



FILMING SET UP: BEST PRACTICES



Personal video review – filming and assessing ourselves delivering a workout – is the single best way to improve as instructors. Athletes, actors, and presenters of all kinds consider video recording and review essential to discovering what's working and what's not, to see and hear themselves as the audience sees and hears them. Here are a couple tips and tricks to remember when setting up your class for video review.

Filming set ups can be simple and don't require much, just a phone and some sort of stand. Make sure that your setup is close enough that your body fills most of the frame.



We recommend filming in landscape so that you have room to move away from your step depending on program. Just make sure you're always in frame.



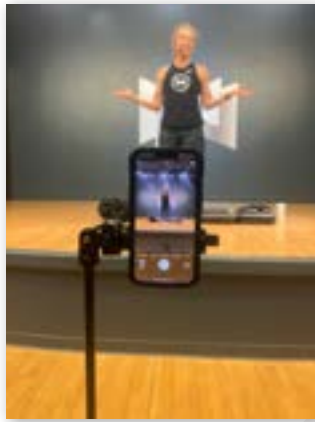
Yes



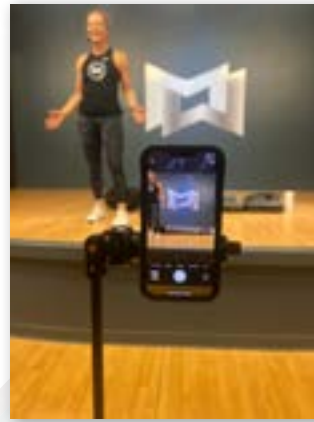
No

For programs that require a strength component such as Group Power and Group Active, and Group Core, you should instruct from in front of the step when appropriate. This ensures that you can check your foot placement while executing movements.

If you do film in portrait, remember to make sure you are in frame with all movements.



Yes



No

For Group Ride and R30, workouts should be filmed at a 45-degree angle to the bike.



No



No



Yes

Once again, sure you are always in frame of the camera. Be mindful to check standing positions, such as Standing Climb and Standing Race, to make sure you're not cut off.



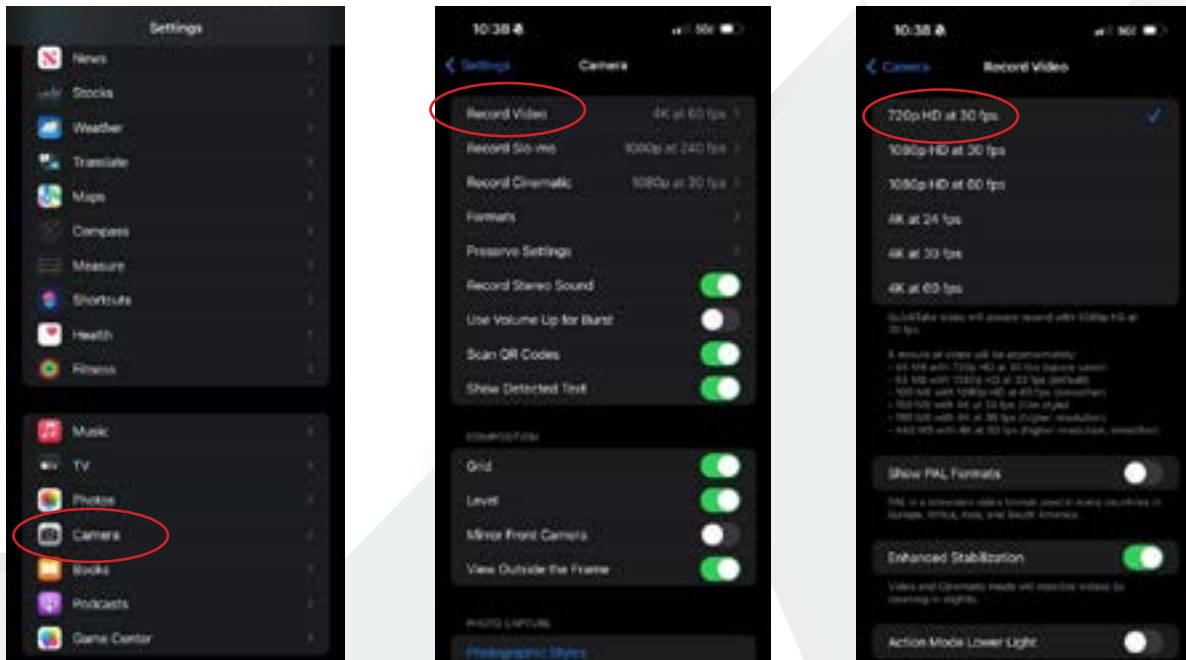
No



No

How to record videos that take up minimal space on iPhone and iPad:

1. In iPhone / Ipad Settings, Click the “Camera” tab
2. Under the Camera tab, tap the “Record Video” tab
3. Click the “720p HD at 30 fps” tab and a blue check mark should appear next to it.



On android devices, make sure to check video settings though the camera app or the phone settings. Recording in lower definition formats such as HD vs 4K and a lower frame rate such as 30 vs 60 frames per second will lower the amount of storage required for your video.

For more information, please email A.J. Jennings at Ajjennings@mossa.net or follow us on our MOSSA Instructor Community Facebook page.

**LET'S
MOVE!**