



RWTV Instructor Guidelines

Prefilming:

1. Contract Agreement signed
2. RWTV workout assignments received
3. Plan workout according to RWTV plan
4. Submit plan to be approved by RWTV Manager

PLANNING & PRACTICING

Remember, we are keeping this evergreen, so there is no “This month’s theme is...” You will also introduce your intention at the beginning of your workout and teach it throughout. Spend minimal time talking at the beginning before moving. The cooldown/stretch is a great place to teach!

Music - As always, *please* make sure that your music is appropriate. We don't expect it to be all Christian music but we do want to make sure that it is clean and the content of the song is appropriate. Download your playlist to your device to make sure we don't have to worry about internet issues when filming. **You will need to turn in your playlist two weeks prior to filming.**

PREPARING FOR FILMING DAY

- Black or dark bottoms (ladies - squat test those leggings & no shorts, please)
- Rev apparel if possible (if not, solid colors with minimal logos/phrases). Please connect with your modifier for coordinating shirts. It doesn't have to be exact, but similar is fine.
- **Have timers & any notes or poster boards READY before filming.**
- **Arrive 1 hour before your filming slot to prepare timers, get mics ready & be prepared.**
- Playlist Database - As mentioned above, we will be collecting info about your workout (title, format, equipment needed, etc.) and the music you used in a Google spreadsheet.



FILMING TIPS

While you may be struggling physically, they can't tell that on camera - and it's good for them to see that you are working just as hard as they are! :) Don't be afraid to show your struggle!

We can absolutely edit these videos, but if at all possible, if you mess up - see if you can keep going and get back on track. We're not aiming for perfection! Our RWTV Manager will be on-site to stop any filming if necessary. Otherwise, keep going! Think of this as teaching a live class - we mess up and continue on.

Consider your body position when filming. Always keep your heart or hips facing the camera. (No down dogs facing away from the camera, etc.) When showing form in moves like squats, lunges, deadlifts, planks, inchworms - consider turning to the side to show correct form. This especially works well when there is a modifier!

Cueing: Please "mirror" if you are giving directional cues. The viewer's right is now your left. Consider this and watch the leader as you move, do not watch the monitor.

MESSAGING:

If you are filming with a specific program in mind, please message along with the overall theme of the project/challenge/month, but please do not mention specifics or anything that DATES the video (saying the month, year, etc.). For instance, we are not saying, "For this month's theme..." or "your strength program, so we'll be talking about that..." or "For this program..."

INSTEAD - stick to more evergreen phrases such as, "Today, we're diving into the idea of Wild Obedience.." or "Right now, we're focusing on Matthew 5 where Jesus teaches us..."

RWTV WORKOUT GUIDELINES

As we continue to move forward with excellence in leading RWTV workouts, please consider the following guidelines when creating & teaching your workout. Our RWTV Manager will be reaching out to you to ensure you feel supported and successful when we get to filming day!



Unless instructed otherwise, please keep workouts between 25-40 mins and use the chart below to help you plan your workout!

<p>Introduction 1-2 mins</p>	<ul style="list-style-type: none"> • Introduction & purpose • Introduce modifier & what to look for from them • Speak clearly & confidently • Communicate your expectations for them (move, have fun, be you, etc.) • Name equipment • Start warmup as you state intention • Evergreen - no mention of time specific information <p>Scripting: “Hi, I’m Torie - a RW instructor from Florida. I get to lead you through a ____ workout today & talk to you about (intention). I have Tammy with me today, showing you modifications. Follow her if you need another option. You’ll need a set of hand weights & a mat, and let’s get moving.”</p>
<p>Cool Down 5-10 mins</p>	<ul style="list-style-type: none"> • Gently decrease heart rate • Use static stretching • Consider not putting the head below heart until heart rate is steady • Demonstrate movement options/modifications • Give a variety of postural cues/employ good body mechanics • Make appropriate music choices (BPM) Worship music is always a good option for cool downs • Recap/teach intention • Speak to the participant directly • Stretch the muscle groups directly used in the workout • PRAY!
<p>Call to Action/Closing 1-2 mins</p>	<ul style="list-style-type: none"> • Encourage • Thank donors • Give call to action (an example is listed) moving into communities everywhere. • Goodbye! See you next time! <p>If this workout - or any of our programming - has blessed you, would you consider partnering with us and becoming a donor. Help us MOVE the MISSION forward. Hit the donate button on this page. We’ll see you next time!</p>