

Creative Fitness Portrait | Red & Blue Split Lighting

This setup proves that RGB lighting isn't limited to dreamy portraits or neon aesthetics. With the right color combination and light direction, you can create a bold, athletic, high-impact fitness portrait that emphasizes muscle definition, shape, and intensity.



Lighting Setup

Key Light (Blue)

Position: Model Right (Camera Left)

Light: RGB Video Light

Color: Blue

This light acts as the primary illumination on one half of the body. The blue tone enhances the cool, sculpted look while preserving muscle definition. Position it slightly forward of the model so the light wraps just enough across the face and torso without eliminating the split.



Secondary Light (Red)

Position: Model Left (Camera Right)

Light: RGB Stick Light

Color: Red

The RGB stick light creates the second half of the split lighting. The narrow source keeps the red illumination controlled while producing a strong color contrast against the blue.

Together, both lights create a clean red-blue split that separates both sides of the body and adds depth without requiring additional modifiers.



Background

Dark grey seamless paper keeps all attention on the subject while making both RGB colors appear richer and more saturated.



Camera Settings

- Camera: Canon R6 Mark II
- Lens: RF 24-105mm f/4
- Shutter Speed: 1/160 sec
- Aperture: f/5.6
- ISO: 1000



Camera: Canon R6 m2
Lens: 24-105mm f/4
Shutter: 1/160
Aperture: f/5.6
ISO: 1000


SetMyLight
by Siddology

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Why This Setup Works

- Strong split lighting enhances muscle definition.
- Red and blue create maximum color separation without contaminating each other.
- Black background increases perceived contrast and saturation.
- Minimal lighting setup with only two RGB sources produces a cinematic fitness campaign look.



Pro Tip

RGB lighting doesn't always have to feel soft, dreamy, or futuristic.

Choose colors based on the mood you're creating.

Cool tones like blue communicate strength, control, and precision, while warm tones like red add aggression, energy, and power.

The right color pairing can completely transform the personality of an image.

Learnings

- Split lighting works exceptionally well for fitness and athletic portraits.
- Keep both colored lights balanced in exposure for a clean color transition.
- A black background prevents unwanted color spill and keeps the image dramatic.
- RGB video lights are more than ambient lights—they can become your primary lighting source.

