



Flex Wheel

by CaptureFlex



A RADIAL MENU FOR AFTER EFFECTS AND PREMIERE PRO

Stop digging. Start flicking.

Every tool you reach for all day, one flick from your cursor.
Hold, flick toward what you want, let go - and you never left
your artwork.

After Effects

Premiere Pro

macOS 11+ · Apple Silicon & Intel

Lifetime license

2 computers

114

built-in tools in After Effects

73

built-in tools in Premiere Pro

All

of your installed effects,
third-party included

1

license for both apps

HOW IT WORKS

One motion. No menus.

The wheel opens under your cursor, right where you are looking. Point at a segment and its tools fan out beyond the ring; release over one and it fires.

01

Summon

Hold your hotkey, or right-click and hold. A normal quick right-click still opens the app's own menu.

02

Flick

Move toward a segment. Its tools fan out under your pointer - an overshooting flick still lands on the tool.

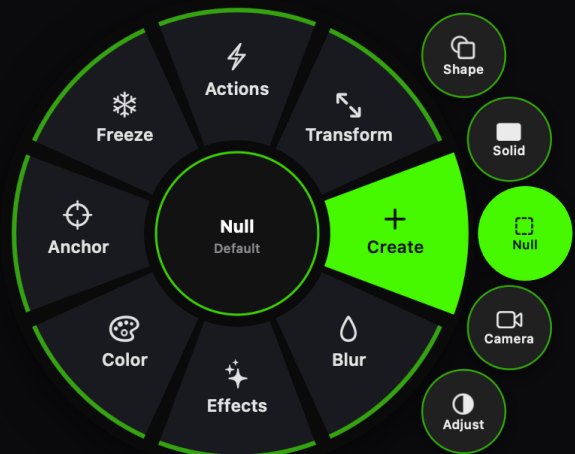
03

Release

Let go and it's done. In After Effects every action is a single undo step.



At rest



Flick right: Create fans out, Null is one release away

Every way to drive it

Control + **`** hold

Open, flick, release to fire. Rebind it to anything in Preferences.

... quick tap

The wheel stays open, so you can click a tool instead.

Right-click and hold

The same gesture on the mouse. Hold delay is adjustable (80-600 ms), and it can require a modifier key if you right-drag a lot.

Release on a segment

Fires that segment's first tool - the fastest path to your most-used action. Optional.

Scroll while open

Switch between your saved wheel layouts.

Esc / release in the centre

Cancel. Nothing happens.

Near a screen edge

The wheel slides inward so it is always fully on screen, on any display.

114 tools, already on the wheel.

A native plug-in. Its Window-menu commands can all be bound in Edit > Keyboard Shortcuts.

Actions 11

The right-click ritual, collapsed into one motion.

Pre-comp Pre-comp... Split
Duplicate Save Frame Delete
Render Queue Media Encoder
Purge Cache Shapes from Text
Shapes from Vector

Transform 12

Fit, fill, flip and centre without touching a value.

Center Fit W Fit H Fit Fill
Mirror H Mirror V Rotate +90
Rotate -90 Scale ½ Scale ×2
Reset

Create 10

New layers land above your selection, trimmed to it.

Shape Ellipse Solid Solid...
Null Null + Parent Camera
Adjust Text Light

Blur 6

The blurs you reach for daily.

Gaussian Camera Lens Fast Box
Directional Radial Sharpen

Effects 9

Your looks, plus a search over everything installed.

Search... Shadow Fill Tint
Glow Fractal Noise
Gradient Ramp Turbulent
Roughen Edges

Color 6

Grade in place - no typing into Effects & Presets.

Lumetri Hue/Sat Curves
Levels Exposure Vibrance

Anchor 9

Nine positions. The layer never moves.

TL TC TR ML MC MR
BL BC BR

Time 6

Freeze, remap and reverse without the Time submenu.

Freeze Frame Time Remap
Freeze Last Reverse Layer
Speed ×2 Speed ½

Keyframes 11

Ease selected keys, or add one that holds the current value.

Easy Ease Ease In Ease Out
Linear Hold Reverse Keys
Key Position Key Scale
Key Rotation Key Opacity
Key All

Align 9

Snap a layer to nine places in the comp - exact under scale and rotation.

TL TC TR ML MC MR
BL BC BR

Expressions 4

Loop, ping-pong or wiggle the properties you have selected.

Loop Ping-Pong Wiggle
Clear

Layer 17

Switches, trims, order and markers.

Solo Lock Shy Show / Hide
Motion Blur 3D Layer
Guide Layer Trim In Trim Out
Move to Playhead Sequence
To Front To Back Unparent
Marker Opacity 50 Opacity 100

Comp 4

Work area, comp settings and the wheel's own settings.

Work Area → Sel Trim Comp
Comp Settings Wheel Settings

Four layouts to start from

Default

Actions · Transform · Create · Blur · Effects · Color · Anchor · Freeze

Animate

Add Key · Ease · Expressions · Time · Layer · Create · Align · Trim

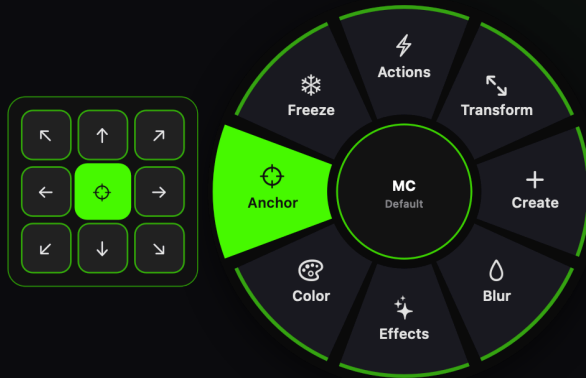
Motion Design

Keys · Layer · Create · Trim · Transform · Anchor · Actions · Time

Finishing

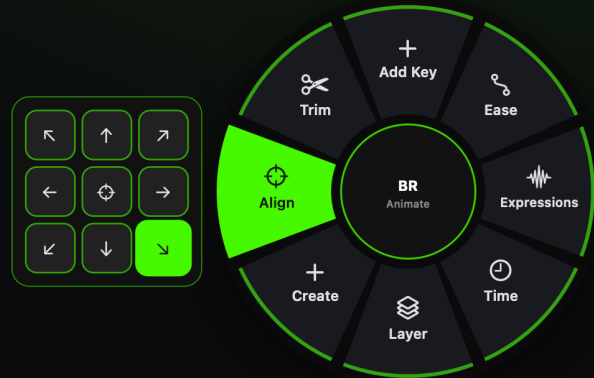
Color · Blur · Effects · Create · Order · Comp · Anchor · Output

Nine positions. Zero eyeballing.



Anchor grid

- Moves the anchor point to any of nine places - **and the layer stays exactly where it was.**
- Correct under non-uniform scale, rotation and a keyframed position: every position key is offset for you.
- No Pan-Behind tool, no nudge-and-undo.



Align grid

- Snaps a layer's corner, edge or centre onto the comp's - the bottom-right corner lands exactly on the comp's bottom-right.
- Exact for scaled and rotated layers, and for layers with an off-centre anchor.
- Never rescales. Parented layers are handled.



Small things that add up

- **Create lands where you want it** - nulls, adjustment layers, solids and shapes appear above your selection, trimmed to its span. Null + Parent rigs the selection in one flick.
- **Effects with nothing selected** make their own adjustment layer instead of failing.
- **Shapes are born in your accent colour.**
- **Expressions** go on the properties you have selected: loop, ping-pong, wiggle, clear.
- **Add Key** drops a keyframe holding the current value, so nothing jumps.
- **Readable errors** - "Select a layer first", never a silent nothing.

The same wheel, an editor's tools.

Starts with Premiere by itself. 73 tools built for the timeline - and your one license already covers it.



Edit

10

Cut, ripple delete and lift - it tells you what it really cut.

Cut Cut All Tracks Ripple Delete
Delete (Lift) Enable / Disable
Link Unlink Select at Playhead
Select Forward Mute Track

Effects

9

Favourites, plus a search over every installed effect.

Search... Gaussian Blur
Drop Shadow Crop Transform
Warp Stabilizer Ultra Key
Sharpen Mosaic

Markers

6

Coloured markers at the playhead.

Marker Red Orange Yellow
Blue Cyan

Transform

11

Motion controls without opening Effect Controls.

Center Scale 100 Scale ½
Scale ×2 Rotate +90 Rotate -90
Reset Motion Flip H Flip V
Opacity 50 Opacity 100

Color

4

Lumetri and the quick fixes.

Lumetri Color Black & White
Tint Brightness & Contrast

Playhead

9

Jump between edits, mark in and out, export a frame.

Next Edit Previous Edit
Clip Start Clip End Mark In
Mark Out In/Out → Selection
Export Frame Wheel Settings

Position

9

Picture-in-picture: snap a scaled clip to nine places, with a margin.

TL TC TR ML MC MR
BL BC BR

Transitions

7

Video and audio, on the cut nearest your playhead.

Cross Dissolve Dip to Black
Dip to White Film Dissolve Push
Constant Power Exponential Fade

Label

8

Colour-code the selection.

Violet Iris Caribbean
Lavender Cerulean Forest
Rose Mango

Honest feedback

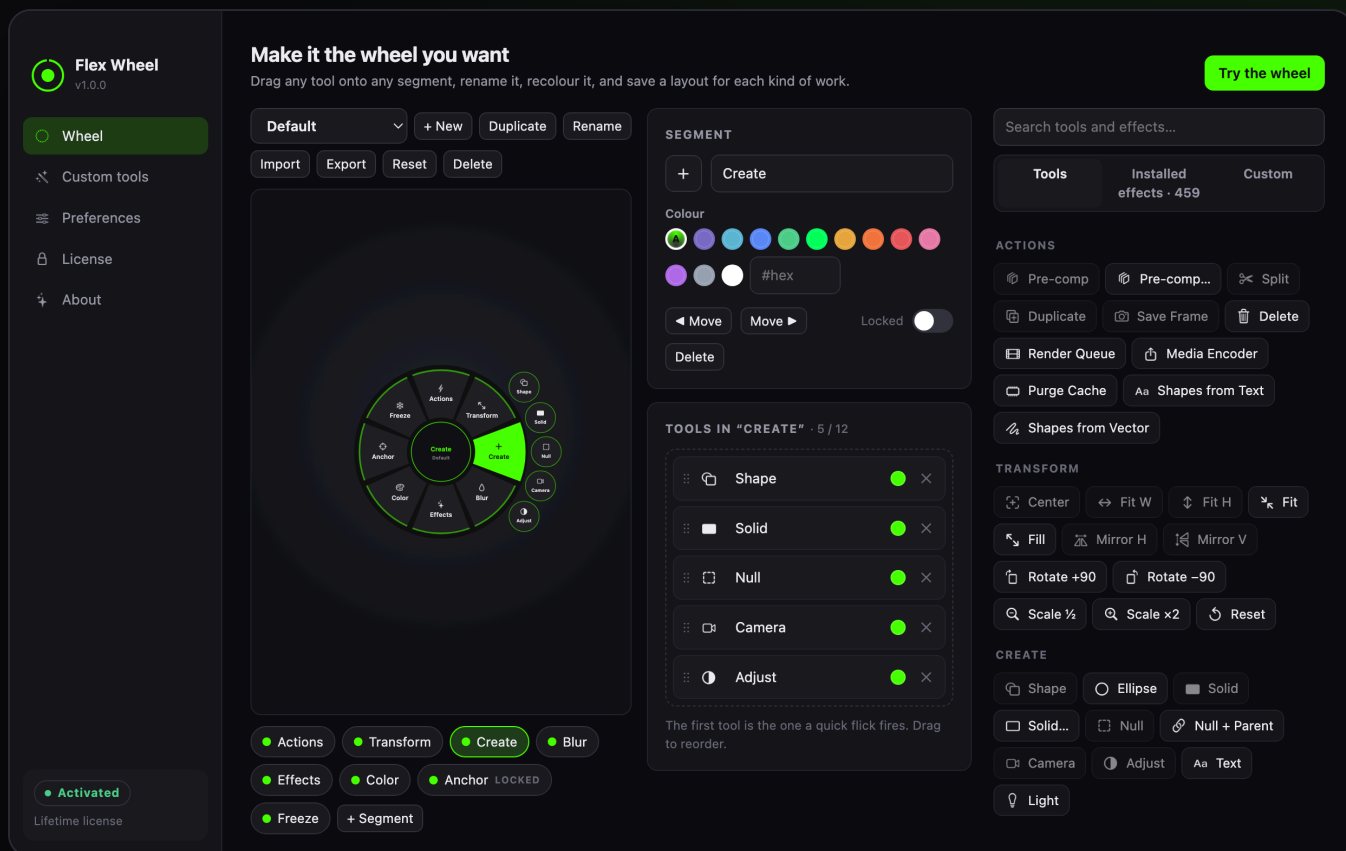
Cut reports the clips it really cut - and says "Nothing to cut here" when the playhead is on a clip's first frame. Effects land on the clip you selected, never on a neighbour or a gap.

Two ways in

The hotkey works immediately. Right-click-and-hold needs a one-time macOS Accessibility permission - one button in Preferences. Window > Extensions > Flex Wheel opens a small control panel.

MAKE IT YOURS

Two minutes to set up. Yours from then on.



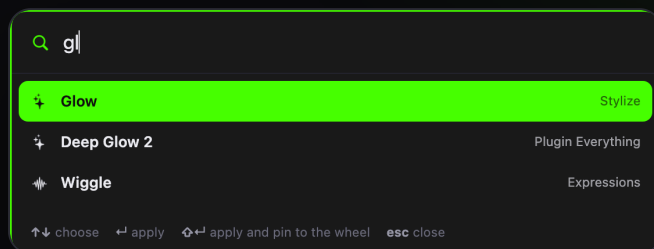
The wheel editor

- **Drag any tool onto any segment** - onto the list or straight onto the wheel preview.
- **Rename, recolour, re-icon** every segment and every tool.
- **2 to 12 segments**, up to 12 tools each. Nine tools can become a 3×3 grid.
- **Lock a segment** so it can't be changed by accident.
- **Layouts for each kind of work** - new, duplicate, rename, reset, import and export (.flexwheel) to share with a team.

Your whole library

- **Every installed effect**, third-party included, read from the app itself and grouped by category. In Premiere: video and audio effects and transitions.
- **Custom tools**: a script file, an ExtendScript snippet, and in After Effects any menu command or animation preset (.ffx). Test each one before saving.
- Layouts survive updates: if a built-in tool is ever retired, your own layouts are kept and cleaned, never discarded.

Everything else you'd expect.



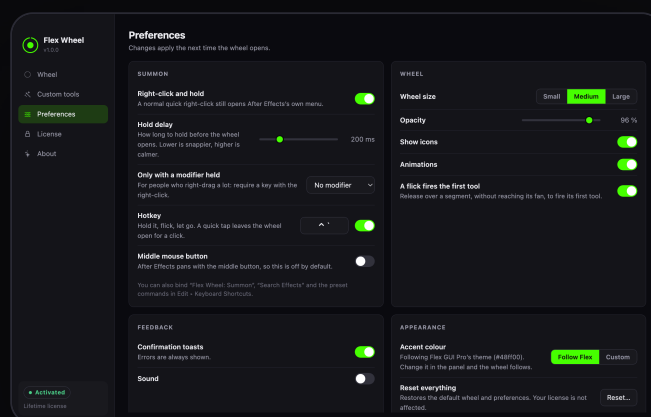
Search Effects - a floating palette over your whole library

Search Effects

- Type a few letters; exact and word-start matches rank first. Wheel tools are searchable too.
- applies. applies **and pins it to your wheel.**
- Opens on your recent effects, then what's already on your wheel.

Preferences

- Wheel size (S / M / L) and opacity.
- Hotkey recorder; hold delay; modifier requirement; middle-mouse summon (After Effects).
- Icons, animations, confirmation toasts, sound.
- Accent colour** - your own, or it follows your Flex GUI Pro theme live. That colour is the only thing Flex Wheel shares with any other product; it needs nothing else installed.



License

Lifetime	Pay once. All 1.x updates included.
2 computers	Work and home. After Effects and Premiere Pro on each count as one activation.
Moving machines	"Deactivate this computer", or "Release other device" if the old Mac is gone.
Offline	Keeps working for up to 14 days between check-ins. A server or network problem never locks a licensed copy.
Your work	Flex Wheel never changes a project except through the tool you fire.

Requirements: macOS 11 or newer, Apple Silicon or Intel. Built and tested with After Effects 2026 and Premiere Pro 2026. Signed with an Apple Developer ID. Windows is not available in version 1.0.0.