

# Weider System Of Progressive Barbell Exercise Manual

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Used it mostly to help bring out some detail in the darks in this fellow's clothes, and to then select the lights of the sidewalk and adjust the color and curves a bit.

I used a Canon 580EX and the infrared controller that mounts on the camera, but a hot-shoe cord is a lot cheaper and perfectly fine for the small distances you will work in.

View this post with Links and Comments Posted by Brad Wiederholt at 8:33 PM 1 comments Labels: 35mm projector, carousel, kodachrome, photo Friday, March 18, 2011 Am I possibly getting off my butt? Surprise! I'm here.

I was inside and the Katydid jumped onto a glass door, hence the good underbelly shot.

I did my best to identify this.

My daughter and I went out shooting in downtown Blue Ridge Ga at sunset -- she's getting into photography and that makes me excited.

Don't know if you've heard of the technique of sitting your camera on top of a bag or rice or beans to steady it when you are low to the ground.

Really good stuff.

This led me to a bit of thinking about what a photo really is.

Digital camera and some spare memory cards to hold all the pictures.

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