Video formats:

All videos are formatted in ***.avi** format, which is the format for PCs. If the Quicktime (Apple Mcintosh) format is required, please let me know, I can reformat all videos into ***.mov** format.

In some videos the speed is slowed down to facilitate the viewing of detailed movements (see filename ending – 3x *slow*). Slowing down (unfortunately) increases the file size. So, the file might be too large if your computer memory is limited. If so, try the full speed versions, which are much smaller in file size.

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