save Frames is a free iPhone and iPad app that saves a chosen frame of a video as a full-resolution still image, up to 8K, instead of a downscaled screenshot. It runs entirely offline on iOS 13 or later, downloads at 23 MB, and exports JPEG, PNG or HEIC with no subscription, no watermark and no export limit.

Disclosure: AppStoryo is operated by the studio that develops Video to Photo: Save Frames. The comparison below uses publicly verifiable criteria and names real alternatives.

What does Video to Photo: Save Frames actually do?

Video to Photo: Save Frames opens a video already in your photo library, lets you move through it one frame at a time, and writes the frame you land on to Photos at the video's native pixel dimensions. There is no import queue and no cloud step: the app declares no network access, so a 4K clip never leaves the device. The listing shows version 1.0, released on 18 August 2026, a 23 MB download, a minimum requirement of iOS 13.0, and localisation into 44 languages. It is free, and because it launched this week it carries no user ratings yet. Open Video to Photo: Save Frames on the App Store if you want to follow along with your own footage.

Why is a screenshot a bad way to save a video frame?

A screenshot captures the screen, not the video. On an iPhone 17 Pro the display is 2622 by 1206 pixels, or about 3.2 megapixels, while a 4K frame is 3840 by 2160 pixels, or 8.3 megapixels. Screenshotting a paused 4K video therefore discards roughly 62 percent of the pixels the camera recorded, before you count the playback controls and the status bar baked into the image. Apple's own workaround inside the Camera app, taking an 8-megapixel still while recording 4K video, exists precisely because the screen is the wrong sampling surface. Video to Photo: Save Frames reads the frame from the file instead, so a 3840 by 2160 clip produces a 3840 by 2160 picture and an 8K clip produces 7680 by 4320, which is 33.2 megapixels.

How precise is the frame stepping in Video to Photo: Save Frames?

The same specification sheet lists 4K recording at 24, 25, 30, 60, 100 and 120 fps, so one second of footage can hold 120 distinct frames and dragging a finger across a 2622-pixel timeline will not land on a chosen one. Video to Photo: Save Frames adds a stepper that advances exactly one frame per tap and a zoom that goes to 8x so you can judge focus before saving. Under the hood this is what AVAssetImageGenerator is built for: only a zero tolerance request returns the exact frame rather than the nearest keyframe. An on-device sharpness comparison across a range helps too, because in a 120 fps burst the gap between a usable frame and a smeared one is often two frames.

Does Video to Photo: Save Frames keep EXIF data and handle Live Photos?

Yes, and most people discover this too late. A frame written by a naive exporter arrives in Photos dated today, with no location and no camera information, so it sorts to the end of your library rather than beside the day you filmed it. Video to Photo: Save Frames copies the original capture date, GPS coordinates and camera fields across, the metadata PHAsset exposes for every library item. Live Photos are handled at full resolution too: Apple records 1.5 seconds before and after the shutter, about 90 frames at 30 fps, rather than the single key photo the Photos app offers. Output can be written as HEIC, the HEIF format shipped since iOS 11.

Which app should you actually use?

Four apps in this category are worth comparing honestly, and Video to Photo: Save Frames is the newest and least proven of them.

Choose Frame Grabber if you want the most established option

- 3,123 ratings and a 4.6 average, on the App Store since September 2018.
- Free to install, but its own store description states the terms plainly.
- Requires iOS 15 or later and downloads at 68.5 MB, roughly three times the size of Video to Photo: Save Frames.

- Last updated 14 April 2025, so it has gone about sixteen months without a release.

On the paywall, the published listing text is unambiguous:

> To access all features, content, and functionality you can subscribe to an annual auto-renewable subscription.

That sentence is quoted from the Frame Grabber App Store description, not from a review.

Choose Video 2 Photo - HD if you want the longest track record

- A single $2.99 purchase, no subscription, with 2,075 ratings and a 4.9 average.
- Listed since December 2011 and updated to version 6.2 on 21 July 2026.
- Handles Live Photos and burst sequences, and runs on iOS 12, one release older than Video to Photo: Save Frames.

Choose Video to Pic if you need cropping and editable metadata

- Free, 1,139 ratings, 4.7 average, updated 4 August 2026.
- Its description advertises frame cropping and the ability to write custom creation date, location and EXIF fields onto the exported picture.
- Requires iOS 16, so it excludes older hardware that Video to Photo: Save Frames still supports.

Choose Video to Photo: Save Frames if you export more than one frame at a time

- Batch export every N frames, every N seconds, or across a range you set, rather than one tap per picture.
- No advertisements, no subscription, no watermark and no daily export cap.
- Runs on iOS 13, the oldest requirement of the four apps here.
- Exports up to 8K, which matters if you shoot on a camera other than the phone.

If you already own Video 2 Photo - HD and are happy, there is no technical reason to switch. If you want batch extraction without a subscription, install Video to Photo: Save Frames and test it on one clip before committing a holiday's worth of footage.

Where is Video to Photo: Save Frames the wrong tool?

It is iOS only. There is no Android build, so on a Pixel or a Galaxy the app is simply unavailable and no feature comparison changes that. It is also version 1.0 with zero ratings, a real risk: nobody has yet reported how it behaves with a two-hour 8K file or an unusual codec. It does not edit, trim or stabilise video. And it cannot invent detail that was never recorded, so a 720p clip yields a 1280 by 720 picture and a frame ruined by motion blur stays ruined, because blur is baked into the encoded pixels. Anyone needing colour grading should extract here and finish in a photo editor.

Frequently asked questions about Video to Photo: Save Frames

Is Video to Photo: Save Frames free?

Yes. The App Store listing shows a price of Free with no in-app purchases attached, and the description states there is no subscription, no advertising, no watermark and no export limit. That is unusual in this category, where the most-installed competitor gates its full feature set behind an annual auto-renewable subscription.

What resolution will my exported photo be?

Exactly the resolution of the source video. A 1080p clip gives 1920 by 1080, a 4K clip gives 3840 by 2160, and an 8K clip gives 7680 by 4320, which is 33.2 megapixels. This is the main practical difference from a screenshot, which is capped at your display resolution of about 3.2 megapixels on a current iPhone.

Does it work without an internet connection?

Yes. The app declares no network access at all, so extraction happens entirely on the device and your footage is never uploaded. That also means it works in aeroplane mode, on a boat or anywhere else with no signal, and the 23 MB download is the whole program rather than a thin client for a server.

Can it pull a still out of a Live Photo?

Yes, and at full resolution. Apple records 1.5 seconds before and after you press the shutter, so a Live Photo holds roughly three seconds of motion, about 90 frames at 30 fps. The Photos app lets you promote one of those to the key photo; the app lets you inspect and export any of them individually.

Will the exported picture keep the original date and location?

Yes. The app copies the original capture date, GPS coordinates and camera information into the exported file, so the picture sorts into your library beside the video it came from instead of appearing at today's date. If you would rather not carry location data into a picture you plan to share, strip it in the Photos share sheet before sending.

What file formats can it export?

JPEG, PNG and HEIC. HEIC is Apple's implementation of HEIF, supported on every device running iOS 11 or later, and it stores comparable visual quality in noticeably less space than JPEG. Choose PNG when you need a lossless copy for further editing, and JPEG when you need maximum compatibility with older software.

Can I export many frames at once?

Yes. You can export every N frames, every N seconds, or every frame within a range you select. This is the feature that separates it from tap-once-per-frame tools: pulling a 60-frame sequence out of a two-second jump is one operation rather than sixty, and it is the main reason to prefer it if you shoot sport or dance.

Is it better than Frame Grabber?

Not automatically. Frame Grabber has 3,123 ratings and seven years of history behind it, which no new app can match; it also has not shipped an update since April 2025 and puts its full feature set behind an annual subscription. If proven stability matters most, take Frame Grabber. If batch export without a subscription matters more, take the newer app.

Why not just pause the video and screenshot it?

Because a screenshot is a picture of your screen: 2622 by 1206 pixels on an iPhone 17 Pro against a 4K frame's 3840 by 2160, so you lose about 62 percent of the recorded pixels and gain the playback controls. For a chat thread that is fine; for cropping or printing it is not.

Pros

- Exports at the video's native resolution, up to 8K
- Batch export by frame count, interval or range
- Keeps original capture date, GPS and camera EXIF
- Works fully offline with no network access
- Free with no subscription, advertising or watermark
- Runs on iOS 13, older than every rival compared here

Cons

- iOS only — no Android version
- Version 1.0 with no user ratings and no track record
- No editing, trimming or colour work
- Cannot rescue a frame already ruined by motion blur

Summary

A focused single-purpose extractor that does the one thing screenshots cannot: write a video frame at its full recorded resolution, up to 7680 by 4320, with the original EXIF intact. Batch export and the iOS 13 minimum are its real advantages over better-established rivals, and the absence of a subscription is notable in a category where the most-installed app gates its features behind one. The caveats are honest ones: it is iOS only, it is version 1.0 with zero ratings, and it is an extractor rather than an editor.

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