



- Camera: Smart Phone / integrated Webcam (Laptop) / external WebCam / GoPro / etc.
  - Position: Camera fix mounted = not moving or handheld
  - Ratio: 16:9 "landscape" (not 4:4 / 9:16 / etc.)
  - Angle: 45° side shot
  - Framing: entire rowing movement from catch to end of the stroke
  - Light: sufficient light = NO shadows on rower / NO backlight (window, etc.)
  - Background: Clear background
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- No FRONT shot
- Always 45° side angle
- Wrong ratio = no portrait



- No SIDE shot (90° angle)
- Always 45° side angle
- Wrong framing = entire rowing movement from catch to end of the stroke can't be seen in this example
- Wrong ratio = no portrait

