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| Shot No.1a | N:\My Pictures\Long Shot.png | Type of ShotLS | Dialogue/Voice over – Sound – Camera MovementSee a spec of Alex jogging by the sports hall. | Timing3 Sec |
| Edit: |
| Shot No.1b | N:\My Pictures\Medium  Shot.png | Type of ShotMS | Dialogue – Sound – Camera MovementCamera gets closer for a Medium shot of Alex jogging by the sports hall. | Timing3 Sec |
| Edit: |
| Shot No.1d | Image result for cartoon sergeant | Type of ShotMS | Dialogue – Sound – Camera MovementAfter Lenny and Billy popped up at Alex earlier they shout at Alex saying we’re going to show you what real training is. | Timing5 Sec |
| Edit: |
| ShotNo.2a  N:\My Pictures\Pathetic push ups.png | Type of Shot | Dialogue – Sound – Camera MovementAlex is stressing out while Billy and Lenny are shouting at him going “keep going”, “did we tell you to stop”. | Timing |
| ShotNo.2b Image result for fainting | Type of Shot | Dialogue – Sound – Camera MovementAlex falls down and faints. | Timing |
| Shot No.3a | Image result for handing snickers | Type of ShotCS | Dialogue – Sound – Camera MovementAlex pathetically doing push ups Lenny bends over to him passing him a snickers saying “your pathetic when your Hungry”. | Timing6 Sec |
| Edit: |
| ShotNo.3b  N:\My Pictures\Better 2.jpg | Type of Shot | Dialogue – Sound – Camera MovementAlex then starts to eat the snickers when Billy says “eat your snickers”. | Timing |
| Shot No.3c | N:\download.jpg | Type of ShotCI | Dialogue – Sound – Camera Movement After Billy say’s better Alex then responds with “Better” then he begins pushing himself to the limit. | Timing3 Sec |
| Edit: |
| ShotNo.3d  | Type of Shot | Dialogue – Sound – Camera MovementVoice pops up saying “You’re not you when you’re hungry. Snickers get some NUTS”. | Timing |