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Structural Detailing in Steel-M. Y. H. Bangash 2000 - Acknowledgements - Metric conversions - Definitions - Introduction to codes - List of comparative symbols - Introduction - Structural steel - Draughting practice for detailers - Bolts and bolted joints - Welding - Design detailing of major steel components - Steel buildings - case studies - Steel bridges - case studies - Appendix. Section properties - Bibliography - British Standards and other standards - ASTM Standards

Handbook of Structural Steel Connection Design and Details, Third Edition-Akbar R. Tamboli 2016-12-21 The definitive guide to steel connection design—fully revised to cover the latest advances Featuring contributions from a team of industry-recognized experts, this up-to-date resource offers comprehensive coverage of every type of steel connection. The book explains leading methods for connecting structural steel components—including state-of-the-art techniques and materials—and contains new information on fastener and welded joints. Thoroughly updated to align with the latest AISC and ICC codes, Handbook of Structural Steel Connection Design and Details, Third Edition, features brand-new material on important structural engineering topics that are hard to find covered elsewhere. You will get complete details on fastener installation, space truss connections, composite member connections, seismic codes, and inspection and quality control requirements. The book also includes LRFD load guidelines and requirements from the American Welding Society. • Distills ICC and AISC 2016 standards and explains how they relate to steel connections • Features hundreds of detailed examples, photographs, and illustrations • Each chapter is written by a leading expert from industry or academia

BIM and Construction Management-Brad Hardin 2015-05-28 A sleeker, more comprehensive approach to construction projects BIM and Construction Management, Second Edition is a complete integration guide, featuring practical advice, project tested methods and workflows, and tutorials for implementing Building Information Modeling and technology in construction. Updated to align with the latest software editions from Autodesk, Trimble and Bentley, this book provides a common sense approach to leveraging BIM to provide significant value throughout a project's life cycle. This book outlines a results-focused approach which shows you how to incorporate BIM and other technologies into all phases of construction management, such as: Project planning: Set up the BIM project to succeed right from the start by using the right contracts, the right processes and the right technology Marketing: How to exceed customer expectations and market your brand of BIM to win. Pre-construction: Take a practical approach to engineer out risks in your project by using the model early to virtually build and analyze your project, prior to physical construction. Construction: Leverage the model throughout construction to build safer and with better quality. Field work: Learn how mobile technologies have disrupted the way we work in the field to optimize efficiencies and access information faster. Closeout: Deliver a better product to your customer that goes beyond the physical structure and better prepares them for future operations. Additionally, the book provides a look at technology trends in construction and a thoughtful perspective into potential use cases going forward. BIM and Construction Management, Second Edition builds on what has changed in the construction landscape and highlights a new way of delivering BIM-enabled projects. Aligning to industry trends such as Lean, integrated delivery methods, mobile platforms and cloud-based collaboration this book illustrates how using BIM and technology efficiently can create value.

Advanced Dynamics-Donald T. Greenwood 2006-11-02 Advanced Dynamics is a broad and detailed description of the analytical tools of dynamics as used in mechanical and aerospace engineering. The strengths and weaknesses of various approaches are discussed, and particular emphasis is placed on learning through problem solving. The book begins with a thorough review of vectorial dynamics and goes on to cover Lagrange's and Hamilton's equations as well as less familiar topics such as impulse response, and differential forms and integrability. Techniques are described that provide a considerable improvement in computational efficiency over the standard classical methods, especially when applied to complex dynamical systems. The treatment of numerical analysis includes discussions of numerical stability and constraint stabilization. Many worked examples and homework problems are provided. The book is intended for use on graduate courses on dynamics, and will also appeal to researchers in mechanical and aerospace engineering.

Bonsai Basics-Christian Pessey 1992 Outlines the history, styles, and traditions of bonsai, discusses the basic anatomy and development of trees, and provides advice on pruning, wiring, repotting, watering, and feeding bonsai

Guide to the Use of the Wind Load Provisions of ASCE 7-02-Kishor C. Mehta 2004 "Guide to the Use of the Wind Load Provisions of ASCE 7-02 assists professionals in the use of wind load provisions of ASCE Standard 7-02. This revision of Guide to the Use of the Wind Load Provisions of ASCE 7-98 includes the significant changes made to the wind load provisions of ASCE 7-02, Section 6. The changes are incorporated in 12 wind load scenarios with detailed explanations in the examples on how they should be solved. In addition, 31 frequently asked questions will help professionals interpret the provisions of ASCE 7-02. This Guide is essential for practicing engineers and architects."--BOOK JACKET.

BIM and Big Data for Construction Cost Management-Weisheng Lu 2018-10-11 This book is designed to help practitioners and students in a wide range of construction project management professions to understand what building information modelling (BIM) and big data could mean for them and how they should prepare to work successfully on BIM-compliant projects and maintain their competencies in this essential and expanding area. In this book, the state-of-the-art information technologies that support high-profile BIM implementation are introduced, and case studies show how BIM has integrated core quantity surveying and cost management responsibilities and how big data can enable informed decision-making for cost control and cost planning. The authors' combined professional and academic experience demonstrates, with practical examples, the importance of using BIM and particularly the fusion of BIM and big data, to sharpen competitiveness in global and domestic markets. This book is a highly valuable guide for people in a wide range of construction project management and quantity surveying roles. In addition, implications for project management, facilities management, contract administration, and dispute resolution are also explored through the case studies, making this book essential reading for built environment and engineering professionals.

BIM Handbook-Chuck Eastman 2011-03-25 "The BIM Handbook is an extensively researched and meticulously

written book, showing evidence of years of work rather than something that has been quickly put together in the course of a few months. It brings together most of the current information about BIM, its history, as well as its potential future in one convenient place, and can serve as a handy reference book on BIM for anyone who is involved in the design, construction, and operation of buildings and needs to know about the technologies that support it. The need for such a book is indisputable, and it is terrific that Chuck Eastman and his team were able to step up to the plate and make it happen. Thanks to their efforts, anyone in the AEC industry looking for a deeper understanding of BIM now knows exactly where to look for it." —AECbytes book review, August 28, 2008 (www.aecbytes.com/review/2008/BIMHandbook.html)

DISCOVER BIM: A BETTER WAY TO BUILD BETTER BUILDINGS Building Information Modeling (BIM) offers a novel approach to design, construction, and facility management in which a digital representation of the building process is used to facilitate the exchange and interoperability of information in digital format. BIM is beginning to change the way buildings look, the way they function, and the ways in which they are designed and built. The BIM Handbook, Second Edition provides an in-depth understanding of BIM technologies, the business and organizational issues associated with its implementation, and the profound advantages that effective use of BIM can provide to all members of a project team. Updates to this edition include: Completely updated material covering the current practice and technology in this fast-moving field Expanded coverage of lean construction and its use of BIM, with special focus on Integrated Project Delivery throughout the book New insight on the ways BIM facilitates sustainable building New information on interoperability schemas and collaboration tools Six new case studies Painting a colorful and thorough picture of the state of the art in building information modeling, the BIM Handbook, Second Edition guides readers to successful implementations, helping them to avoid needless frustration and costs and take full advantage of this paradigm-shifting approach to construct better buildings that consume fewer materials and require less time, labor, and capital resources.

Detailing for Steel Construction- 2002

Turbomachinery-Rama S.R. Gorla 2003-08-12 Turbomachinery presents the theory and design of turbomachines with step-by-step procedures and worked-out examples. This comprehensive reference emphasizes fundamental principles and construction guidelines for enclosed rotators and contains end-of-chapter problem and solution sets, design formulations, and equations for clear understanding of key aspects in machining function, selection, assembly, and construction. Offering a wide range of illustrative examples, the book evaluates the components of incompressible and compressible fluid flow machines and analyzes the kinematics and dynamics of turbomachines with valuable definitions, diagrams, and dimensionless parameters.

Building Information Modeling For Dummies-Stefan Mordue 2015-10-02 Everything you need to make the most of building information modeling If you're looking to get involved in the world of BIM, but don't quite know where to start, Building Information Modeling For Dummies is your one-stop guide to collaborative building using one coherent system of computer models rather than as separate sets of drawings. Inside, you'll find an easy-to-follow introduction to BIM and hands-on guidance for understanding drivers for change, the benefits of BIM, requirements you need to get started, and where BIM is headed. The future of BIM is bright—it provides the industry with an increased understanding of predictability, improved efficiency, integration and coordination, less waste, and better value and quality. Additionally, the use of BIM goes beyond the planning and design phase of the project, extending throughout the building life cycle and supporting processes, including cost management, construction management, project management, and facility operation. Now heavily adopted in the U.S., Hong Kong, India, Singapore, France, Canada, and countless other countries, BIM is set to become a mandatory practice in building work in the UK, and this friendly guide gives you everything you need to make sense of it—fast. Demonstrates how BIM saves time and waste on site Shows you how the information generated from BIM leads to fewer errors on site Explains how BIM is based on data sets that describe objects virtually, mimicking the way they'll be handled physically in the real world Helps you grasp how the integration of BIM allows every stage of the life cycle to work together without data or process conflict Written by a team of well-known experts, this friendly, hands-on guide gets you up and running with BIM fast.

Managing Natural Resources for Development in Africa-Washington Odongo Ochola 2010 The complex and

dynamic interlinks between natural resource management (NRM) and development have long been recognized by national and international research and development organizations and have generated voluminous literature. However, much of what is available in the form of university course books, practical learning manuals and reference materials in NRM is based on experiences from outside Africa. Managing Natural Resources for Development in Africa: A Resource Book provides an understanding of the various levels at which NRM issues occur and are being addressed scientifically, economically, socially and politically. The book's nine chapters present state-of-the-art perspectives within a holistic African context. The book systematically navigates the tricky landscape of integrated NRM, with special reference to Eastern and Southern Africa, against the backdrop of prevailing local, national, regional and global social, economic and environmental challenges. The authors' wide experience, the rich references made to emerging challenges and opportunities, and the presentation of different tools, principles, approaches, case studies and processes make the book a rich and valuable one-stop resource for postgraduate students, researchers, policymakers and NRM practitioners. The book is designed to help the reader grasp in-depth NRM perspectives and presents innovative guidance for research design and problem solving, including review questions, learning activities and recommended further reading. The book was developed through a writeshop process by a multi-disciplinary team of lecturers from the University of Nairobi, Egerton University, Kenyatta University, the University of Zimbabwe, the University of Malawi, Makerere University and the University of Dar es Salam. In addition, selected NRM experts from regional and international research organizations including the World Agroforestry Center (ICRAF), the Africa Forest Forum, RUFORUM, IIRR and the International Development Research Centre (IDRC) participated in the writeshop and contributed material to the book.

Steel Designers' Handbook-Branko Gorenc 2005 "This book makes extensive use of worked numerical examples to demonstrate the methods of calculating the capacities of structural elements. These examples have been extensively revised from the previous edition, with further examples added. The worked examples are cross-referenced to the relevant clauses in AS 4100: 1998."--BOOK JACKET.

Applied Finite Element Analysis for Engineers-Frank L. Stasa 1985 Emphasizing how one applies FEM to practical engineering problems, this text provides a thorough introduction to the methods of finite analysis and applies these methods to problems of stress analysis, thermal analysis, fluid flow analysis, and lubrication.

Steel Designers' Manual Fifth Edition: The Steel Construction Institute-Institute Steel Construction 1993-01-18 This classic manual for structural steelwork design was first published in 1956. Since then, it has sold many thousands of copies worldwide. The fifth edition is the first major revision for 20 years and is the first edition to be fully based on limit state design, now used as the primary design method, and on the UK code of practice, BS 5950. It provides, in a single volume, all you need to know about structural steel design.

Steel Detailers' Manual-Alan Hayward 2008-04-15 This highly illustrated manual provides practical guidance on structural steelwork detailing. It: describes the common structural shapes in use and how they are joined to form members and complete structures explains detailing practice and conventions provides detailing data for standard sections, bolts and welds emphasises the importance of tolerances in order to achieve proper site fit-up discusses the important link between good detailing and construction costs Examples of structures include single and multi-storey buildings, towers and bridges. The detailing shown will be suitable in principle for fabrication and erection in many countries, and the sizes shown will act as a guide to preliminary design. The second edition has been updated to take account of changes to standards, including the revisions to BS5950 and includes a new chapter on computer aided detailing.

Building Information Modeling-André Borrmann 2018-09-19 Building Information Modeling (BIM) refers to the consistent and continuous use of digital information throughout the entire lifecycle of a built facility, including its design, construction and operation. In order to exploit BIM methods to their full potential, a fundamental grasp of their key principles and applications is essential. Accordingly, this book combines discussions of theoretical foundations with reports from the industry on currently applied best practices. The book's content is divided into

six parts: Part I discusses the technological basics of BIM and addresses computational methods for the geometric and semantic modeling of buildings, as well as methods for process modeling. Next, Part II covers the important aspect of the interoperability of BIM software products and describes in detail the standardized data format Industry Foundation Classes. It presents the different classification systems, discusses the data format CityGML for describing 3D city models and COBie for handing over data to clients, and also provides an overview of BIM programming tools and interfaces. Part III is dedicated to the philosophy, organization and technical implementation of BIM-based collaboration, and discusses the impact on legal issues including construction contracts. In turn, Part IV covers a wide range of BIM use cases in the different lifecycle phases of a built facility, including the use of BIM for design coordination, structural analysis, energy analysis, code compliance checking, quantity take-off, prefabrication, progress monitoring and operation. In Part V, a number of design and construction companies report on the current state of BIM adoption in connection with actual BIM projects, and discuss the approach pursued for the shift toward BIM, including the hurdles taken. Lastly, Part VI summarizes the book's content and provides an outlook on future developments. The book was written both for professionals using or programming such tools, and for students in Architecture and Construction Engineering programs.

BIM Handbook-Rafael Sacks 2018-07-03 Discover BIM: A better way to build better buildings Building Information Modeling (BIM) offers a novel approach to design, construction, and facility management in which a digital representation of the building product and process is used to facilitate the exchange and interoperability of information in digital format. BIM is beginning to change the way buildings look, the way they function, and the ways in which they are designed and built. The BIM Handbook, Third Edition provides an in-depth understanding of BIM technologies, the business and organizational issues associated with its implementation, and the profound advantages that effective use of BIM can provide to all members of a project team. Updates to this edition include: Information on the ways in which professionals should use BIM to gain maximum value New topics such as collaborative working, national and major construction clients, BIM standards and guides A discussion on how various professional roles have expanded through the widespread use and the new avenues of BIM practices and services A wealth of new case studies that clearly illustrate exactly how BIM is applied in a wide variety of conditions Painting a colorful and thorough picture of the state of the art in building information modeling, the BIM Handbook, Third Edition guides readers to successful implementations, helping them to avoid needless frustration and costs and take full advantage of this paradigm-shifting approach to construct better buildings that consume fewer materials and require less time, labor, and capital resources.

Guide to Natural Ventilation in High Rise Office Buildings-Antony Wood 2013 Tall buildings are not the only solution for achieving sustainability through increased density in cities but, given the scale of current population shifts, the vertical city is increasingly being seen as the most viable solution for many urban centers. However, the full implications of concentrating more people on smaller plots of land by building vertically - whether for work, residential or leisure functions - needs to be better researched and understood. It is generally accepted that we need to reduce the energy equation - in both operating and embodied terms - of every component and system in the building as an essential element in making it more sustainable. Mechanical HVAC systems (Heating, Ventilation and Air-Conditioning) in tall office buildings typically account for 30-40 percent of overall building energy consumption. The increased efficiency (or possibly even elimination) of these mechanical systems - through the provision of natural ventilation - could thus be argued to be the most important single step we could make in making tall buildings more sustainable. This guide sets out recommendations for every phase of the planning, construction and operation of natural ventilation systems in these buildings, including local climatic factors that need to be taken into account, how to plan for seasonal variations in weather, and the risks in adopting different implementation strategies. All of the recommendations are based on analysis of the research findings from richly-illustrated international case studies. Tried and tested solutions to real-life problems make this an essential guide for anyone working on the design and operation of tall buildings anywhere in the world. This is the first technical guide from the Council on Tall Buildings and Urban Habitat's Tall Buildings & Sustainability Working Group looking in depth at a key element in the creation of tall buildings with a much-reduced environmental impact, while taking the industry closer to an appreciation of what constitutes a sustainable tall building, and what factors affect the sustainability threshold for tall.

Project Management, Planning and Control-Albert Lester 2007 A comprehensive book on project

management, covering all principles and methods with fully worked examples, this book includes both hard and soft skills for the engineering, manufacturing and construction industries. Ideal for engineering project managers considering obtaining a Project Management Professional (PMP) qualification, this book covers in theory and practice, the complete body of knowledge for both the Project Management Institute (PMI) and the Association of Project Management (APM). Fully aligned with the latest 2005 updates to the exam syllabi, complete with online sample Q&A, and updated to include the latest revision of BS 6079 (British Standards Institute Guide to Project Management in the Construction Industry), this book is a complete and valuable reference for anyone serious about project management. The complete body of knowledge for project management professionals in the engineering, manufacturing and construction sectors Covers all hard and soft topics in both theory and practice for the newly revised PMP and APMP qualification exams, along with the latest revision of BS 6079 standard on project management in the construction industry Written by a qualified PMP exam accreditor and accompanied by online Q&A resources for self-testing

Design Engineering Refocused-Hanif Kara 2017-01-17 The contents of the book will highlight the differences between the design and engineering disciplines - strengths and flaws. It will also illustrate examples of interdisciplinary interactions. Any false dichotomies will be revealed and the many non-linear processes borne out of challenging conventions between traditional and new modes of practice will be revealed. Projects based on a body of experience spanning many years will be selected to support experimentation that goes beyond an undisciplined search for originality, innovation and creativity. In addition to writings from Hanif Kara and Daniel Bosia contributions will be sought from specialists in the field who have played a role in the operations of P.art@ at AKT II - past and present - qualifying them to disseminate and distribute a particular form of 'knowledge'. Features work of architectural practices: Adjaye Associates, Foster + Partners, Heatherwick Studio, HOK, Serie Architects, Wilkinson Eyre Architects and Zaha Hadid Architects. In addition to AKT II, it will encompass the work of engineers and engineering consultants such as: Arup, Cecil Balmond, Buckminster Fuller, Buro Happold, Pier Luigi Nervi and Peter Rice.

Introduction to Engineering Ethics-

Autodesk Robot Structural Analysis Professional 2015-Ken Marsh 2014-10-24 Autodesk Robot Structural Analysis Professional 2015 - Essentials is an excellent introduction to the essential features, functions, and workflows of Autodesk Robot Structural Analysis Professional. Master the tools you will need to make Robot work for you: Go from zero to proficiency with this thorough and detailed introduction to the essential concepts and workflows of Robot Structural Analysis Professional 2015. - Demystify the interface - Manipulate and manage Robot tables like a pro - Learn how to use Robot's modeling tools - Master loading techniques - Harness Robot automated load combinations - Decipher simplified seismic loading - Discover workflows for steel and concrete design - Gain insights to help troubleshoot issues Guided exercises are provided to help cement fundamental concepts in Robot Structural Analysis and drive home key functions. Get up to speed quickly with this essential text and add Robot Structural Analysis Professional 2015 to your analysis and design toolbox.

Matrix Analysis of Structural Dynamics-Franklin Y. Cheng 2017-09-06 Uses state-of-the-art computer technology to formulate displacement method with matrix algebra. Facilitates analysis of structural dynamics and applications to earthquake engineering and UBC and IBC seismic building codes.

Statistical and Thermal Physics-Harvey Gould 2010-07-01 This textbook carefully develops the main ideas and techniques of statistical and thermal physics and is intended for upper-level undergraduate courses. The authors each have more than thirty years' experience in teaching, curriculum development, and research in statistical and computational physics. Statistical and Thermal Physics begins with a qualitative discussion of the relation between the macroscopic and microscopic worlds and incorporates computer simulations throughout the book to provide concrete examples of important conceptual ideas. Unlike many contemporary texts on thermal physics, this book presents thermodynamic reasoning as an independent way of thinking about macroscopic systems. Probability concepts and techniques are introduced, including topics that are useful for understanding how

probability and statistics are used. Magnetism and the Ising model are considered in greater depth than in most undergraduate texts, and ideal quantum gases are treated within a uniform framework. Advanced chapters on fluids and critical phenomena are appropriate for motivated undergraduates and beginning graduate students. Integrates Monte Carlo and molecular dynamics simulations as well as other numerical techniques throughout the text Provides self-contained introductions to thermodynamics and statistical mechanics Discusses probability concepts and methods in detail Contains ideas and methods from contemporary research Includes advanced chapters that provide a natural bridge to graduate study Features more than 400 problems Programs are open source and available in an executable cross-platform format Solutions manual (available only to teachers)

Building Product Models-Charles M Eastman 2018-02-06 Building Product Models thoroughly presents the concepts, technology, and methods now used to work out what will become the building product model - a new, digital representation for architecture, civil engineering, and building construction. Organized into three sections (history, current tools and concepts, and existing efforts and research issues), this resource provides the field of building product modeling with a standard reference as well as a single, comprehensive text for university courses. Until now, all the efforts in building modeling have been reported in research journals and conference proceedings or been made available as draft standards on the Internet. Building Product Models is the only book available on this vital field, bringing together essential aspects of major efforts from the early 1970s to the present.

Up and Running with Autodesk Advance Steel-Deepak Maini 2020-05-31 This is a comprehensive textbook that covers in detail the tools that are used to generate 2D detail and fabrication drawings, NC and DXF files, and Bill of Materials (BOMs) of the 3D structural model created in Volume 1 of this book. You will learn how to customize Prototype and Drawing Processes to your needs and generate drawings using those custom prototypes and processes. You will also learn how to use Drawing Styles for generating the 2D documentation. The author has also covered the process of validating the structure model and checking it for clashes. There is a special chapter covering BIM data interoperability with Autodesk Revit. The following are some of the salient features of this textbook: Complimentary access to around 200 mins of videos of all tutorials in the book. 336 pages of in-depth coverage of the tools to generate detail drawings of the 3D structural model. Detailed discussion of how to validate the structural model for modeling error and checking the clashes in the model. Detailed discussion of creating custom prefix configuration for numbering. Covers in detail the process of generating the 2D drawings using drawing processes as well as drawing styles. Covers basic customization of drawing processes. Explains the process of basic customization of prototypes and BOM templates. Covers the process of generating NC and DXF files for machining. Special chapter on BIM data interoperability with Autodesk Revit, including importing Steel Connections. "What I do" tips describing some real world challenges that Advance Steel users face and the author's approach in those situations. Tips and Notes providing additional information about the topic in discussion. End of chapter skill evaluation to review the concepts learnt in the chapter. The following free teaching resources are available for faculty: PowerPoint slides of every chapter in the textbook. Answers to the Class Test Questions. Help for designing the course curriculum.

All Rights Reserved for You-Sudeep Nagarkar 2016-12-05 Every relationship requires effort but a long-distance relationship requires extra effort Aditya is a writer while the mere thought of reading repels Jasmine. They have absolutely nothing in common. Not even the cities they live in. Yet nothing can stop them from falling head over heels for each other. With distance playing spoilsport, they must forget all conventional logic and give their relationship a real shot through Skype, WhatsApp and Facebook Messenger. But can you trust your partner who's miles away from you? Can a long-distance relationship really work? All Rights Reserved for You is the heart-warming real-life story of a couple who is separated by distance but is never really far apart.

Project Administration Manual: 1994-Montana Treasure State Endowment Program 2018-03-03 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the

public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Structural Engineering Design in Practice-Roger Westbrook 1988 First published in 1984 under the Construction Press imprint, this updated edition is a practical guide to structural engineering design, including steel, concrete and timber. listings. A BBC B computer disc covering the worked examples in the book is available direct from the author, and an order form is included in the book for this purpose. This new edition incorporates changes to three of the major design codes - BS 5950, BS 8110 and the new Water Retaining Code - and includes fresh examples. structural engineering students and postgraduate or practising engineers preparing for the Institute of Structural Engineering examinations.

Dolph Lundgren: Train Like an Action Hero-Dolph Lundgren 2014-09-09 Are you ready to take your exercise and fitness routine to the next level? Then take a lesson from internationally-renowned action hero Dolph Lundgren, as he shares the personal fitness secrets gained from a lifetime of hard-fought experiences on-camera and off. Dolph has created a personal philosophy of fitness based on martial arts, yoga, strength training, biochemical research, professional sports, and over 40 starring roles in classic action films. It's a logical, fun, and surprisingly easy path to total fitness—whether you're at the office, with friends, playing sports, or in class. This is the ultimate lifestyle to improve your health and build your physique! Dolph Lundgren: Be Fit Forever—his autobiographical training guide—features weekly training programs, daily menu planners, guides to equipment and gear, fantastic photos from behind the scenes of Hollywood action movies, and more. DOLPH'S SPECIAL TIPS: 1. Briefing: The reasons you need to get fit 2. Mission: Personal training and health philosophy 3. Weaponry: How to best combine strength exercises, cardiovascular, and flexibility training 4. Special Ops: Stick to your goals even while away traveling 5. Fuel and supplies: The best foods and supplements to build your body 6. Fit forever: Stay in shape for the rest of your life! With detailed exercise plans and over 100 step-by-step photos, Dolph Lundgren: Be Fit Forever is the kickass guide to building a body that will look great and make you feel even better—forever.

Digital Video Processing-A. Murat Tekalp 2015-06-06 Over the years, thousands of engineering students and professionals relied on Digital Video Processing as the definitive, in-depth guide to digital image and video processing technology. Now, Dr. A. Murat Tekalp has completely revamped the first edition to reflect today's technologies, techniques, algorithms, and trends. Digital Video Processing, Second Edition, reflects important advances in image processing, computer vision, and video compression, including new applications such as digital cinema, ultra-high-resolution video, and 3D video. This edition offers rigorous, comprehensive, balanced, and quantitative coverage of image filtering, motion estimation, tracking, segmentation, video filtering, and compression. Now organized and presented as a true tutorial, it contains updated problem sets and new MATLAB projects in every chapter. Coverage includes Multi-dimensional signals/systems: transforms, sampling, and lattice conversion Digital images and video: human vision, analog/digital video, and video quality Image filtering: gradient estimation, edge detection, scaling, multi-resolution representations, enhancement, de-noising, and restoration Motion estimation: image formation; motion models; differential, matching, optimization, and transform-domain methods; and 3D motion and shape estimation Video segmentation: color and motion segmentation, change detection, shot boundary detection, video matting, video tracking, and performance evaluation Multi-frame filtering: motion-compensated filtering, multi-frame standards conversion, multi-frame noise filtering, restoration, and super-resolution Image compression: lossless compression, JPEG, wavelets, and JPEG2000 Video compression: early standards, ITU-T H.264/MPEG-4 AVC, HEVC, Scalable Video Compression, and stereo/multi-view approaches

Sevneves-Neal Stephenson 2015-05-19 From the #1 New York Times bestselling author of Anathem, Reamde, and Cryptonomicon comes an exciting and thought-provoking science fiction epic—a grand story of annihilation

and survival spanning five thousand years. What would happen if the world were ending? A catastrophic event renders the earth a ticking time bomb. In a feverish race against the inevitable, nations around the globe band together to devise an ambitious plan to ensure the survival of humanity far beyond our atmosphere, in outer space. But the complexities and unpredictability of human nature coupled with unforeseen challenges and dangers threaten the intrepid pioneers, until only a handful of survivors remain . . . Five thousand years later, their progeny—seven distinct races now three billion strong—embark on yet another audacious journey into the unknown . . . to an alien world utterly transformed by cataclysm and time: Earth. A writer of dazzling genius and imaginative vision, Neal Stephenson combines science, philosophy, technology, psychology, and literature in a magnificent work of speculative fiction that offers a portrait of a future that is both extraordinary and eerily recognizable. As he did in *Anathem*, *Cryptonomicon*, the *Baroque Cycle*, and *Reamde*, Stephenson explores some of our biggest ideas and perplexing challenges in a breathtaking saga that is daring, engrossing, and altogether brilliant.

Sins of a Duke LP-Suzanne Enoch 2007-08-07 Sebastian Griffin, an upstanding aristocrat and one of the most powerful men in England, is surrounded by scandal when he gets involved with Josefina Katarina Embry, who, claiming to be a princess, has captivated the ton and him, but who is hiding a dark secret. (Romance)

Connections in Steel Structures III-Reidar BJORHOVDE 1996-05-20 This book publishes the proceedings from the Third International Workshop on Connections in Steel Structures: Behaviour, Strength and Design held in Trento, Italy, 29-31 May 1995. The workshop brought together the world's foremost experts in steel connections research, development, fabrication and design. The scope of the papers reflects state-of-the-art issues in all areas of endeavour, and manages to bring together the needs of researchers as well as designers and fabricators. Topics of particular importance include connections for composite (steel-concrete) structures, evaluation methods and reliability issues for semi-rigid connections and frames, and the impact of extreme loading events such as those imposed by major earthquakes. The book highlights novel methods and applications in the field and ensures that designers and other members of the construction industry gain access to the new results and procedures.

Minimum Design Loads for Buildings and Other Structures-American Society of Civil Engineers 2013 Third Printing, incorporating errata, Supplement 1, and expanded commentary, 2013.

Innovative Production And Construction: Transforming Construction Through Emerging Technologies-Peng Wu 2019-05-03 Throughout the 38 chapters, this must-have volume outlines essential information about the implementation of emerging technologies, from building information modeling and 3D printing, to life cycle

assessment and information technology in construction and engineering projects. It covers practical case studies to demonstrate the implementation of emerging technologies in a compact style, ensuring that practitioners can adopt these methods to realize immediate benefits in productivity, safety and performance improvement.

Rhino 6.0 for Jewelry: A Guide to Basic Jewelry Design and Model Making Strategies Using Rhino 6.0 Level: Beginner Through Intermediate-Dana Buscaglia 2019-08 This book was written to demonstrate and teach the use of Rhinoceros software for the design and creation of jewelry. Rhino's powerful NURBS technology makes it possible to achieve extreme accuracy while being flexible enough to create your most fluid designs. Import a design sketch into Rhino and create an accurate technical drawing using Rhino's easy and intuitive drafting tools. Take this further into a full 3-dimensional model that can be sent on to prototyping technology. Chapters are in tutorial format with step-by-step instructions that will gradually build a knowledge base as later chapters become more advanced. Intensive instruction in both technical drawings of jewelry objects and the creation of jewelry models. Good for self-instruction or classroom.

Mastering Autodesk Revit Architecture 2015-Eddy Krygiel 2014-05-19 The Ultimate Guide to Autodesk Revit Architecture 2015 Responding to reader and instructor feedback, the expert author team updated and refreshed the book's content to make it even more useful, complete, and approachable. Mastering Revit Architecture is organized by real-world workflows and features detailed explanations, interesting real-world examples, and practical tutorials to help readers understand Revit and BIM concepts so that they can quickly start accomplishing vital Revit tasks. Part I discusses key BIM and Revit concepts before giving readers a hands-on look at the Revit interface. Part II explores today's Revit workflows and introduces readers to templates, worksharing, and managing Revit projects. Part III dives into modeling and massing and offers detailed information on the crucial Family Editor as well as visualization techniques for various industries. Part IV covers documentation, including annotation and detailing, and explains how to work with complex walls, roofs and floors as well as curtain walls and advanced stair and railings. The companion website features before-and-after tutorial files (metric and Imperial sets), additional advanced content, and an hour of video on crucial techniques. Whether you are a beginner or an advanced Revit user, this book offers the detailed instruction you need to get the most out of this powerful software product.

Design Engineers Handbook-Parker Hannifin Corporation 2001