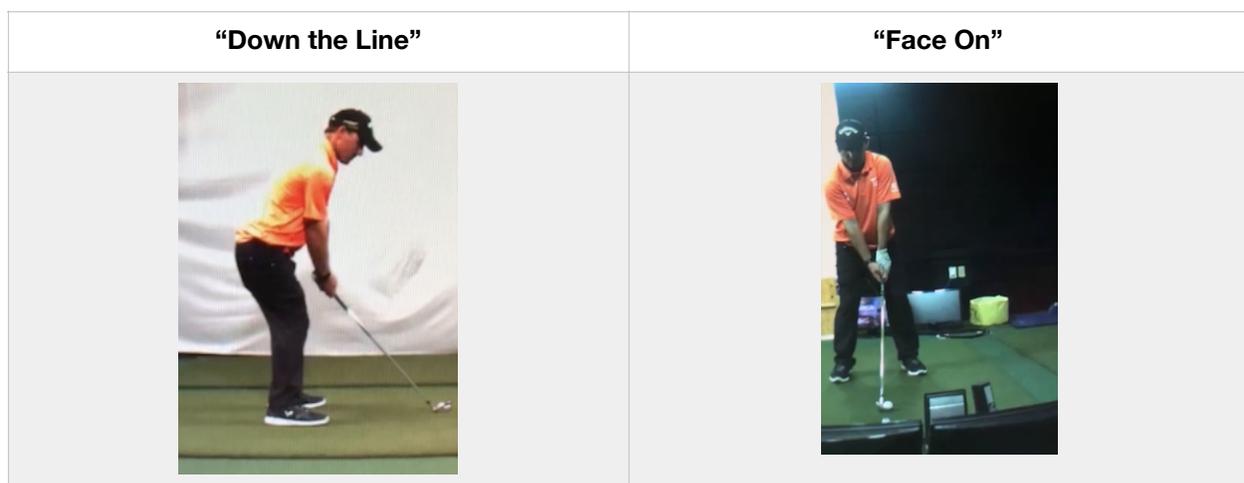


# How to record & email a video with your phone

## HOW TO RECORD A VIDEO ON IPHONE OR ANDROID:

1. Open **Camera** app.
2. Choose **Video** mode.
3. Tap the red **Record** button to start recording.
4. Tap the red **Record** button or press to stop recording. **Please limit video length to 10 seconds.**

**Note: You will be recording two videos.** The first video, “Down the line”, is where the golfer is between the camera and the target, with the golfer’s trail side facing the camera. The camera should be at hand-height and hand-level at the address position. The second video, “Face on”, is where the golfer’s front is facing the camera. The camera needs to be at 90 degrees to the ball and hand-height at the address position. Make sure all recordings are taken 4-5 feet back so that all parts of the golfer and the club are captured. Again, please limit all video lengths to 10 seconds.



## HOW TO SHARE A VIDEO VIA EMAIL ON IPHONE:

1. Open **Photos** app. 
2. Tap the video you want to share.
3. Tap the **Share** button. 
4. Tap **email** option. 
5. Send to [nick@janefrostgolf.com](mailto:nick@janefrostgolf.com) or [jane@janefrostgolf.com](mailto:jane@janefrostgolf.com)

# How to record & email a video with your phone

## **HOW TO SHARE A VIDEO VIA EMAIL ON ANDROID:**

1. Open **Google Photos** app. 
2. Tap the video you want to share.
3. Tap the **Share** button. 
4. Tap **email** option.
5. Send to [nick@janefrostgolf.com](mailto:nick@janefrostgolf.com) or [jane@janefrostgolf.com](mailto:jane@janefrostgolf.com)