

Jolly Bodies Coach Audition Video Guidelines

At Jolly Bodies, we look for coaches who can create an exciting, motivating atmosphere, no matter the setting. This audition video is your chance to showcase your energy, coaching style, and ability to engage participants—even in an empty room. We strongly recommend using your imagination.

Video Instructions

Teach as if you're leading a full class. Even though you'll be alone, bring the same energy, enthusiasm, and connection as if you were coaching a packed room. Your video should include three key components:

- 1 A strong, engaging intro to welcome your class and set the tone.
- 2 The workout: Lead participants through three rounds of exercises with clear, motivating cues.
- 3 An encouraging outro to congratulate participants and wrap up class effectively.

Video Breakdown

1 Intro (30-45 seconds) – Set the Energy.

Begin with an enthusiastic welcome and intro, just like you would for a live class.


2 The Workout – About 5 minutes

Perform and teach each exercise for 30s with 15s transitions between each exercise for a total of 2 rounds:




1. Squats (30s) → 15s break
2. Alternating Reverse Lunges (30s) → 15s break
3. Push-ups (30s) → 15s break

2 rounds total, then move to outro.

3 Outro (30-45 seconds) – Close with Confidence.

 How you finish class is just as important as how you start it.

Video Submission Guidelines

-  Length: 5-7 minutes total.
-  Format: MP4, MOV, or a shareable video link (YouTube, Google Drive, etc.).
-  Camera Setup:
 - Set your camera at a frontal angle, capturing your full body.

- Ensure good lighting and clear audio—we need to see and hear you clearly!
- No need for fancy editing—just authentic coaching energy.