

Hey Team so below are the best practices to maximize your workout videos filming from your phone.

### **1. Don't shoot vertical video**

While this may make sense with a device which has a screen in portrait orientation, this does not translate well on any other device. Computer monitors, televisions, even websites, all have landscape-oriented displays. You wouldn't expect to go to the cinema and see the screen turned on its side. We live in a widescreen world.

### **2. Use a tripod**

Using a tripod to stabilize your footage is paramount in creating a professional video.

Tripod links

[https://www.amazon.com/dp/B07NWC3L95/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_59CUEbPHAJTH0](https://www.amazon.com/dp/B07NWC3L95/ref=cm_sw_em_r_mt_dp_U_59CUEbPHAJTH0)

Or

[https://www.amazon.com/dp/B06Y2VP3C7/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_pMCUEbSP0BTJD](https://www.amazon.com/dp/B06Y2VP3C7/ref=cm_sw_em_r_mt_dp_U_pMCUEbSP0BTJD)

### **3. Don't use digital zoom**

Try to avoid this on phones as there will be a quality loss when you zoom on a phone

### **4. Lighting**

Because phones are not professional cameras, try to make sure you or your subject in front of the camera is well lit so the picture looks cleaner. Make sure to not overexpose with too much light. Phones should be good with this as they have an auto exposure sensor on them.

### **5. Audio recording**

Most of the time, recording audio directly from the camera's built-in microphone will suffice, but if you want something a little more cleaner try the mics below

[https://www.amazon.com/dp/B075JHG28K/ref=psdc\\_11974641\\_t1\\_B00N0EPZU8](https://www.amazon.com/dp/B075JHG28K/ref=psdc_11974641_t1_B00N0EPZU8)  
or this one

<https://www.amazon.com/dp/B015GEQ1V6?tag=microphonebasics-20&linkCode=ogi&h=1&psc=1>

### **6. 4K recording**

Most phones have the capacity to film 4K resolution. If that is the case please use that feature as it makes the quality much better.