



R.A.D. Method™ Virtual Assessment Prep Guide

- **Camera Placement:** Set your device at hip height about 6–8 feet away. I need to see you from head to toe.
- **Lighting:** Please have light in *front* of you (facing a window or lamp). Avoid having a bright window behind you, or you will appear as a shadow.
- **Attire:** Wear form-fitting athletic clothes. It helps me see your joint alignment and spinal stacking clearly.
- **Equipment:** Have a mat or a clear space of floor available.
- **Connection:** Use the link in your Square confirmation email to join 2 minutes early to test your audio.

In Health and Ministry,

Redeemed Cristo

NCSF-CPT, CES

Disclaimer: The R.A.D. Method™ and all related assessments are for educational and corrective exercise purposes only. They are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider before beginning any new exercise program. By participating in this virtual assessment, you assume all risk of injury and agree to hold amaDEO fitness and its representatives harmless from any and all liability.