

WANT TO BE A MODEL?

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+1 POTENTIAL?

IF YOU BELIEVE YOU HAVE WHAT IT TAKES TO BE CONSIDERED BY
+1 MANAGEMENT, YOU MUST FIRST MEET OUR MINIMUM HEIGHT
REQUIREMENT

FEMALES 5'8"/173CM

MALES 6'0"/182CM

NEXT STEP IS TO SUBMIT RECENT SNAPSHOTS (EG. BELOW) WITH YOUR
MEASUREMENTS AND CONTACT DETAILS TO
INFO@PLUSONEMANAGEMENT.COM

PLEASE MAKE SURE ALL IMAGES ARE CLEAR, WELL LIT, NO HARSH
SHADOWS ON YOUR FACE, NO FILTERS, NO PHOTOSHOPPING AND MAKE UP
FREE!

MEASUREMENTS TO INCLUDE

HEIGHT | AGE | CHEST / BUST | WAIST | SHOE SIZE

AGE - 15 > 25



**PLEASE NOTE | IF YOU ARE UNDER 18, YOU MUST BE ACCOMPANIED BY
AN ADULT AND WILL NEED YOUR PARENTS / GUARDIAN SIGNATURE IF WE
DECIDE TO SIGN YOU!**

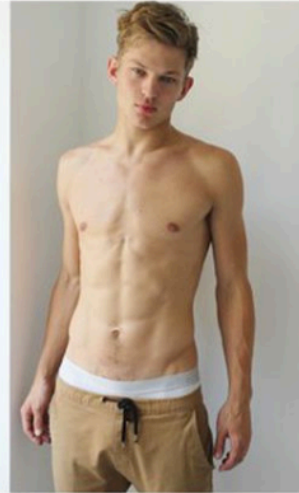
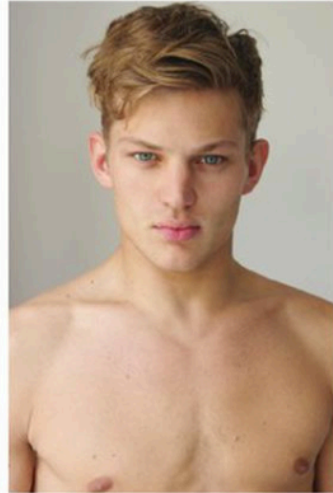


+1 BOYS

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KEEP FACIAL EXPRESSIONS NEUTRAL YET ENGAGED & FOCUS STRAIGHT DOWN THE CAMERA LENS

KEEP HAIR PRODUCT FREE BUT STYLED



STAND STRAIGHT SHOULDERS BACK ENGAGE CORE

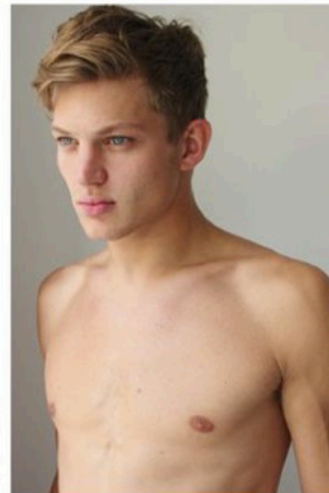
DO SOME SIT UPS / PUSH UPS BEFORE

WEAR NEUTRAL NON BRANDED PANTS / UNDERWEAR

FIND A PLAIN WHITE WALL CLOSE TO A LARGE WINDOW WITH PLENTY OF NATURAL LIGHT

HANDS IN POCKET OR BY YOUR SIDE

WEAR SHOES OR BAREFOOT



FACE AND ANGLE YOUR BODY AND FACE TO THE LIGHT / WINDOW

FOCUS ON SOMETHING, CLENCHING YOUR JAW WITH A FOCUSED BUT NEUTRAL EXPRESSION

THINGS TO NOTE



USE THE EXAMPLES SHOWN ABOVE TO COPY EACH ELEMENT FROM THE LIGHT, ANGLES AND EXPRESSIONS

CLEAN YOUR CAMERA LENS!!! - IT'S SIMPLE BUT MAKES SURE IMAGES ARE VERY CLEAR

GET SOMEONE TO TAKE THESE PHOTOS FOR YOU USING YOUR CENTRE TO ALIGN WITH THE CAMERA LENS (SHOOTING FROM ABOVE OR BELOW IS NOT RECOMMENDED)

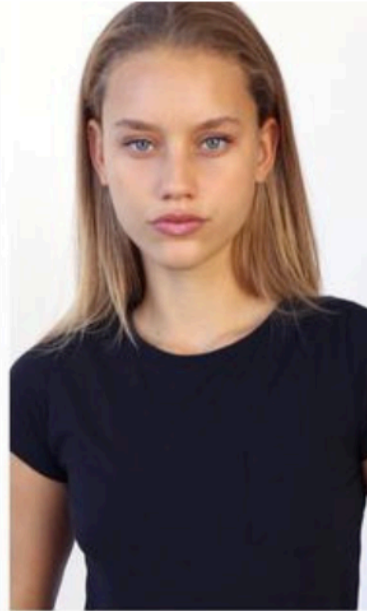
+1 GIRLS

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FIND A PLAIN WHITE WALL CLOSE TO A LARGE WINDOW WITH PLENTY OF NATURAL LIGHT

KEEP FACIAL EXPRESSIONS NEUTRAL

ONE SHOT OF HAIR TIED BACK



CLOSE UP SHOT OF FACE - HAIR OUT & TUCKED BEHIND EARS TO SHOW FACE

KEEP FACIAL EXPRESSIONS NEUTRAL YET LOOK DOWN CAMERA LENS

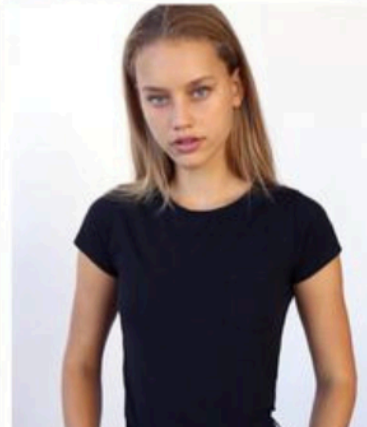
WEAR SOMETHING PLAIN & NO LOGO WHITE OR BLACK IS ACCEPTABLE

FULL LENGTH - TRY TO INCLUDE FEET

STAND STRAIGHT SHOULDERS BACK ENGAGE CORE

THUMBS IN POCKETS

SLIGHTLY BENDING ONE KNEE AND RESTING ON THE OTHER LEG CREATES A GREAT STANCE / POSE



FITTED PLAIN, NO LOGO, SHORT / CAPPED SLEEVE TSHIRT TUCKED IN

KEEP FACIAL EXPRESSIONS NEUTRAL

KEEP ARMS SLIGHTLY AWAY FROM BODY TO SHOW SHAPE



THINGS TO NOTE

AVOID USING MAKE UP - WE WANT TO SEE YOUR SKIN AND FEATURES.

CLEAN YOUR CAMERA LENS!!! - IT'S SIMPLE BUT MAKES SURE IMAGES ARE VERY CLEAR

GET SOMEONE TO TAKE THESE PHOTOS FOR YOU USING YOUR CENTRE TO ALIGN WITH THE CAMERA LENS (SHOOTING FROM ABOVE OR BELOW IS NOT RECOMMENDED)



GOOD

+ 1 MANAGEMENT

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LUCK