

2020 CHALLENGE

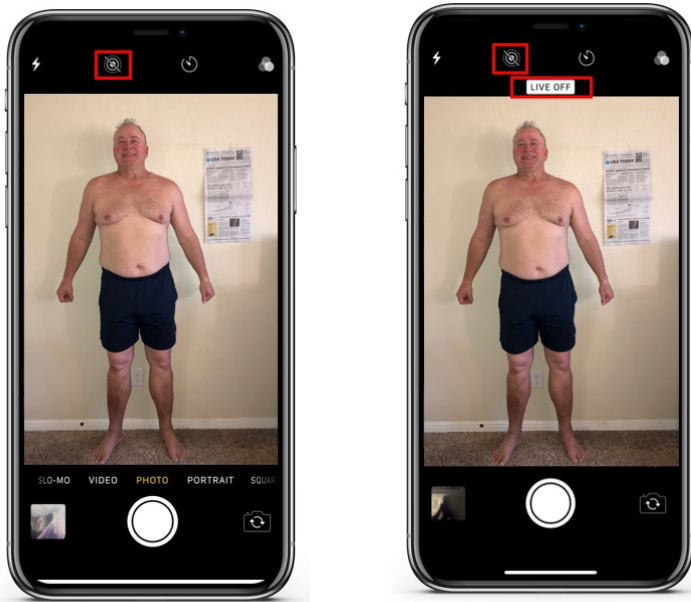
HOW TO TAKE A PHOTO ON SELF-TIMER

How to set your camera on self-timer on iPhone:

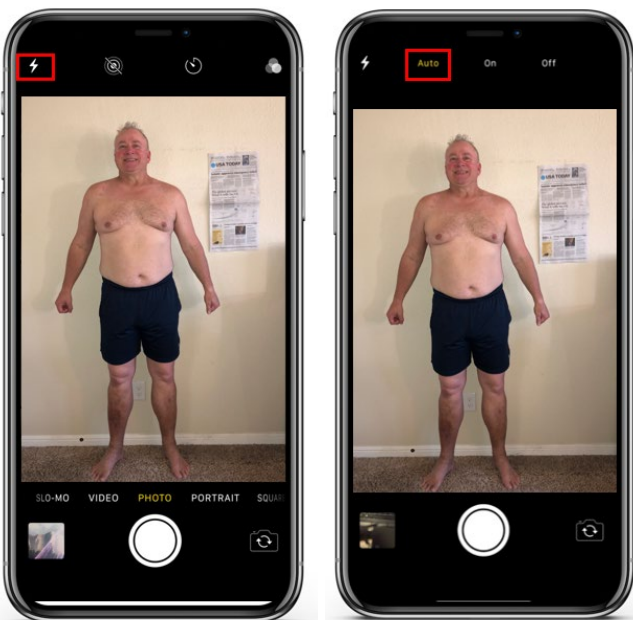
1. Open Your “Camera” on your iPhone

NOTE: Make sure you are using your “Front Facing Lens”

2. Before you take your picture, make sure to turn your “Live” function OFF.



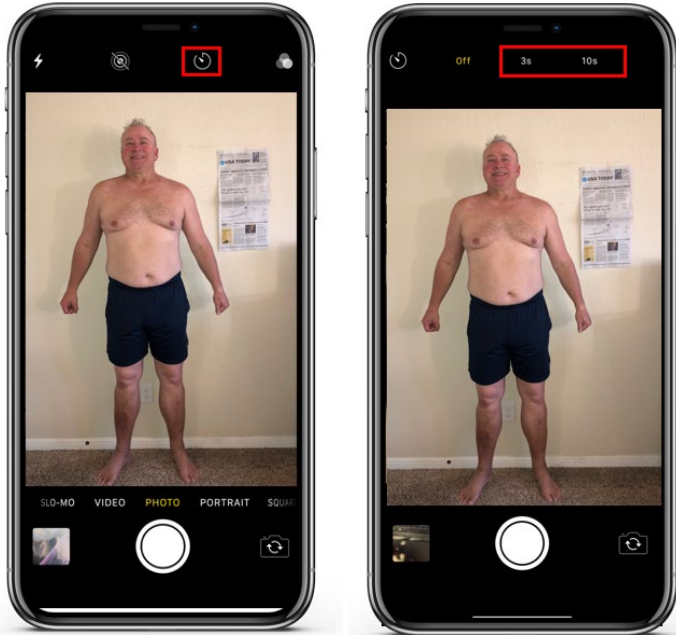
3. Click the “Flash” function [lighting bolt icon] and change to “Auto”



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4. Set your “Self-Timer” by clicking on the [timer icon]. You can select either 3 or 10 seconds.

TIP: Select “10 seconds” so you have enough time to get to your blank wall to make sure you are situated before the timer goes off.

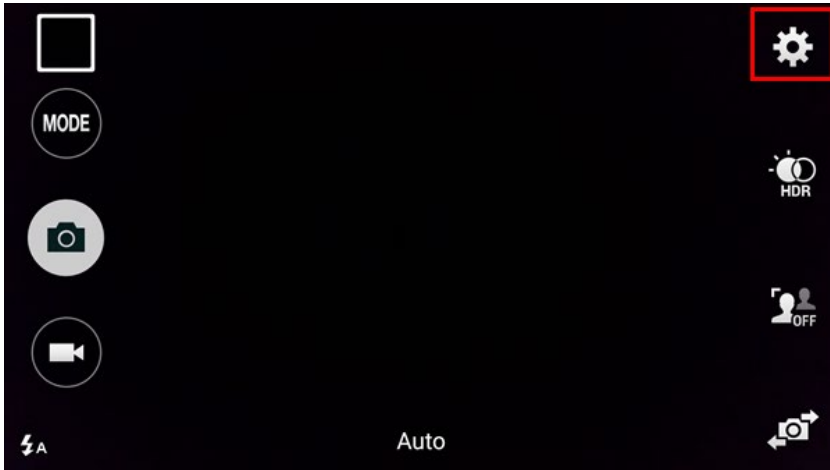


2020 GOLD'S GYM CHALLENGE

How to set your camera on self-timer on Android:

1. Open Your “Camera” on your Android. Select the “Setting” [gear icon]

NOTE: Make sure you are using your “Front Facing Lens”



2. Select the “timer” icon and select between 2 seconds, 5 seconds, and 10 seconds.

TIP: Select 10 seconds so you have enough time to get to your blank wall to make sure you are situated before the timer goes off.

