Info about animations

Why are the exported .png files so large?

Each animation is exported as 1200x800.

The reason for that is simply to have a common baseline for every animation.

For example: The "Idle" animation uses smaller space then the "Attack" and "Die" animations. In Idle animation the character stays on one spot. Not so with attack animation where especially the sword moves in a larger area compared to Idle animation.

So when I would trim to each animation the character would shift forward and backward when playing those animations or switching from one to other.

Is it possible to have lesser exported frames per animation?

Yes, you can. But aware that some key frames will be missing after and the quality of the animation will drop too. In Spriter, i usually used 5ms - 10ms interval to capture all keyframes.