



HOW TO PROPERLY FILM FORM CHECKS

From Barbell Medicine

EIGHT **STEPS** TO FOLLOW

- Filming lifts can present some challenges. However, with some extra effort, you can help us evaluate what you are doing more effectively. There are exceptions to all these guidelines, and we may ask for other angles.
- Position the camera at roughly **hip height** at a slight side angle. This keeps the plates out of the way and allows me to **see all of the joints** and **what they are doing**. No angle is perfect and shows everything, but being able to see all of you, the plates, and your movement from the side is quite helpful.
- For **squats**, shoot at approximately **hip height**.
- For **deadlifts**, shoot at approximately **hip height** again.
- For **press**, shoot at approximately **chest height**.
- For **bench**, this is best filmed **three to four feet off the floor**.
- Make sure that your head and feet are **in the frame at all times**. This means the camera may have to be far away.
- Use **support** for your camera. A tripod is the gold standard. If not, a chair, a box, a stack of plates works nicely, or a person! If it is handheld, try to lean against something, or sit down and brace your arm.