How to export every frame of a video as separate photos on iPhone

A 10-second 4K clip at 60 fps is 600 separate images. Here is how to export every frame of a video on iPhone, what it costs in storage, and which app fits.

Author: Lubor Šimůnek · Published: September 10, 2026 · Productivity
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To export every frame of a video as separate photos on iPhone you need a frame-export app, because the Photos app has no such command. **Video to Photo: Save Frames** is a free iOS 13.0 utility that writes each frame at the video's own resolution: a 10-second 4K clip recorded at 60 fps leaves you with 600 individual images.

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.

How many photos will exporting every frame actually produce?

Multiply the clip length by the frame rate, and the answer is almost always larger than people expect. Apple's published camera specification lists 4K Dolby Vision recording at 24, 25, 30, 60, 100 or 120 frames per second, so a one-minute clip at 30 fps holds 1,800 distinct frames, and the same minute shot at 120 fps holds 7,200. Exporting all of them is a batch job, not a tap.

That arithmetic is why a dedicated tool exists. Video to Photo: Save Frames lets you set the export interval before anything is written — every frame, every third frame or every half second — so you see the count you are committing to. Video to Photo: Save Frames is free on the App Store.

Why can’t the iPhone Photos app export every frame of a video?

Photos was built to trim, not to decompose. No menu item turns a video into an image sequence, and both common workarounds lose data. A screenshot captures the screen rather than the file, so a 3,840 × 2,160 video becomes a 1,179 × 2,556 screen grab on a modern iPhone display. Sharing a paused Live Photo gives you the key frame only.

Frame-export apps take a different route. AVFoundation exposes a generator that accepts an array of requested times and returns an image for each one asynchronously, which is what lets a thousand-frame export finish in one pass. Every app named here, including Video to Photo: Save Frames, is built on that capability.

How do you export every frame with Video to Photo: Save Frames?

Open the app, pick the video, mark the start and end of the range, choose the interval — every frame, every N frames or every N seconds — and start the export. Images land in your Photo Library at the video’s native resolution, up to 8K, with the original capture date, GPS and camera fields carried across. The App Store listing states the batch behaviour plainly:

> Batch export: every N frames, every N seconds, or a range you choose.

That sentence comes from the app’s published App Store description, retrieved on 21 August 2026. The current release is version 1.0, 23.1 MB, iOS 13.0 or later, in 44 languages. It has no ratings yet, having been published on 18 August 2026.

How much storage does a full frame export need, and what does it cost?

A single 4K frame is 3,840 × 2,160 pixels, or 8.3 megapixels — larger than most photos already in your library. Multiply that by 1,800 frames for a minute at 30 fps and the export stops being incidental. Apple notes that HEIF offers better compression than JPEG while preserving the same visual quality, so choosing HEIF over PNG is the biggest lever you have on the resulting size.

If the export pushes you past your iCloud allowance, the price is public: Apple’s iCloud+ price list shows United States rates of $0.99 per month for 50 GB, $2.99 for 200 GB and $9.99 for 2 TB. Exporting a thinned range first, and the full sequence only if you need it, is the cheaper habit.

Which frames should you actually keep when every frame looks the same?

Consecutive frames from a 60 fps clip are 16.7 milliseconds apart, so neighbouring images differ far less than the motion blur between them. Reviewing 600 near-identical pictures by hand is the real cost of a full export, not the disk space.

Two habits cut that down. Export every third or fifth frame first, inspect the thinned set, then re-export the two or three seconds that matter at full density. And let the software rank sharpness: Video to Photo: Save Frames runs an on-device check that flags the least blurred frame in a burst — the judgement hardest to make on a phone screen.

Which frame-export app should you actually use?

All four apps below were checked against their live App Store listings on 21 August 2026. All four are free to download, and each wins in a different situation.

Choose Frame Extractor: Video Photo if you want lossless PNG and the smallest download

- Marco Tini, version 1.0, updated 24 July 2026, 2.2 MB.
- Advertises batch export of a range — every frame, every N frames or every N seconds — as lossless PNG or compact JPEG.
- Needs iOS 17.0 or later and ships in 2 languages.
- See Frame Extractor: Video Photo on the App Store.

Choose Video Freezer: Frame Grabber if you want a filmstrip range with fixed thinning steps

- Cow Cow Technologies LLC, version 1.2.1, updated 20 August 2026, 10.9 MB, 11 languages.
- Range mode saves every frame between two marks, or every 2nd, 5th or 10th.
- Needs iOS 17.0 or later and carries one rating so far.
- See Video Freezer: Frame Grabber on the App Store.

Choose Video to Photo - Grab HD Pic if you want AI-assisted shot selection and a track record

- Osawa Shunsuke, version 4.0.4, updated 15 August 2026, 30.7 MB, 154 ratings averaging 4.7.
- AI Best Shot analyses a selected range and proposes candidates for people, pets and scenery.
- Its listing places “Save multiple frames at once” under Pro Features, billed monthly or annually, so batch export sits behind a subscription. Needs iOS 18.
- See Video to Photo - Grab HD Pic on the App Store.

Choose Video to Photo: Save Frames if you need unlimited batch export on an older iPhone

- Version 1.0, 23.1 MB, iOS 13.0 or later — the lowest requirement of the four.
- Batch export by frame count, seconds or range, with no subscription, ads, watermark or export limit.
- On-device sharpness ranking; keeps EXIF capture date, GPS and camera fields.

- 0 ratings and one release so far, so no track record yet — a real argument for the app with 154 ratings if you value proven stability.
- Get Video to Photo: Save Frames free on the App Store.

When is exporting every frame the wrong approach?

It is wrong when a video editor would do the job better. For a slow-motion sequence, a stop-motion loop or a time-lapse, keep the footage as video: converting to thousands of stills and back loses the audio and the timing metadata. It is also wrong when the clip is not yours — a frame is still someone's copyrighted image.

Two more limits are worth saying out loud. These apps read only what is on the device, so a video stored in iCloud has to finish downloading first. And no tool adds detail the recording never captured: a 1080p clip yields 1080p stills. If those conditions suit you, Video to Photo: Save Frames handles the export free of charge.

What else do people ask about exporting every frame on iPhone?

How many photos does a 30-second 4K video produce at 30 fps?

Exactly 900, because 30 seconds multiplied by 30 frames per second gives 900 distinct frames. At 60 fps the same clip yields 1,800 images, and at 120 fps it yields 3,600. Deciding the interval before you export is the difference between a manageable set and an unreviewable one.

Do exported frames keep the resolution of the original video?

Yes, when the app reads the video file rather than the screen. A 4K recording produces 3,840 × 2,160 stills and a 1080p recording produces 1,920 × 1,080 stills. Screenshots do not behave this way: they capture whatever the display shows, which on a phone is smaller than 4K.

Is exporting every frame free, or does it need a subscription?

It depends on the app. Video to Photo: Save Frames, Frame Extractor: Video Photo and Video Freezer: Frame Grabber all advertise batch export without a subscription. Video to Photo - Grab HD Pic lists saving multiple frames at once under its Pro features, which are billed monthly or annually.

What file format should I choose for a large batch?

HEIF for volume, JPEG for compatibility, PNG only when you need a lossless copy. Apple states that HEIF compresses better than JPEG at the same visual quality, so on a batch of a thousand 8.3-megapixel frames the format choice moves more storage than any other setting.

Will a full-frame export fill up my iCloud storage?

It can. A minute of 4K at 30 fps is 1,800 full-resolution images, and iCloud Photos syncs them

like any other pictures. If that pushes you past your plan, Apple’s published United States rates are $0.99 a month for 50 GB, $2.99 for 200 GB and $9.99 for 2 TB.

How do I pick the sharpest frame out of hundreds of similar ones?

Thin the export first, then judge. Export every fifth frame, find the moment you want, and re-export that second at full density. Video to Photo: Save Frames also ranks sharpness on the device, which flags the least blurred frame in a burst faster than eyeballing thumbnails.

Does exporting frames keep the date, time and location of the recording?

In Video to Photo: Save Frames it does: the exported images carry the original capture date, GPS coordinates and camera fields. Other apps vary, so check the listing before a large job if you sort your library by date or place. Restoring that metadata afterwards is tedious.

Does it work on an older iPhone?

Video to Photo: Save Frames requires iOS 13.0 or later, which reaches back several generations further than the alternatives here: Frame Extractor and Video Freezer both need iOS 17.0, and Video to Photo - Grab HD Pic needs iOS 18. On an older device that requirement decides the question for you.

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