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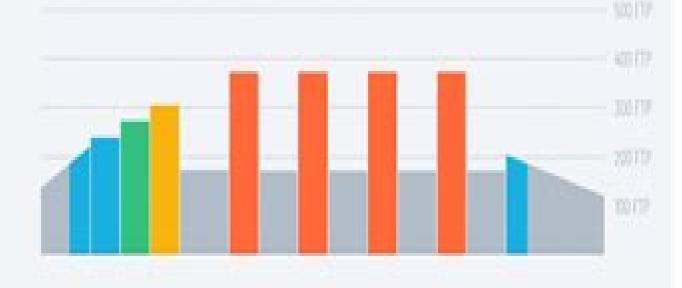
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Designed By: Zach Nehr and Javier Sola

Train Like Tadej for the Giro-Tour Double with 4x3min VO2 Max. These intervals are short and challenging at 100% FTP. There is an extra minute added onto each section of recovery to allow you to fully catch your breath. This is a great pre-race session that targets the upper limits of your repeatabl...Read More



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Edition Prof. Sham Tickoo, 2017-08-01 Welcome to the world of Autodesk 3ds Max a 3D modeling animation and rendering software package developed by Autodesk Inc It is widely used by architects game developers design visualization specialists and visual effects artists A wide range of modeling and texturing tools make it an ideal platform for 3D modelers and animators The intuitive user interface and workflow tools of Autodesk 3ds Max have made the job of design visualization specialists easier Autodesk 3ds Max 2018 for Beginners A Tutorial Approach is a tutorial based book that introduces the readers to the basic features of 3ds Max 2018 created on real world model through tutorials The book caters to the needs of both the novice and the advanced users of the software This book will help you unleash your creativity and help you create simple and complete 3D models and animations The book will help the learners transform their imagination into reality with ease Salient Features Consists of 17 chapters and 5 real world based projects that are organized in a pedagogical sequence covering various aspects of modeling texturing lighting and animation The author has followed the tutorial approach to explain various concepts of modeling texturing lighting and animation The first page of every chapter summarizes the topics that are covered in it Step by step instructions that guide the users through the learning process Additional information is provided throughout the book in the form of notes and tips Self Evaluation test Review Questions are given at the end of each chapter so that the users can assess their knowledge Student project has been given at the end of this book to test and enhance the skills of students Table of Contents Chapter 1 Introduction to Autodesk 3ds Max 2018 Chapter 2 Primitive Objects I Chapter 3 Primitive Objects II Chapter 4 Working with Splines I Chapter 5 Working with Splines II Chapter 6 Lofting Twisting and Deforming Objects Chapter 7 Material Editor Creating Materials Chapter 8 Material Editor Texture Maps I Chapter 9 Material Editor Texture Maps II Chapter 10 Material Editor Controlling Texture Maps Chapter 11 Material Editor Miscellaneous Materials Chapter 12 Interior Lighting I Chapter 13 Interior Lighting II Chapter 14 Animation Basics Chapter 15 Complex Animation Chapter 16 Rendering Chapter 17 Creating Walkthrough Project 1 Creating a Windmill Project 2 Creating a Diner Project 3 Architectural Project Project 4 Corporate Design Project 5 Creating a Computer Center Index A Guide to Make Applications for Holistic Surgical Practice Max Maizels, 2021-11-13 This book aims to enable healthcare workers in creating online learning tools for their specific surgical procedures Providing an e learning base by which healthcare workers can create customized procedural training materials this book empowers practitioners to instruct their staff both within and across specific institutions or surgical areas Supplying surgical leads with the tools required to inform their team members of what they need to know what they will be expected to do and when they will be expected to do it the methods put forth in this book assist healthcare teams in working more closely and efficiently Using the techniques this text describes staff surgeons will be able to streamline their surgeries and support each of their staff members to perform their best Focused on pediatric urological healthcare workers each chapter demonstrates real world applications for the development of codified training procedures Supplemented with downloadable files for customization the

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