

Loop, getting started

Loop reposts your best videos to your Facebook Page and Instagram on a schedule, so they keep earning while you make new ones. Setting up takes one sitting. Loop finds your most viewed videos, you choose how often to post, give Loop access to your Page, pay, then bring in the files from Frame.io or your computer, and the loop runs by itself.

What you need. Google Chrome on a computer, the Facebook login that manages your Page (with Instagram linked to it in Business Suite), your YouTube channel handle if you want Shorts in the ranking, and the video files, on Frame.io or your computer. No account, no card until step 4.

Install Loop in Chrome, about 3 minutes

Step 1. Unzip the file

Double click **loop-extension.zip**. You get a folder called **loop-extension**. Move it somewhere it will not be deleted, for example Documents.

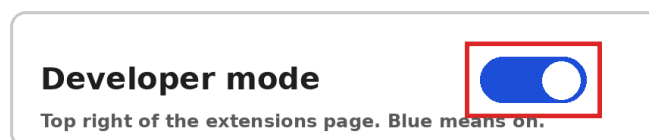


Step 2. Open the extensions page

In Chrome, click the address bar, type **chrome://extensions** and press Enter.

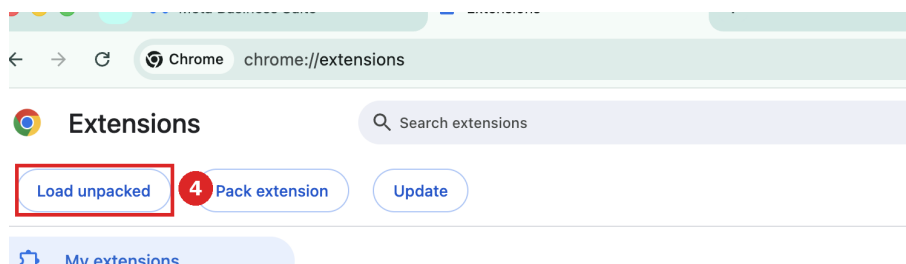
Step 3. Switch on Developer mode

A small switch at the **top right** of that page. Click it so it turns blue.



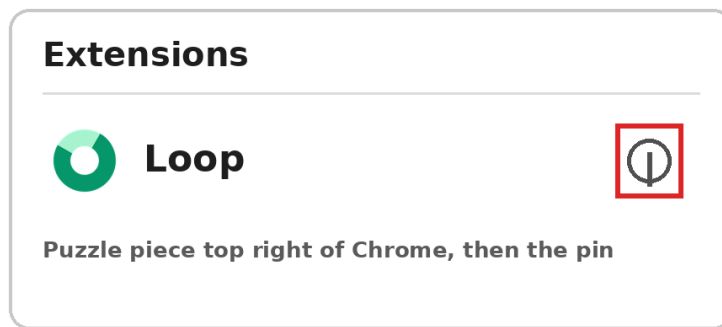
Step 4. Click Load unpacked

Top left of the page. Choose the **loop-extension** folder and click Select. Loop shows as a card on the page.



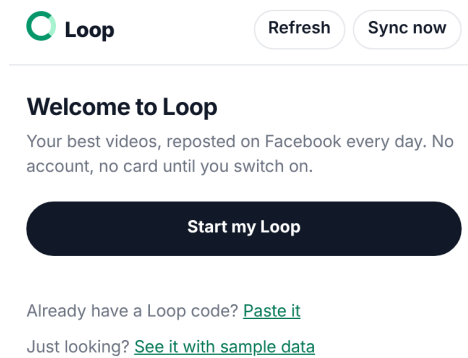
Step 5. Pin Loop to the toolbar

Click the **puzzle piece** at the top right of Chrome, then the **pin** next to Loop.



Step 6. Start my Loop

Click the Loop icon and press **Start my Loop**. About a second later your private Loop is ready and the **Setup** tab opens with five steps. Nothing to sign up for, nothing to paste.



Set up your loop, the five steps

The Setup tab tracks where you are. A green tick means the step is done. You can close Chrome and come back any time, nothing is lost.

Loop My Loop

Refresh Sync now

Setup Today Earnings Videos Queue

0 of 5 steps done

1 Find your top videos

Loop reads your Facebook, Instagram a...

Find them

2 Plan your loop

How often to post and how many videos

Set up

3 Give Loop access to your Page

Share your Page and Instagram wit...

Show me how

4 Upload the video files

After step 1

5 Pay and switch on

\$199 for the first month, then 10 percent of what the lo...

earnings sync by themselves a few times a day while Chrome is open

[details](#) [disconnect](#)

Loop My Loop

Refresh Sync now

Setup Today Earnings Videos Queue

4 of 5 steps done

✓ Find your top videos

450 videos in your queue

Scan again

✓ Plan your loop

450 videos, 16 a day, every 1.5 hours, 28 ...

Change

✓ Give Loop access to your Page

Access given, Page 1234567890

✓ Upload the video files

450 of 450 files in place

Upload

5 Pay and switch on

\$199 for the first month, then 1...

Pay and switch on

earnings sync by themselves a few times a day while Chrome is open

[details](#) [disconnect](#)

At the start. Nothing done yet.

Later. Paid and on, files going in.

Step 1. Find your top videos

Press **Find them**. A Loop page opens. Check Business Suite is signed in as you, then press **Open Business Suite and scan**. Business Suite opens in a new tab on the Page you used last, **check the right Page is selected top left**. Loop reads the lifetime views of your Facebook and Instagram posts, the 200 most viewed on each, and notes your Page and Instagram account for step 3. It takes a few minutes. **Keep the Business Suite tab open** until the bar is full. Nothing is posted or changed, Loop only reads.

Loop My Loop

Your plan, 450 videos in the loop

Find your top videos

Loop opens Meta Business Suite in a new tab and reads the lifetime views of your Facebook Page and Instagram posts, the 200 most viewed on each, plus your YouTube Shorts if you add the channel. It ranks them all together. **Nothing is posted or changed.**

Before you start

Business Suite must be signed in to the Facebook account that manages your Page. It opens on the Page you used last, **check the right Page is selected top left** before the scan starts. Loop notes your Page and Instagram account for step 3 at the same time. Keep the Business Suite tab open until the scan finishes, two to five minutes.

Open Business Suite and scan

YouTube Shorts too? Optional. Loop reads the channel's videos of 3 minutes or under and ranks them with the rest. Nothing is posted or changed.

@yourchannel or the channel link

Add YouTube Shorts

YouTube Shorts too? Type your channel handle, like @yourchannel, in the box under the scan and press **Add YouTube Shorts**. Loop reads the channel's videos of 3 minutes or under and ranks them with the rest. Big channels get their 500 most viewed. Works before or after the Business Suite scan.

Choose your videos. When the scan finishes you see one list ranked by views, the Facebook, Instagram and YouTube copies of each video joined into one row. The top 450 are already ticked, change the number next to **Keep the top** if you like, untick anything you do not want reposted, then press **Create my queue**.

Your most viewed videos

15 posts read, 3 from YouTube, 15 are videos, 8 different videos after joining the copies across platforms.
Untick any you do not want.

Keep the top videos 8 ticked

Create my queue with 8 videos

	RANK	VIDEO	FACEBOOK VIEWS	INSTAGRAM VIEWS	YOUTUBE VIEWS	TOTAL	LENGTH	POSTED
☒	1	 \$1 Authentic Noodles 🇵🇰 3 copies, best on YouTube	9,000,000	2,000,000	18,000,000	29,000,000	0:40	Oct 14, 2026
☒	2	 This is Pakistan... 🇵🇰 2 copies, best on YouTube	6,300,000	–	12,000,000	18,300,000	1:01	Jul 16, 2026
☒	3	 Best street food in Bangkok tonight 3 copies, best on YouTube	3,600,000	1,100,000	6,000,000	10,700,000	1:22	Apr 17, 2026
☒	4	 Afghan Food in Pakistan 🇵🇰 2 copies, best on Facebook	7,200,000	1,700,000	–	8,900,000	0:54	Aug 15, 2026
☒	5	 \$0.35 Chicken 🇵🇰 best on Facebook	8,100,000	–	–	8,100,000	0:47	Sep 14, 2026
☒	6	 \$0.10 Sweet in Pakistan 🇵🇰 2 copies, best on Facebook	5,400,000	1,400,000	–	6,800,000	1:08	Jun 16, 2026
☒	7	 Sri Lankan Airlines Review 🇵🇰 best on Facebook	4,500,000	–	–	4,500,000	1:15	May 17, 2026
☒	8	 Hidden beach in Phuket nobody knows best on Facebook	2,700,000	–	–	2,700,000	1:29	Mar 18, 2026

Each row shows the views on each platform, the total, the length and when it was first posted.

Step 2. Plan your loop

Press **Set up**. Loop suggests **16 a day, 450 videos** and a **28 day rest** between repeats of the same video, the plan Hugh Abroad runs. Type any number from 1 to 30 a day, or a week. The rest is worked out from your pace and video count, edit it if you want. Loop warns you if the loop is too short for the rest. Press **Save plan**.

👉 \$199 for the first month, then 10 percent of what the 10...

How often to post

a day



one every 1.5 hours

How many videos in the loop

Rest between repeats of the same video, days (worked out for you, edit if you like)

Each video comes round every 28.1 days. One full cycle of 450 videos takes 29 days.

Save plan

Step 3. Give Loop access to your Page

Press **Show me how**. Loop posts through Meta's partner access, so there is no login to hand over and you can take it back any time. In **Meta Business Suite** (business.facebook.com) go bottom left to **Settings**, then **Partners**, **Add**, **Give a partner access to your assets**. Partner business ID **1219152553761343**. Tick your **Page** and your **Instagram account**, give **Content** permission, Save. Back in Loop your Page ID is already filled in from the scan, press **I have given access**.

\$199 for the first month, then 1...

In Meta Business Suite (business.facebook.com), bottom left **Settings**, then **Partners**, **Add**, **Give a partner access to your assets**.

Partner business ID **1219152553761343**. Tick your **Page** and your **Instagram account**, give **Content** permission (create and manage content), Save.

Your Page ID, found by your scan in step 1

1234567890

Instagram account found, 17841400000000000

I have given access

No Settings, Partners menu? Your Page is not in a Business portfolio yet. In Business Suite choose Create a business portfolio, it is free and your Page just gets attached to it. If Instagram is not listed, link it to your Page first under Business Suite, Settings, Instagram accounts.

Step 4. Pay and switch on

Once steps 1 to 3 are done, press **Pay and switch on**. Stripe takes the card, **\$199 for the first month**, then every month \$199 or 10 percent of what the loop earned, whichever is higher. Within a minute Loop builds your posting schedule and switches it on. Your loop posts **each video as soon as its file is in**, so it can start while you are still on step 5.

Step 5. Upload the video files

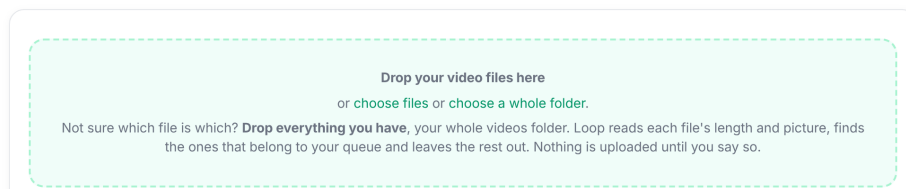
Press **Upload**. Loop lists every video in your queue that still needs its file. There are two ways, and you can use both.

Files on Frame.io, the fastest way. First **log in to Frame.io in the same Chrome**, at next.frame.io. Then press **Connect Frame.io**. A Frame.io tab opens, **leave it open**, Loop reads your projects by itself and brings you back to the upload page. A green bar shows the three stages, reading Frame.io, finding the file of each video by its pictures, copying the files. Loop copies them straight from Frame.io, your own internet is not used. **Keep the upload page and the Frame.io tab open until the bar is full**. Nothing in Frame.io is changed.

Files on your computer. Drop your whole videos folder onto the page, or choose a folder. Loop looks at the pictures in every file, finds the ones that belong to your videos and leaves the rest out. Check the pairs, click the right video on any it is not sure about, then press **Upload**. Several files go up at once and the page shows the speed and the time left. Keep the page open until it is done, you can use other tabs.

Upload the video files

Loop needs the original file of each video in your queue, the mp4 you uploaded to Facebook or Instagram. Drop them all in at once, or your whole folder, Loop matches each file to its video by length and picture, or press **Choose file** on a row. Files go straight to Loop's own storage.



Cannot find a video? Tick it in the list of videos still missing a file and press **Remove**. It leaves your queue and never comes back on a refresh. Loop then offers **the next best videos** from your scan in their place, one click adds them. **Wrong file on a video?** Open **Videos with a file**, press **Wrong file** and it goes back to the missing list.

No files anywhere? Get them back from YouTube. Go to **takeout.google.com** signed in as the channel owner, Deselect all, tick **YouTube and YouTube Music**, click All YouTube data included and keep only **videos**, then Create export. Google emails a download link, usually within a day. Unzip and drop the whole folder onto the upload page. Instagram works the same way through Accounts Centre, Download your information, Reels only, highest quality.

No files on your computer? Get them back from YouTube. Google sends you every video you ever uploaded, named by title.

1. Go to **takeout.google.com** signed in as the channel owner, **Deselect all**, tick **YouTube and YouTube Music**
2. Click **All YouTube data included**, keep only **videos**, OK
3. Next step, Export once, file size **50 GB**, **Create export**. Google emails a download link, usually within a day
4. Download, unzip, then drop the whole folder here. Loop finds the right files

Instagram works the same way, Accounts Centre, Your information and permissions, Download your information, only Reels, highest quality.

Every day after that

Click the Loop icon. **Today** shows what went out in the last 24 hours and what each post has earned. **Earnings** shows the build up over the cycle. **Videos** lists the whole queue with a **Pause** button on each video. **Queue** shows how many days of posts are left. Earnings sync by themselves a few times a day while Chrome is open, **Sync now** does it straight away.

When a cycle is done

After one full cycle step 1 offers **Refresh**. It is never forced. Loop scans again and shows new videos that made it into your top list, ticked to add, and queue videos that dropped out, ticked to pause. Files stay, nothing is deleted. Press **Apply refresh** and upload the files for the new ones.

If something looks wrong, or any question

Press **details** at the bottom of the Loop window and email a screenshot to **helen.g@voxcreatorsgroup.com**. Earnings are Meta's approximate figures and keep changing for a few days after each post.