

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. This email will also contain instructional videos. Please reach out to xposetowson@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 submissions. Please contact the studio directly to schedule this time.

Pole and Floor/Chair Levels

Compulsory Moves: For Online Order of the Garter Compulsory video submissions, the following general requirements 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 just the routine, 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.
- Remember to smile, point your toes, and have fun!

Sexy Stretch Levels

You will receive video links for completion of these levels. There will be a warm-up and cool-down, as well as instructions for demonstrating your knowledge. Please refer to the Pink (Sexy Stretch 1) and Purple (Sexy Stretch 2) level-specific informational sheets for the content submission requirements.

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

- Record a video performing the warm up with no cutting, starting, stopping or editing.
- Multiple muscle groups or stretches may be applicable. Please only select ONE.
- Remember to name/identify each muscle group/stretch out loud.
- Each individual stretch must be performed with proper form, and held for a minimum 30 seconds and up to 1 minute.
- Some stretches may have to be performed on both left and right, while some may only be performed once.

Assessment

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. If you do not pass, three classes will be added to your account; please work on perfecting your moves and try again!

You will receive an email from the instructor to inform you of your status and provide feedback. You will be notified when you may pick up your garters from the studio.