

a blu ray disc it covers how to use dvd studio pro on its own as well as how to integrate it into your workflow with final cut pro 7 motion 4 and compressor 3 5 each lesson takes you step by step through an aspect of dvd creation and finishing with hands on projects for you to complete as you go you ll learn to storyboard your dvd and plan its interactions set chapter markers build still and motion menus and add overlays and subtitles you ll also work with multiple audio tracks and camera angles create smart buttons and custom transitions professionally encode audio and video files and build useful scripts all of peachpit s ebooks contain the same content as the print edition you will find a link in the last few pages of your ebook that directs you to the media files helpful tips if you are able to search the book search for where are the lesson files go to the very last page of the book and scroll backwards you will need a web enabled device or computer in order to access the media files that accompany this ebook entering the url supplied into a computer with web access will allow you to get to the files depending on your device it is possible that your display settings will cut off part of the url to make sure this is not the case try reducing your font size and turning your device to a landscape view this should cause the full url to appear

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Functional Performance Training

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through activity and sport specific training this dvd helps to train balance agility and power for your whole body functional training involves the same movements you use in your daily life this dvd emphasizes movement patterns which are important for daily tasks and sport or recreational activities in contrast to traditional strength training which isolates individual muscles dr liebenson guides you in functionally integrated patterns that you will use in pushing pulling lifting or carrying activities

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