

IMPORTANT REMINDERS

RWTV BEST PRACTICES

When filming with RevWell TV we've found the ways to make your videos the very best they can be! Here are a few things to keep in mind when filming at headquarters:

- **Be prepared to be stopped during filming.**- We want this to be as enjoyable yet excellent as possible. There are various reasons we may need to stop (ie: sound issue, form, music, etc), so if we need to stop, take a breather and we'll pick up where we left off.
- **Look at the camera or the other instructor and try to keep a smile.** Play off of the other instructor. Smile at them. If they say something and you react, make sure you repeat what they said so the viewer is included. If smiling doesn't come naturally during a workout, practice smiling during rehearsal. I know it may feel odd, but it will help you build your muscle memory!
- **To keep the playlist starting over at the end of the cool down** (coming back to an upbeat song), put an instrumental or ending filler song to close out on.
- **The Music in studio will start out quiet and then be turned down at the end.** Remember to keep going even if you don't hear music playing.
- **Music tip for choreography:** if you need a break or a moment of transition (explain or to teach) place an instrumental song or 30 sec of silence. This will keep you from rushing from one choreography to another.
- **Mirror movements.** Right is left and left is right for the viewer.
- **Don't watch yourself on the TV in studio.** It can be tempting to watch the monitor, it is important not to do this. If you are helping, watch the leading instructor. It will help you do what they are doing.
- **Meet with modifiers at least 3 weeks before filming, and send them the workout plan at least 3 weeks before filming so they know what to expect and can practice.** If doing choreography, it may be beneficial to send it earlier.- This is required to attend filming.
- **Submit workouts and playlists by date given.**- This is required to attend filming.

We are so grateful for the sacrifice of your time and effort to make this awesome! Revelation Wellness is only what it is with your presence.