

In-home Training Optimization Guide

Welcome to Better Living! We are excited to help you with your training goals. To optimize your experience, it is important you can see and hear your trainer and (s)he can hear and see you.

Camera Placement

Arrange to have light pointing at you. For example, place your camera looking away from a window or door wall. Turn on floor lamps or sconces in front of you.

Camera

The cameras on laptops, tablets and cell phones are quite good. Generally newer devices have better cameras. Smartphones tend to be the highest resolution cameras.

Laptops

Laptops with large screens work very well. They are portable and it is easy to see you trainer on the large display.

Tablets

iPad and other tablets also offer good portability; however, they can be difficult to point at the correct angle. If using a tablet, we suggest you purchase a tripod to facilitate camera angle changes. Also, tablets often offer Bluetooth capability meaning you can mirror them to a smart TV. This is ideal as it allows you to see a large image of your trainer. A good option for a tripod is listed below;

[-Tripod](#)

Smartphone

iPhone, Samsung and OnePlus smartphones have fantastic cameras making it easy for your trainer to analyze your movements. We suggest having a tripod to facilitate camera angle changes. These phones all offer

Bluetooth capability meaning you can mirror them to a smart TV. This is ideal as it allows you to see a large image of your trainer (see below).

Sound

If possible, turn off background sound (music, TVs, etc.). Wearing Bluetooth headphones can make it much easier to hear your trainer. While this is not required, it is recommended if you have hearing loss. If you cannot hear your instructor, check that your speakers are turned up to maximal volume. Please see below for some options for Bluetooth headphones.

-[Bluetooth](#)

-[Jabra](#)

-[Skullcandy](#)

-There are also several other options available online.

Screen mirroring

It is MUCH easier to see your trainer if you put us on the big screen. Here is how to “mirror” your camera device to your tv.

[Mirror laptop to TV](#)

[Mirror smartphone/tablet to TV](#)

Clothing

Wear light-colored clothes. Avoid black pants and long-sleeved shirts as they make it difficult to see which leg/arm is moving in certain angles.

