

Online Garter Video Submission Requirements

Upon registration for an Online Garter, you will be sent an email with this and other informational sheets to guide you in completing your submissions. The email will also contain links to instructional videos. Please reach out to info@xposefitness.com if you do not receive this email.

You will also receive two hours of complimentary Open Studio Time in order to practice and/or record your submission. Please contact the studio directly to schedule this time.

For the Pole, Floor/Chair, Flow&Floorwork Online Garters:

Compulsory Moves:

For Online Order of the Garter Compulsory video submissions, the following general requirements for Compulsory Moves apply:

- Each movement must be done consecutively and in order.
- Name each move or combination before executing.
- Please note if the move requires demonstration on one or both sides.*
- Static moves/poses must be held for a minimum of 5 seconds.*
- You may have the list of movements in front of you, it does not have to be memorized.

*Refer to each Garter Level Information Sheet for specific instructions regarding the number and length of times each move must be performed, and other level-specific parameters.

Routine Performance:

You will receive links to two videos – one of the routine being performed by the instructor, and one of the instructor breaking down and assisting you in learning that routine.

For Online Order of the Garter Routine video submissions, the following general requirements apply:

- Perform the given routine with no cutting, starting, stopping or editing.
- You may choose to play the routine video (not the instructional video) and follow along while performing/recording.
- You are being judged on your technique and performance quality. Remember to smile, point your toes, and have fun!

For the Sexy Stretch Online Garter

You will receive a document outlining the required poses for the Stretch Garter. It is recommended that you warm up before performing these stretches. Please refer to the Pink Garter (Sexy Stretch) information sheet for the content submission requirements.

Online Garter Video Submission Requirements

For Online Sexy Stretch video submissions, the following parameters apply:

- Multiple muscle groups or stretches may be applicable for any given stretch. Please only indicate the PRIMARY place where you feel the stretch.
- Name/identify each muscle group out loud as you perform the stretch.
- Each individual stretch must be performed with proper form, and held for up to 30 seconds.
- Please perform stretches on both sides. (Some stretches may only have one "side.")

Assessment for All Online Garters

Grading is based on your ability to smoothly transition between the moves, and perform each move with proper form, as well as your knowledge and understanding of terminology. Proper technique and performance quality are important to your assessment.

Once your submission is graded, you will receive an email from the instructor informing you of your status and providing feedback. You will be notified as to when you may pick up your garters from the studio. If you do not pass, three classes will be added to your account to allow you to work on perfecting your moves and try again!