

The Gym Crush

Production & Prompt Guide

A complete, repeatable workflow for a 15-second cinematic 3D cartoon mini-story — from three character reference images to the final Seedance 2.0 render.

15 sec · 9:16 vertical · Pixar look · No dialogue · Built for virality

THE IDEA

A funny gym misunderstanding.

A skinny, nerdy guy struggles with tiny dumbbells. A beautiful woman smiles in his direction — he thinks it's for him and turns on full confidence mode. The twist: she was looking at the muscular guy standing right behind him. She walks past and hugs the hero. The whole story is a visual triangle — three characters, one misread glance — and it's awkward, charming, and endlessly shareable.

WORKFLOW AT A GLANCE

01. Design characters — Lock 3 reference sheets so identity stays consistent.
02. Build key frames — Three stills: the struggle, the illusion, the twist.
03. Animate in Seedance 2.0 — Feed refs + master prompt, render 9:16 at 15s.
04. Polish & post — Sound design, title card, publish to Reels.

CHARACTER REFERENCE IMAGES

Consistency is everything — the same face, body and outfit must appear in every frame. This story needs three locked characters. Generate each as a full-body turnaround on a clean white background in Nano Banana (Gemini) or GPT Image, keep the same face & outfit across all frames, then upload all three into Seedance 2.0 as image references.

Milo (The Skinny Nerd) — Oversized round glasses, messy wild hair, long thin arms, dark athletic tee and slim joggers. Lifts tiny dumbbells with dramatic seriousness. Lovable, never pathetic.

Maya (The Athletic Woman) — Long flowing brown hair, big expressive eyes, pink two-piece activewear, phone in hand. Smiles in Milo's direction — but she's looking past him.

Bruno (The Muscular Hero) — Huge, broad-shouldered, confident smile, fitted black compression shirt and joggers. Stands behind Milo, hidden until the reveal.

STORYBOARD THE BEGINNING, TWIST AND PUNCHLINE

[START] Wide modern gym. Skinny guy front-and-center straining with tiny dumbbells, glasses sliding down his nose.

[MIDDLE] Woman smiling warmly in his direction, soft romantic glow. Skinny guy wide-eyed, pointing at himself — "Me?"

[END] Foreground: skinny guy frozen, hand half-raised, crooked glasses. Background: woman hugging the muscular hero.

KEY FRAME · THE TWIST (END)

END FRAME — rack-focus reveal

[STYLE] Pixar / Illumination 3D animation, modern premium gym, cinematic lighting, shallow depth of field. 9:16.

[FOREGROUND (sharp)] The skinny nerdy guy MILO with round glasses, frozen mid-wave, smile dropping into awkward realization, tiny dumbbells at his feet.

[BACKGROUND (slightly soft)] MAYA in pink activewear hugging the huge muscular man BRUNO in black gym clothes, both smiling warmly.

[NEGATIVE] Clear visual triangle, comedic timing, glossy floor reflections. No text, no logos.

TIMELINE

- 0:00–0:02 The struggle — Milo lifts tiny dumbbells with extreme effort, glasses sliding.
- 0:02–0:04 She appears — cut to Maya, slow-motion, soft romantic glow, she smiles his way.
- 0:04–0:06 "For me?" — Milo freezes, looks left and right, points to himself.
- 0:06–0:08 Confidence mode — macho swagger, 1-sec golden heroic fantasy, snap back.
- 0:08–0:10 The approach — Maya walks toward him, Milo fixes his hair, nervous smile.
- 0:10–0:12 The twist — Maya walks past, camera rack-focuses to Bruno behind him.
- 0:12–0:14 The hug — Maya hugs Bruno, Milo frozen, smile collapsing.
- 0:14–0:15 Punchline — Milo pretends he was stretching, one defeated curl, freeze-frame.

THE 15-SECOND MASTER PROMPT

This is the whole thing — copy it, recast the triangle, and you have your own misunderstanding series.

MASTER PROMPT · THE GYM CRUSH

CINEMATIC 3D AI CARTOON MINI-STORY – THE GYM CRUSH MISUNDERSTANDING

[STYLE] Pixar / Illumination-inspired 3D animated feature film quality, family-friendly comedy with exaggerated character acting, expressive faces, cinematic lighting, realistic gym materials, glossy surfaces, soft volumetric light, shallow depth of field, creamy bokeh, dynamic camera movement, and clear visual storytelling. The video should feel like a funny romantic gym misunderstanding. Tone: funny, awkward, charming, cinematic, expressive, not cruel, highly shareable. Duration: 15 seconds. Aspect ratio: 9:16. Resolution: 720p or higher. No subtitles. No logos. No spoken dialogue. All storytelling should be visual.

[CHARACTERS – use the 3 uploaded reference images]

MILO (Skinny Nerdy Guy): a very skinny young man in his early 20s with oversized round black glasses, messy wild hair, long thin arms and legs, awkward posture, sweet nervous energy. Fitted dark athletic T-shirt, slim black joggers, black sneakers. Lifting tiny dumbbells with dramatic seriousness, struggling way too much for the weight. Expressions: nervous effort -> surprise -> disbelief -> romantic excitement -> sudden fake confidence -> crushing embarrassment. Lovable and funny, not pathetic.

MAYA (Beautiful Athletic Woman): a beautiful sporty woman in her mid-20s with long loose flowing brown hair, big expressive eyes, confident warm smile. Stylish pink two-piece athletic set (pink sports bra, high-waisted pink leggings), sleek sneakers, holds a smartphone casually in one hand. She smiles in Milo's direction, but is actually looking behind him at her muscular boyfriend, Bruno. Friendly and glamorous, not mean.

BRUNO (Muscular Guy): a huge handsome muscular man with broad shoulders, massive arms, confident smile, heroic posture. Tight black gym clothes: fitted black compression shirt, black athletic joggers, white sneakers. Stands behind Milo, initially hidden / out of focus. Only at the reveal does the audience understand Maya was looking at him.

[ENVIRONMENT] A clean modern gym with cinematic lighting. Dumbbell racks, mirrors, benches, treadmills, weight machines, water bottles, towels, soft reflections on polished rubber flooring. Premium, bright, stylish. Mirrors help create visual comedy and misdirection.

[MOOD] Awkward hope turns into hilarious misunderstanding. Arc: struggle -> eye-contact illusion -> confidence boost -> romantic fantasy -> reveal -> comedic heartbreak.

[TIMELINE] 0:00-0:02 THE STRUGGLE: wide gym shot, Milo lifts two tiny dumbbells with extreme effort, shaking, glasses sliding down his nose. · 0:02-0:04 SHE APPEARS: cut to Maya across the gym, confident warm smile turned in Milo's direction, slow-motion soft romantic glow, Milo notices, eyes widening. · 0:04-0:06 HE THINKS IT IS FOR HIM: close-up on Milo, he freezes, looks left, looks right, points to himself like "Me?", face lights up with disbelief and happiness, the tiny dumbbells suddenly feel lighter. · 0:06-0:08 CONFIDENCE MODE: Milo stands taller, fixes his glasses and shirt, lifts the tiny dumbbells with exaggerated macho confidence, for one second imagines himself a huge heroic gym legend in golden light, then snap back to reality. · 0:08-0:10 THE APPROACH: Maya starts walking toward him, Milo fixes his hair, puts the dumbbells down with fake confidence, leans on the bench, best nervous smile, romantic push-in. · 0:10-0:12 THE TWIST REVEAL: Milo raises his hand slightly to wave, Maya walks right past him, camera rack-focuses behind him to BRUNO standing there smiling warmly, Milo's smile freezes. · 0:12-0:14 THE HUG: Maya reaches Bruno and hugs him happily, he lifts her in a warm gym hug, Milo frozen in the foreground, one hand half-raised, glasses crooked, tiny dumbbells at his feet. · 0:14-0:15 FINAL PUNCHLINE: Milo pretends he was only stretching, picks up one tiny dumbbell, does one defeated little curl, forces an awkward smile – freeze-frame.

[CAMERA] Wide gym establishing shot; close-up on the shaking tiny dumbbells; slow-motion reaction to her smile; romantic push-in during the misunderstanding; rack-focus reveal to the muscular guy behind him; final static comedy frame.

[MOTION / ANIMATION] Milo shakes while lifting tiny weights; glasses slide down his nose; sudden confidence boost; exaggerated heroic fantasy for one second; Maya walks smoothly and confidently; Bruno revealed with calm hero energy; Milo's final embarrassment readable and charming.

[LIGHTING] Bright modern gym lighting with cinematic warmth. Soft romantic glow when the

QUALITY CHECKLIST

- [] Same face & outfit on each character across all frames (identity consistency)
- [] The visual triangle reads instantly at the reveal — viewer "gets it" without words
- [] Exaggerated, readable expressions — charming, never cruel
- [] Clean rack-focus from skinny guy -> muscular guy at 10–12s
- [] Cartoon SFX + music stings only — no dialogue, no subtitles
- [] Strong first 2 seconds (the struggle) so it stops the scroll
- [] 9:16, 15 seconds, 720p or better

Made with AI Toon Studio · Full guide: aitoonstudio.com/guides/gym-crush