

FOR WELLNESS CREATORS & INSTRUCTORS

GUIDE

FILM PROFESSIONAL LOOKING VIDEOS

USING JUST YOUR IPHONE

ANDREW PROD

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FILM PROFESSIONAL-LOOKING VIDEOS USING JUST YOUR IPHONE

A SIMPLE GUIDE FOR CREATING CLEANER, MORE PROFESSIONAL-LOOKING WELLNESS VIDEOS



If you're creating content for your classes, clients, or social media, this guide will help you film cleaner, more professional-looking videos using just your iPhone.

3 TIPS THAT INSTANTLY MAKE YOUR VIDEOS LOOK BETTER

TIP 1.

Don't put the window behind you

BAD → window behind subject

GOOD → subject facing towards or side to the window



Avoid strong light coming from behind you. This can leave you looking dark. Whenever possible, position yourself facing the window so the light falls naturally onto you.



TIP 2.

Keep your background clean & on-brand

Your background is part of your content. Keep it clean, simple, and free from distracting objects that take attention away from you.

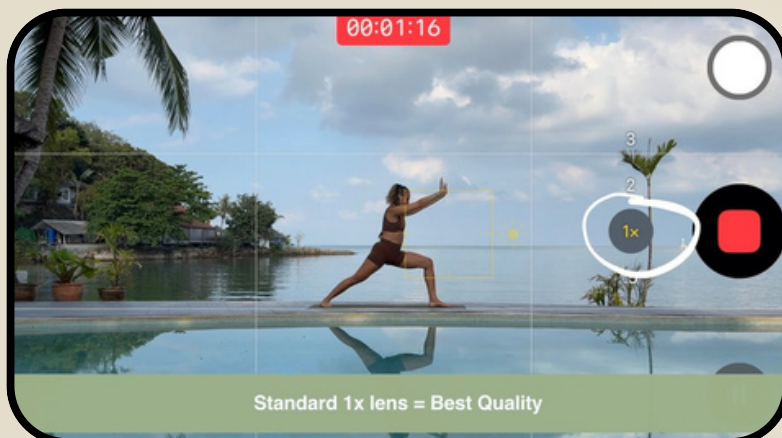
Where possible, choose a space that fits your brand, colours, and overall aesthetic to create a more consistent and professional look.

TIP 3.

Use 1x Lens

For most of your videos, use the **1x lens**. It gives you the **sharpest image** on the iPhone and provides a more natural-looking perspective than the 0.5x ultra-wide lens.

The 1x lens is also a great starting point for keeping your subject looking **natural** without the exaggerated perspective you can get from wider lenses.



Bonus Tips

1. Shoot in 4K

Allows you to crop in slightly when editing while maintaining good image quality.

2. Use a large, soft light source

The bigger the light source, the softer and more flattering the light will look. A large window is ideal for creating natural-looking light.

3. Keep your setup consistent

Once you've found a filming position that works, keep your tripod, camera height and background consistent. This saves time and helps your content look more consistent.

THE SIMPLE FILMING WORKFLOW

What you need.

- **iPhone**
- **Tripod/Phone mount** (for stability)
- **Wireless Microphone** (optional, but recommended)
- **Natural light** (window) or **LED light**

→ [VIEW MY iPhone FILMING KIT](#)

1. Set Your Frame

Make sure your full body stays visible with enough space for movement.



2. Use Good Natural Light (big window)

Face a window or soft light source to create a brighter, cleaner image



3. Keep Your Phone Stable

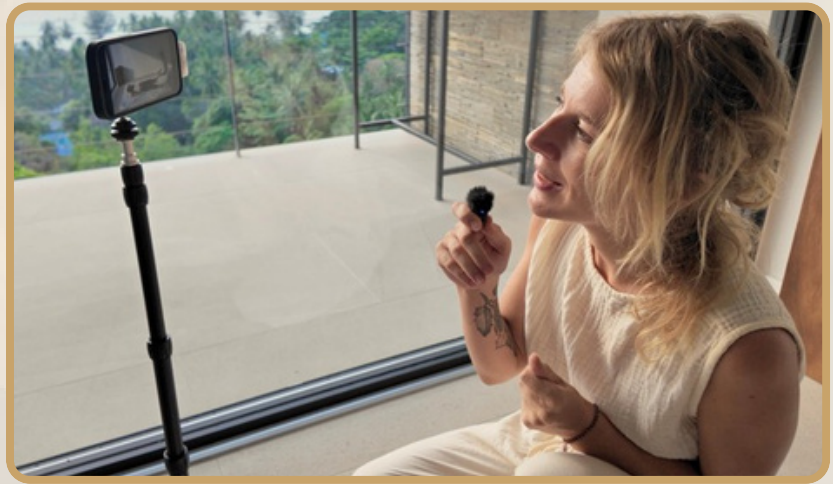
Use a tripod or stable surface to avoid shaky footage.

4. Record A Test Clip

Check your framing, lighting, and audio before filming properly.

5. Check Your Audio

Clear audio helps your videos feel more professional and easier to follow



6. Press Record & Focus on Teaching

Once your setup is ready, stop adjusting and focus on your content.

Key Reminder

Professional-looking videos come more from good light, clear framing, and consistency than expensive equipment.

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That's why I created my step-by-step video course.

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