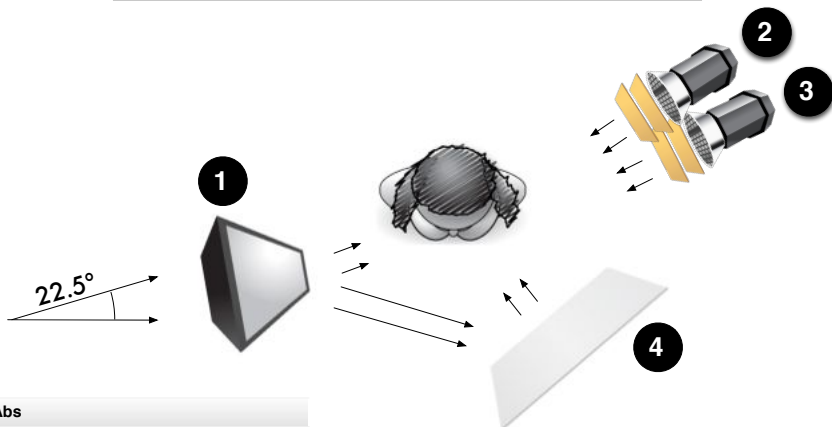


# Perfect Abs

## Shoot The Centerfold - Lighting Diagrams



### Perfect Abs

1. **Main Key light** [f5.6] - lg stripbox
2. **Stroblight** [f6.2] - strobe w/10° grid
3. **Stroblight** [f6.0] - strobe w/10° grid
4. **White reflector** (4x6 feet)
5. **35mm Camera** - 1/125 Sec f 5.6 ISO 100
6. **Lens 70 - 200** - f 2.8

### Instructions:

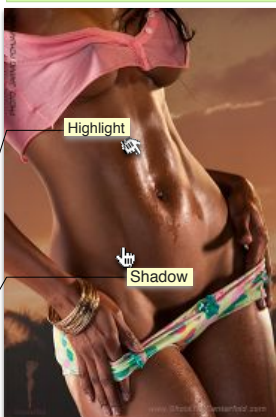
1. Set a medium stripbox as your main keylight at a 22.5° angle from camera point of view (POV). Distance between model and stripbox should be 3 to 4 feet.
2. Use a stroblight with a grid reflector / 10° grid. (Add CTO warming gels when necessary to warm model's skintone).
3. Use a stroblight with grid reflector / 10° grid. Add CTO when necessary. Distance between model and back stroblight(s) is 5 feet. Adjust accordingly.
4. Use a white reflector at a 45° angle to bounce light as a frontal fill to open shadows that may be too dark, depending on the model and her skintone. Move the reflector further back or closer to your model. Be sure not to overexpose the torso with the direct light and reflector that may wash out the body areas you are trying to emphasize.
5. You can use a camera of your choice that syncs with stroblights. A 35mm camera was used to create this sample image.
6. A 70-200mm zoom lens was used to create the compression and background separation in this sample image. The focal length was 13'. When using different lenses and focal lengths, it's good to keep in mind what your goals are concerning the final image you are trying to achieve. Are you showing specific detailed areas as seen in this sample image? If so, then use narrower compression (i.e., a longer focal length setting) that can be created with a zoom lens.

### NOTE!

For the best possible results, rotate the model's torso and experiment to achieve the best possible angle and most efficient use of lighting to bring out highlights and shadow. The key is to layer your light to emphasize the different lighting possibilities.



✓ DIFFICULTY LEVEL: INTERMEDIATE



The basic image is a collection of light and shadow; you can't have one without the other. In order to emphasize ab muscles, your light must not only bring out the highlight, but also allow for the necessary creation of shadows that will give your image both definition and texture.

### Positioning lights

Satisfactory results may be achieved using different brands of strobe heads. While one may give you a faster recycling time, another may give you better portability and ease in setting up. In the end, "light is light," as some brands are more reliable than others, especially when shooting on location. Some strobe heads travel well, while others, well... don't. These are all variables and options you must consider when choosing the right lighting system for you. Remember, what does matter is that when you're preparing for your shoot, you evaluate and measure your light accurately, using our diagrams as a reference and starting point for your photo session.

## Lighting Diagram Book

Lighting Techniques for Beginner and Advanced Photographers

Want to know more about lighting and how masters light their models? Explore new and exciting ways of how to give that final touch to your pictures that will give them that pop and brilliance they deserve.

## Much more than just a book

When you think about a book, the first thing that comes to your mind is probably a textbook with a story and a few pictures. This book is much more than that, it holds over two decades of study and careful refinement of lighting techniques that have paved the way to success for Jarmo Pohjaniemi and other master photographers.



Buy now

There is more to light than meets the eye; knowing lighting.