

# VIDEO SPECS

Thank you for your interest in "THE TITAN GAMES!" This is going to be one of the most amazing competition series ever!

- Please submit a 3 minute video highlighting your personality, energy, and athletic skill!
- Make sure you are both vocally and visually exciting! Articulate, project and show us your ENERGY!
- Check your sound! Make sure your audio has been clearly recorded!

## **VIDEO SUGGESTIONS:**

**IF YOU THINK YOU HAVE A STORY THAT WE'D BE INTERESTED IN FEATURING, PLEASE TELL THAT STORY ON CAMERA; Even a sad story can have an inspirational spin! Mostly, have fun with this! Be genuine and let your personality shine through.** Use the application questions as a guide for talking points. **If there is something you'd like to tell us that we haven't asked, tell us!** We are not only looking for a competitive spirit, athletic ability and strength but also **PERSONALITY**, so bring it!

## **WHAT TO INCLUDE IN YOUR VIDEO:**

1. State your Full Legal Name, where you're originally from (and where you currently live if different), and your occupation, If you have a nickname that's relative to your physical ability, please share. Share any wonderful moments or any of life's challenges you've experienced.
2. **SHOW US YOUR MOVES!!!** Show and tell us about your physical prowess, accomplishments, accolades and/or abilities. Creatively demonstrate your physical strengths and/or talents! Be active! If you train or workout in a unique, beautiful or surprising setting (i.e. snow, desert, barn, in the water, near a volcano, at work); **SHOW US.** Visually **IMPRESS** us!
3. Show us who you are: Have you traveled the world; do you scuba dive, hunt, geo cache, volunteer, go dog sledding, wind surf, snowboard, ride show horses, paint, weld, build furniture? Please include additional videos and pictures from the past and present.
3. Talk to us about your inspiration, your biggest fan, closest family member, and/or your kids. Tell us why they're important to you. If you'd like, you can include them on camera or upload photos if you don't have access to them (i.e. If they are deceased or out-of-state).
4. State **why** you think you can be a TITAN! How competitive are you? Tell us about your **COMPETITIVE** spirit! Share any stories...

## **FITNESS TEST:**

Lastly, we would like to see a "Fitness Test." Please film yourself completing these three tests **IN REAL TIME:**

•**Core Test:** Hold a Plank position (from your elbows) as long as you can hold

•**Endurance Test:** Jump rope 2 minutes

•**Strength Test:** Sets of Pull-ups to Push-ups five times:

- ..5x pull-ups, 5x push-ups
- ..4x pull-ups, 4x push-ups
- ..3x pull-ups, 3x push-ups
- ..2x pull-ups, 2x push-ups
- ..1 pull-up, 1 push-up

**PRO TIPS:**

●**HAVE SOMEONE FILM YOU!** Or, use a tri-pod. This will decrease shakiness, as well as improve the overall quality of the video.

●**PLEASE WATCH YOUR ENTIRE VIDEO BEFORE SUBMITTING!** Make sure it looks and sounds good.

●**If using an IPHONE or any Smartphone, TURN THE PHONE SIDEWAYS!** This will eliminate the black bars on either side of the footage.

●**CHECK THE LIGHTING!** Standing in front of windows or other major light sources doesn't look good on camera. However, make sure we can see you clearly and avoid rooms with shadows.