

HEALTHMETRIC

How to Shoot High-Quality Workout Videos for HealthMetric

Creating strong workout videos doesn't require expensive equipment. With a few simple adjustments, you can produce clear, professional content that reinforces your brand and makes it easy for clients to follow along on their phones.

1 Shoot Vertical + Use Cinematic Mode

Record vertically (portrait mode).

Your clients primarily watch workouts on their phones, and vertical videos are easier to follow, more immersive, and better optimized for their experience.

Use Cinematic Mode (iPhone 13+):

- Open Camera → select Cinematic Mode
- Tap subject to lock focus
- Keep lighting bright for best results

What it does:

Apple's Cinematic Mode uses machine learning to create a shallow depth-of-field effect, blurring backgrounds and automatically shifting focus to subjects. It enables professional-looking, rack-focus video in 1080p or 4K at 24 or 30 fps, with the ability to adjust focus and aperture even after recording.

Why it matters:

Keeps attention on your movement and gives your videos a polished, professional feel.



2 Keep It Clean, Branded, and Well Framed

Your setup should reflect your brand and make movement easy to see.

Best practices:

- Film in a clean, uncluttered space
- Include your logo or brand elements when possible
- Capture your full body (head to feet)
- Stay centered and avoid cutting off limbs

A simple, consistent look builds trust and keeps clients focused.



3 Stabilize + Light Your Shot

Small upgrades make a big difference.

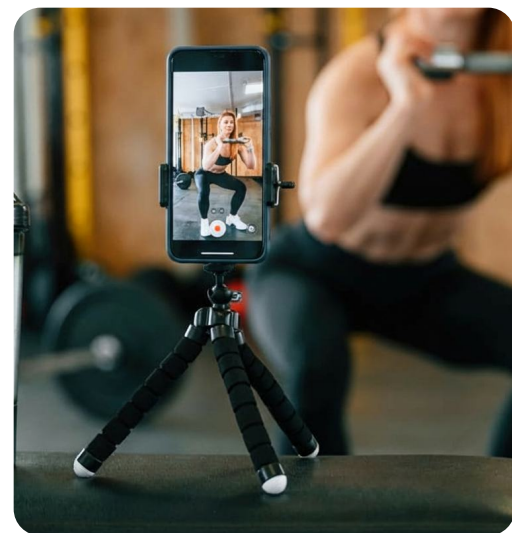
Do this:

- Use a low-cost tripod or phone mount for stability
- Face natural light when possible
- Avoid strong lighting behind you

[Ubeesize Phone Tripod, Portable and Flexible Tripods with Wireless Remote](#)

[EUCOS 62" Phone Tripod, Tripod for iPhone & Selfie Stick with Remote](#)

Stable, well-lit footage makes movements easier to follow and feel more professional.



Final Tip

Before recording, ask: ***Can my client clearly see and follow this movement without explanation?***

If yes, you're ready. Clear, consistent videos help clients stay engaged, accountable, and progressing inside the HealthMetric PORTAL.