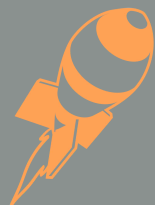
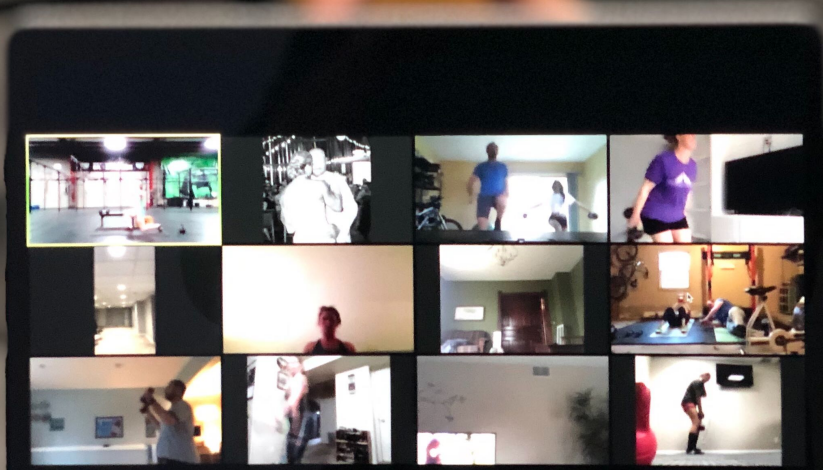


10 Tips for **VIDEO RECORDING** Your Own Training Videos



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Want to **level up** your training videos?

Here are ten tips!

Offering your at-home clients YouTube links to explain workout movements may produce inconsistent coaching and confused clients. Take charge of your client's success and start building relationships by recording your own training videos!

1. **Keep it steady.** Set-up on a stable surface or consider mounting your phone or camera to a stand. This will prevent camera shake and focus issues.
2. **Check battery and enable airplane mode.** Airplane mode will prevent unwanted interruptions, but in the long run, will also help with battery life.
3. **Shoot horizontal.** Not only it is much easier to handle the phone this way but it will also prevent those annoying black side bar you see when watching your video back on a large screen. Computer and TV monitors sit horizontally.
4. **Find the light.** Set-up in a well-lit area and shoot with natural light facing you. You want your camera between you and your lighting when possible.
5. **Remove clutter.** Clear your floor and background of any unnecessary items.
6. **Set-up equipment.** Be ready to go with everything needed to demonstrate.
7. **Reduce noise.** Find time to record when no one is around. This isn't the time to have dogs barking or children making noise in the background.
8. **Create off-camera prompts.** Remind yourself of your talking points by having a whiteboard set-up behind your camera to keep instruction fluid.
9. **Be concise.** Your clients don't have a ton of time. Give specific cues that will provide them with the biggest take away they need for that movement.
10. **Try an app.** FilmicPro is a premium recording app that produces pro quality.