

Remote Video Analysis Instructions

Camera Instructions

If using a phone, set your camera on your phone to the slow motion setting for best resolution. Most newer tablets have a high resolution camera.

Walking Video

The walking video is filmed from the waist-down to allow analysis of lower body mechanics.

1. Barefoot Back View – Film for 5 seconds DIRECTLY behind treadmill

Walk barefoot at a comfortable speed (approximately 3.0 miles per hour) with a natural arm swing.



2. Barefoot Side View — Film for 5 seconds at a 90 degree angle to the treadmill



Running Video

Warm-up: Run for 3-5 minutes to get used to the treadmill.

Setup: *** We must see the waistband of your shorts for proper analysis ***

MEN: Run with your shirt pulled up and tied with a rubber band or with your shirt off.

WOMEN: We recommend you either run with your shirt pulled up and tied with a rubber band or tucked into your sports bra, run in a midriff or in just a sports bra.

Film each view for 5-10 seconds

1. Back View – Whole Body – camera DIRECTLY behind treadmill



2. Side View – Whole Body – Camera at a 90 degree angle to the treadmill



3. Front View - Close-up on lower body (Hips-to-Feet)



Video Delivery

1. Save each video as a MOV, MP4, or M4V format.
2. Email the videos to: info@humanperformancecollective.com with the title “Online Video Analysis Request”.
 - a. Please include your full name and phone number. We will setup a time for a video conference to review the analysis together and send a corrective plan.
 - b. Note: You may have to send them in individual emails due to file size.