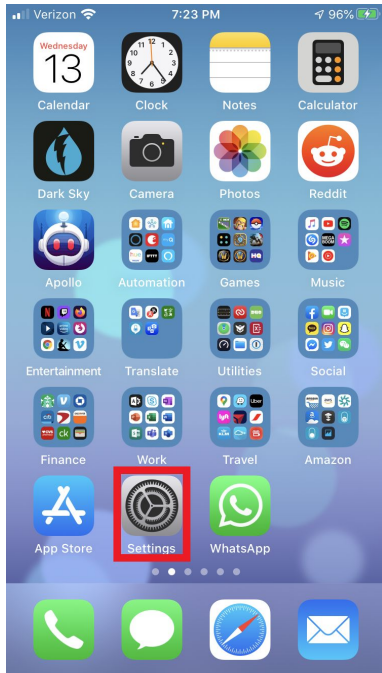
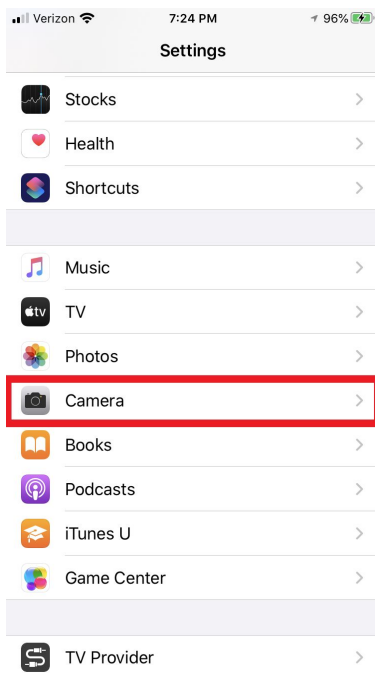


Procedure for Optimal Video Recording on Apple Devices

1. Open the “Settings” icon



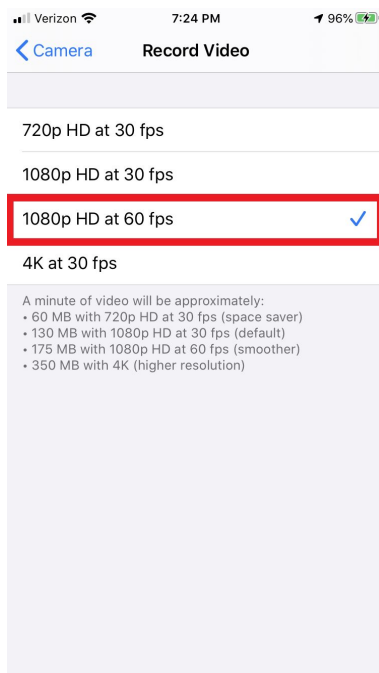
2. Scroll down to the “Camera” settings tab and select it



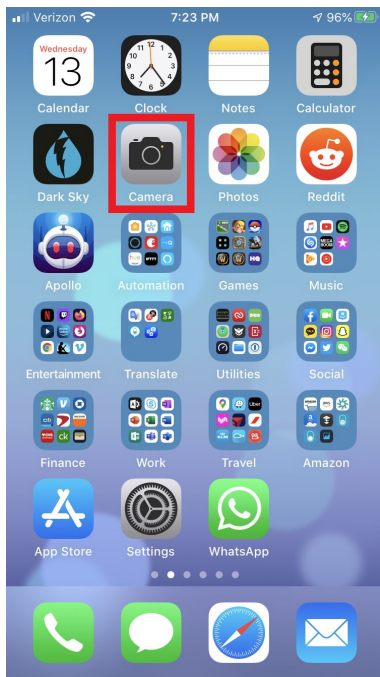
3. Select the “Record Video” settings tab



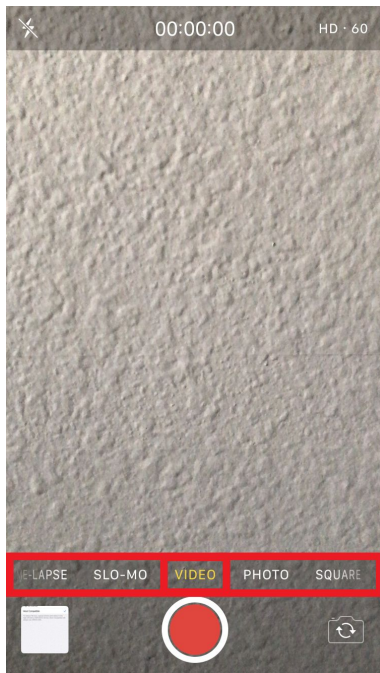
4. Select “1080p HD at 60 fps”



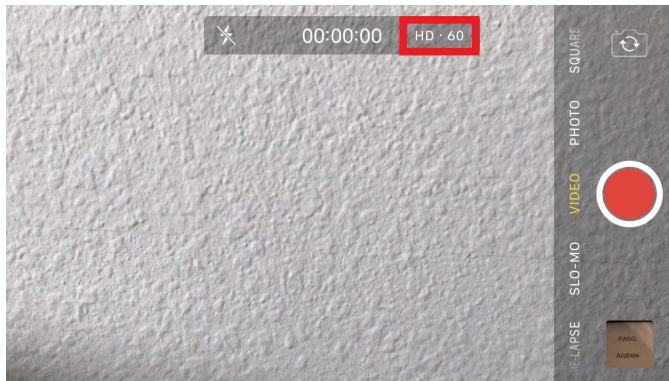
5. Return back to the home screen and open your camera



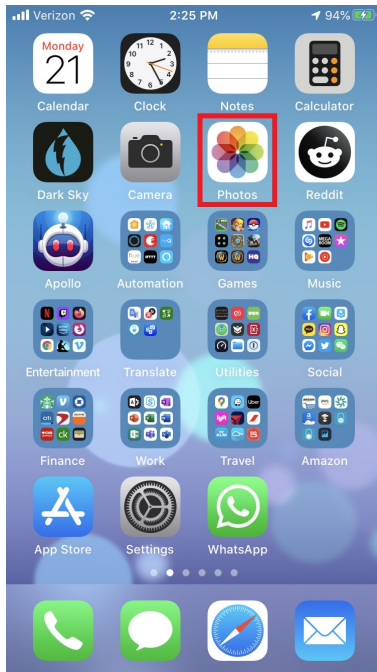
6. Swipe to the right for "VIDEO" and start recording



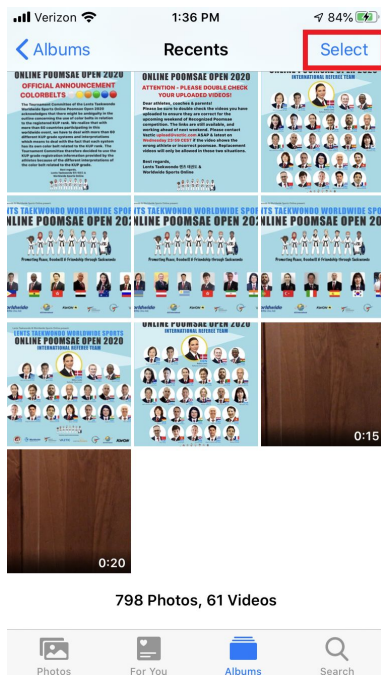
7. Rotate your phone to be in landscape mode and you should see “HD · 60” in the top middle of the screen while in landscape mode



8. Make sure to record with the back of the phone camera and don't record after locking the phone and recording from the lockscreen
9. Return to your home screen and select the “Photos” icon



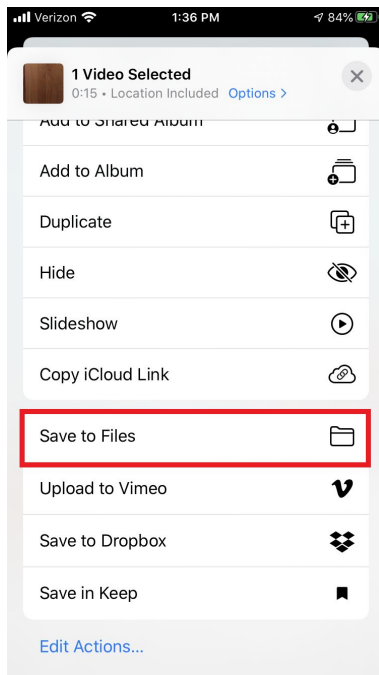
10. Scroll down to your recorded video and press the “Select” button



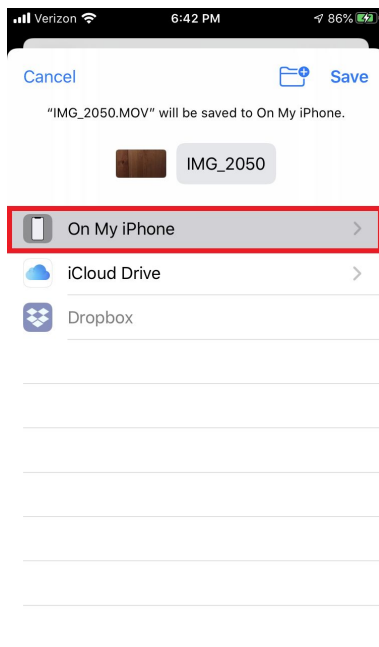
11. Select your recorded video and then press the “Forward” icon



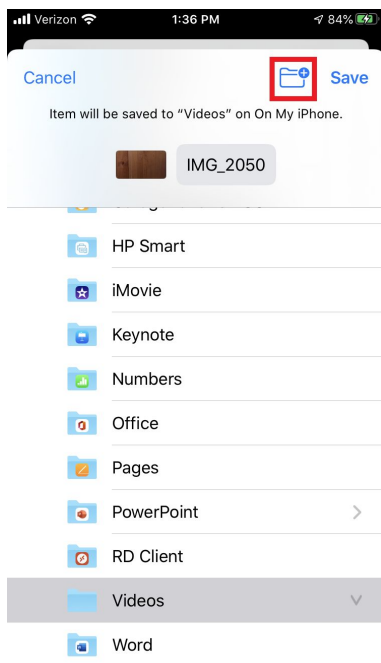
12. Scroll down to the “Save to Files” option and select it



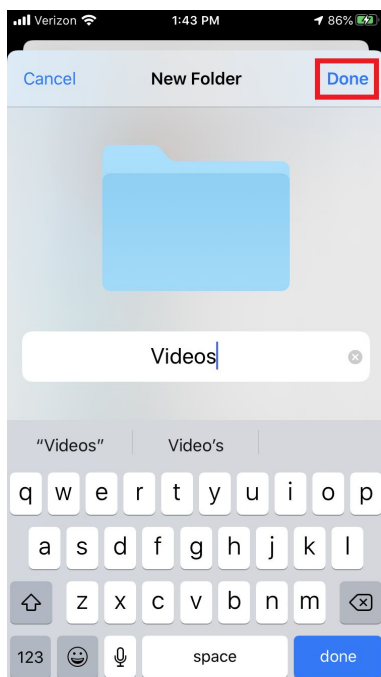
13. Scroll up to the top and select and expand “On My iPhone”



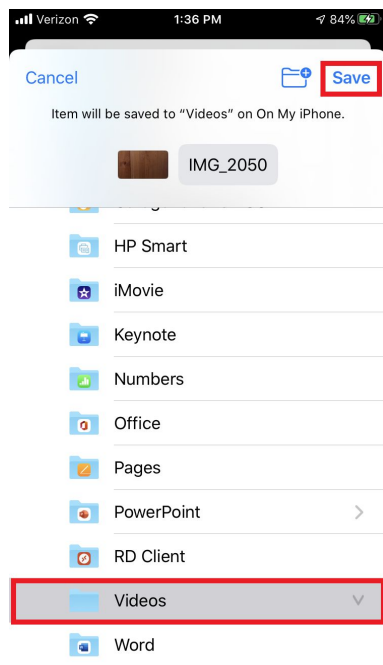
14. Create a new folder by pressing the “Folder” icon



15. Label the folder “Videos” and then select done

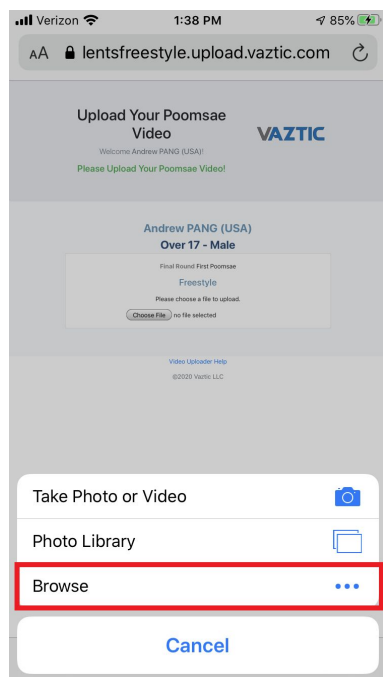


16. Select the created “Videos” folder and select “Save”

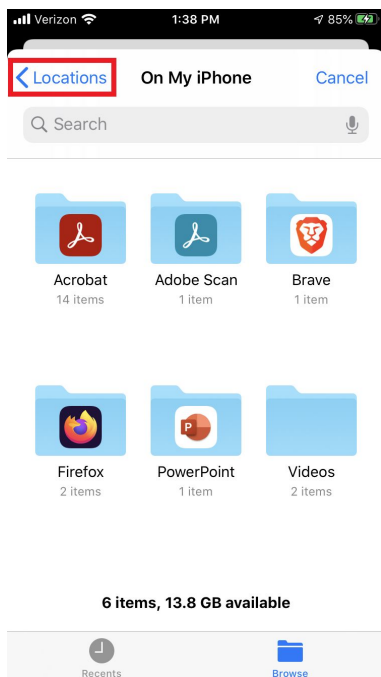


17. Open the upload website from the link sent to your email and select the correct video location you want to upload under

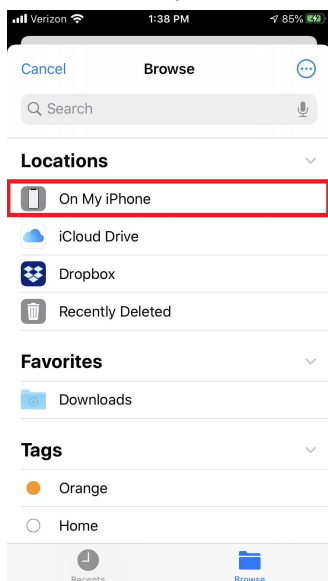
18. Select the “Browse” option when uploading



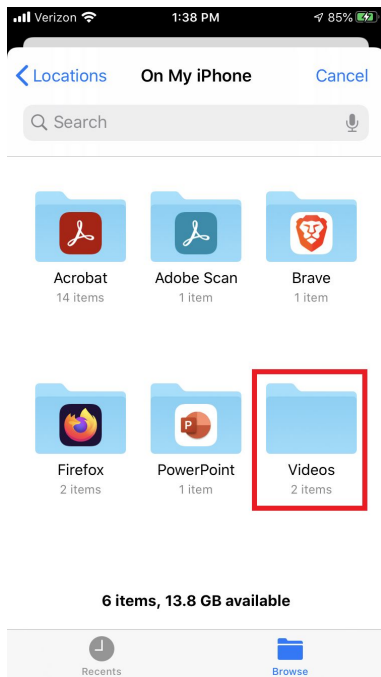
19. Select the “Locations” setting



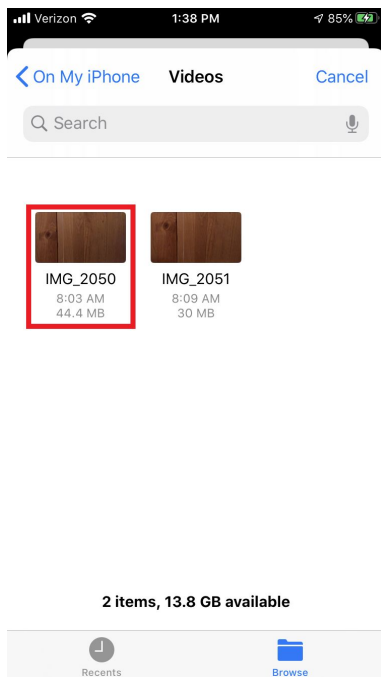
20. Select “On My iPhone” as the location



21. Scroll down to the created “Videos” folder and select it



22. Select the proper video file for the upload location



23. Re-watch your video to ensure the correct video is uploaded