

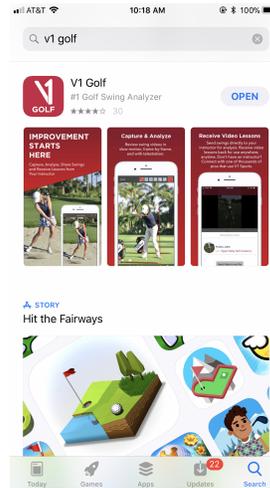
Submitting a Swing Video through the V1 Golf app

iOS Device:

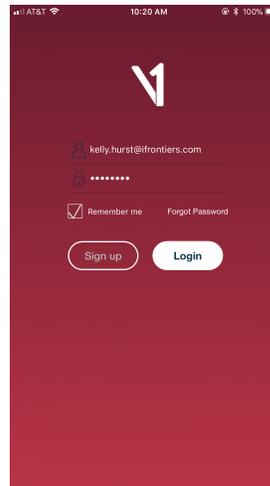
Step 1: Open the V1 Golf app -

If you haven't already, download the free **V1 Golf** app from

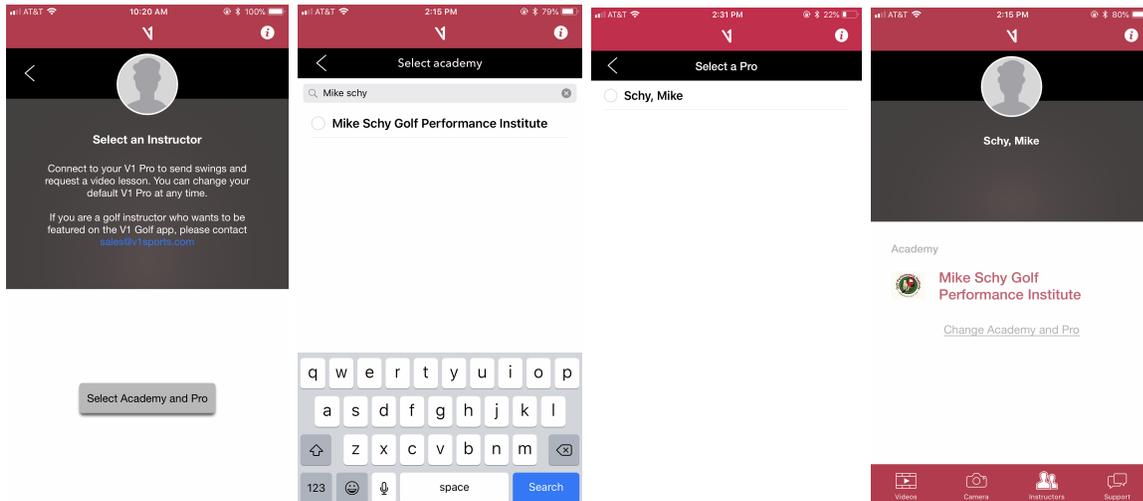
[iTunes.](#)



Step 2: Login - If you already have a V1 Golf Account, log in. If not, select **Sign Up** on the login screen to create a new account. Once your account has been created, log in with your new credentials.



Step 3: Connect to Your Instructor - Select **Instructors** on the bottom main menu. Then search for and select **your Instructors Academy Name**, then select **your golf instructor**.



Step 4: Capturing or Importing a Swing Video - Select the **Camera** icon on the bottom menu. To start the recording, tap the red icon at the bottom center of the screen. Press the red icon again to end capture. To import video from your Photos, tap **Import** in the lower left corner of the video capture screen. This will open the Photos app and allow you to select a video to import.

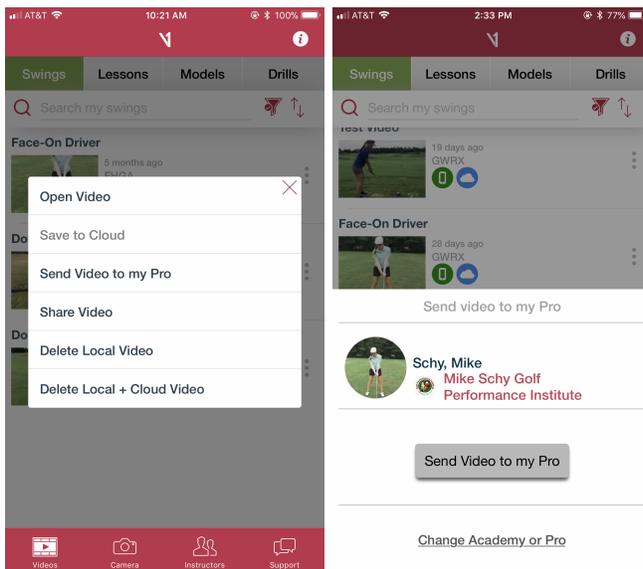


Pro Tip: The stopwatch in the top right corner can be used to delay the start of capture if you are alone.

Pro Tip: Swipe left or right on the screen to activate the guide marker. The current mode is shown above the record button. This will add an alignment overlay to the viewfinder to help you determine the proper distance between subject and camera. Move closer or further away, until the subject fits approximately inside of the overlay area. This tool is only intended for camera alignment and will not appear in your recorded videos.

Pro Tip: Swing videos should be taken at waist level either face-on (directly in front of the golfer) or down-the-line (facing the target with the golfer directly in-between).

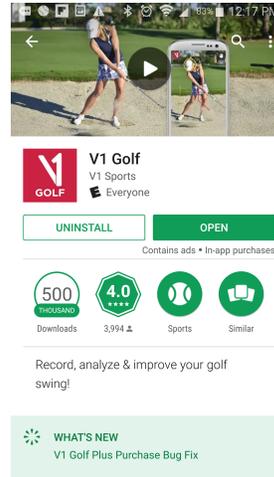
Step 5: Submit a swing - Select **Videos** on the bottom main menu. Then select the three dot menu to the right of the video that you'd like to submit. Then select **Send Video to my Pro**. Select **Send Video to my Pro** again on the confirmation page.



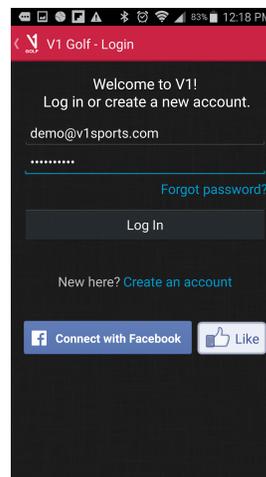
Android Device:

Step 1: Open the V1 Golf app -

If you haven't already, download the free **V1 Golf** app from the [Google Play](#) store.



Step 2: Login - If you already have a V1 Golf Account, log in. If not, select **Create an Account** on the login screen to create a new account. Once your account has been created, log in with your new credentials.



Step 3: Capturing or Importing a Swing Video -

Press **Camera** icon on the app home page to activate the camera. When the camera starts, you will find all recording functions along the bottom of the display. To record a new video, press the large red record icon at the bottom center of the screen to start the capture process, then press the red button a second time to end capture.

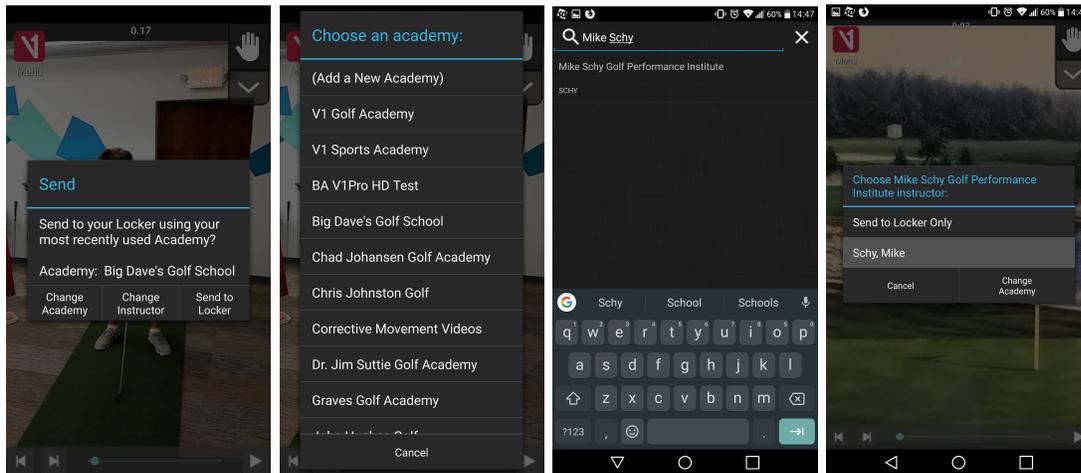
To import an existing video from your Android Gallery, tap **Import** in the lower left corner instead of pressing record. This will open the Gallery feature and allow you to select which video to use. To exit capture mode, press the Back button on your device.

Pro Tip: Swing videos should be taken at waist level either face-on (directly in front of the golfer) or down-the-line (facing the

target with the golfer directly in-between).



Step 4: Open video to be submitted, then tap V1/Menu > Send to start the upload process. Click **Change Academy** to bring up the academy selection tool. Use the **(Add a new Academy)** option to search for **your Instructor's Academy**, then select **your golf instructor** as the instructor.



Step 5: The video will automatically start uploading and be submitted to your instructor.

