

Equipment List by Level

Depending on your needs, a virtual studio can range anywhere from basic to advanced and the quality of the class will also depend on your set up.

Here's a list of equipment to help you get started, whether quick and messy, or nearly professional so you can serve your community:

Basic:

If you want to get started right away with items you probably already have, then here is your list:

1) **A space to do classes** whether in your living room or in a studio, but someplace that is clear of other items and will allow you to move in full range of motion for whatever class you are doing (Pro tip: don't forget to do a test run to make sure your camera can capture you wherever the class may take you-on the floor, back of the mat, front of the mat, lateral movement, etc)

2) **A camera to record**, which can absolutely be your Phone. Make sure to put the phone sideways instead of filming up and down, which creates a smaller picture (Pro Tip, make sure to find the appropriate distance for your space so you can capture your whole body, and use a phone holder or stabilizer for an even better experience)

3) **An external source to play your music**. If you are using your phone, then you will need to use your computer, if you are using your computer, you will need to use your phone and so on. You cannot record on your phone and also play music at the same time so you will need an external source if your class has music!

Make sure to do a test run before going live or streaming through any service! It will make you look much more professional if you aren't fiddling with things in the middle, even with a basic set up

If you have questions or concerns, please check out the [Webinar Interest Group](#)

Intermediate:

If you want to step up your game, then you will need everything you would need in the Basic option, plus these few items. The first two items can be used with any set up, but the second two items would only be applicable for ZOOM, otherwise you will need to upgrade to the advanced section.

1) **Fitness Headset and Receiver** (We use the Samson Airline 77): A microphone that is worn throughout the class will sound much more clear and also minimize delays with streamed audio. It also cuts down on external sounds, meaning if people are in your house, it is very hard for the participants to hear them unless they are directly speaking into the mic, which gives the whole class a more professional feeling. Lastly, it will allow you to not have to yell the entire

time so that your camera picks up your voice, which means you can teach with more vocal nuance.

Here are some examples although this is certainly not the only mic you can use, and you can shop for what best fits your needs and budget.

Product Link: https://www.avnow.com/aerobics-wireless-mic-systems/wireless-microphones-for-fitness/samson-airline-77-with-qe-fitness-headset.html?gclid=Cj0KCQjwg73kBRDVARIsAF-kEH_7-t91A7ct69b5B7P1gURIZbJ2KD5sv2hIQNg7_SOibFTk34FtioYaAjZZEALw_wcB

Purchase Link: https://www.amazon.com/Samson-AirLine-Fitness-Wireless-Microphone/dp/B071NRYS71/ref=sr_1_1?crd=1PPC4KBV74F0&keywords=samson+airline+77+fitness+headset+wireless+system&qid=1553018067&s=musical-instruments&sprefix=samson+air%2Cmi%2C159&sr=1-1

2) Fitness Speaker (We use the Alto TS212): If you have a mic, it is best to also have an external speaker so that you can hear your mic and music as well and don't have to guess if it is working. You will want a speaker that has both a music and a mic input so that you can have the music and mic coming from the same source and then your phone or other camera will pick up everything from that same speaker.

We use a professional grade speaker, but I included a link for the block rocker as well which has everything you need. Again, shop around to find something that meets what you need but make sure it will connect to both your music and mic at the same time!

Alto TS212:

Product Link: <https://www.altoproaudio.com/products/ts212>

Purchase Link: https://www.amazon.com/Alto-Professional-TS212-Loudspeaker-Integrated/dp/B018W31TM4/ref=sr_1_2?keywords=alto+ts212&qid=1553018222&s=musical-instruments&sr=1-2

ION Audio Block Rocker Plus:

https://www.amazon.com/gp/product/B07C32XSH1/ref=ppx_yo_dt_b_asin_title_o06_s01?ie=UTF8&psc=1

3) iRig Microphone In Adapter: If you are planning on doing your workouts on zoom and have all the other equipment above, then this tool allows for you to plug your mic directly into your computer so that it is an option for your microphone in zoom. That way the sound goes directly from your mic into zoom and minimizes delays and optimizes sound quality. If you are only doing classes on Facebook, then this tool can still be an asset, but requires more equipment, which is outlined in ADVANCED.

Product Link: <https://www.ikmultimedia.com/products/irighd2/>

Purchase link: https://www.amazon.com/gp/product/B01KPYGBR6/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&psc=1

This product comes with the proper cords to connect the iRig to the computer, but you will need to make sure you have the correct cord to connect the iRig to the microphone, where one end has a 1/4" plug tip and the other has whatever connects to the back of your mic, typically one of these three cords:

4) Potential Cords:

https://www.amazon.com/Audio-Cord-Connection-Professional-Delivers/dp/B000E1WDS2/ref=sr_1_10?keywords=1%2F4%22+output+cord&qid=1553018936&s=musical-instruments&sr=1-10

https://www.amazon.com/Tisino-Female-Balanced-Interconnect-Quarter/dp/B07J64FZFM/ref=sr_1_5?keywords=1%2F4%22+output+cord&qid=1553018936&s=musical-instruments&sr=1-5

https://www.amazon.com/Tisino-Balanced-Signal-Interconnect-Quarter/dp/B07J5R6T1N/ref=sr_1_8?keywords=1%2F4%22+output+cord&qid=1553018936&s=musical-instruments&sr=1-8

From Here, the only other thing you need to know how to do is advance share your audio from zoom, which is done by going to share, advanced options, and then share "computer sound only." THIS IS ONLY FOR ZOOM, Facebook is a different beast which leads us to...

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Advanced:

For advanced, you will need all the equipment listed above, including the iRig and cords for either Zoom or Facebook live, plus the following items:

1) 720p Minimum Camera with wide capture lens (We use GoPro Hero 7):

You certainly don't need to get this camera, although the GoPro brand is meant for movement so it is a nice camera to have for our industry. Any wide lens camera will work though, and if you happen to have a video camera at home that is nice, then you can also set that up on a tripod, just find one that has a good amount of space so that you can see your whole body while demonstrating form and technique from not too far of a distance. The major advantage of a wide lens camera is that you can film from a much closer distance and in a smaller space so you can even have it set up in a corner of your house at all times.

Product Link: <https://shop.gopro.com/cameras>

Purchase Link: <https://www.amazon.com/GoPro-HERO7-Black-Waterproof-Streaming-Stabilization/dp/B07GDGZCCH>

2) CamLink Video Adapter: Once you have the camera, you can connect any external camera to your computer that then becomes a video option on zoom or other streaming services through this adapter. If you are going to invest in the camera, you will also need to get this piece of equipment in order to make it work with zoom.

Product Link: <https://www.elgato.com/en/gaming/cam-link-4k>

Purchase Link: https://www.bestbuy.com/site/elgato-cam-link-4k-black/6316580.p?skuld=6316580&ref=212&loc=1&ref=212&loc=1&ds_rl=1266837&ds_rl=1269132&ds_rl=1266837&gclid=Cj0KcQjwpsLkBRDpARIsAKoYI8yEZaFWuNVMWf9I4tfcLPYsdREXa3Ny6skHQ7TLBPJBK6R6qJLomEkaAgNLEALw_wcB&gclidsrc=aw.ds

If you are streaming a class through Facebook Live, all of these items will also help make that experience better, with the addition of the two free software programs below, which allow you to use these products with facebook.

3) Additional Software required for Facebook Live and other live streaming services:

OBS: <https://obsproject.com>

Allows for different input and output sources

iShowU Audio Capture: <https://support.shinywhitebox.com/hc/en-us/articles/204161459-Installing-iShowU-Audio-Capture>

Allows for iTunes to be used as a direct input for OBS

This is the complete list of items you will need for audio and visual optimization through zoom or a streaming service, but again, although it is comprehensive it isn't exhaustive, and other versions of these items might work.

If you want more information on how to use these items or software, please check out [this link](#) for information on how to access to my Webinar that will walk you through all of this step by step and allow you the opportunity for questions!
