

# THE BROKE GIRL'S GUIDE TO GETTING IN SHAPE



# Guide To Getting In Shape

**Christian Drosten**



## **Guide To Getting In Shape:**

**Autodesk 3ds Max 2019: A Comprehensive Guide, 19th Edition** Prof. Sham Tickoo, 2018-07-19 Autodesk 3ds Max 2019 A Comprehensive Guide book aims at harnessing the power of Autodesk 3ds Max for modelers animators and designers The book caters to the needs of both the novice and the advanced users of 3ds Max Keeping in view the varied requirements of the users the book first introduces the basic features of 3ds Max 2019 and then gradually progresses to cover the advanced 3D models and animations In this book two projects based on the tools and concepts covered in the book have been added to enhance the knowledge of users This book will help you unleash your creativity thus helping you create stunning 3D models and animations The book will help the learners transform their imagination into reality with ease Also it takes the users across a wide spectrum of animations through progressive examples numerous illustrations and ample exercises Salient Features Consists of 18 chapters 1 project and 1 student project 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 and Review Questions are given at the end of each chapter so that the users can assess their knowledge Table of Contents Chapter 1 Introduction to Autodesk 3ds Max 2019 Chapter 2 Standard Primitives Chapter 3 Extended Primitives Chapter 4 Working with Architectural Objects Chapter 5 Splines and Extended Splines Chapter 6 Modifying Splines Chapter 7 Materials and Maps Chapter 8 Modifying 3D Mesh Objects Chapter 9 Graphite Modeling Technique Chapter 10 Compound Objects Chapter 11 Modifiers Chapter 12 Lights and Rendering Chapter 13 Animation Basics Chapter 14 Rigid Body Dynamics and Helpers Chapter 15 NURBS Modeling Chapter 16 Systems Hierarchy and Kinematics Chapter 17 Particle Systems and Space Warps I Chapter 18 Particle Systems and Space Warps II Project 1 Creating a Diner Student Project Index Free Teaching and Learning Resources Technical support by contacting techsupport cadcim com Max files used in tutorials exercises and illustrations Customizable PowerPoint presentations of all chapters Instructor Guide with solution to all review questions and instructions to create the models for exercises Additional learning resources at <https://3dsmaxexperts.blogspot.com> and [youtube.com/cadcimtech](https://youtube.com/cadcimtech) For faculty only

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and enhanced features of 3ds Max 2020 such as Compound Shapes and Chamfer Modifier This book will help you unleash your creativity thus helping you create stunning 3D models and animations Salient Features Consists of 18 chapters and 1 project 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 throughout the book in the form of notes and tips Self Evaluation Tests and Review Questions at the end of each chapter to help the users assess their knowledge Table of Contents Chapter 1 Introduction to Autodesk 3ds Max 2021 Chapter 2 Standard Primitives Chapter 3 Extended Primitives Chapter 4 Working with Architectural Objects Chapter 5 Splines and Extended Splines Chapter 6 Modifying Splines Chapter 7 Materials and Maps Chapter 8 Modifying 3D Mesh Objects Chapter 9 Graphite Modeling Technique Chapter 10 Compound Objects Chapter 11 Modifiers Chapter 12 Lights and Rendering Chapter 13 Animation Basics Chapter 14 Rigid Body Dynamics and Helpers Chapter 15 NURBS Modeling Chapter 16 Systems Hierarchy and Kinematics Chapter 17 Particle Systems and Space Warps I Chapter 18 Particle Systems and Space Warps II Project 1 Creating a Diner Index For free download Free Teaching and Learning Resources CAD/CIM Technologies provides the following free teaching and learning resources with this book Technical support by contacting techsupport cadcim com Max and Media files used in tutorials exercises and illustrations Instructor Guide with solution to all review questions and instructions to create the models for exercises Additional learning resources at 3dsmaxexperts.blogspot.com and youtube.com/cad/cimtech For Faculty only We also provide video courses on Autodesk 3ds Max To enroll please visit the CAD/CIM website using the following link [www.cad/cim.com](http://www.cad/cim.com) video courses

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