

## Max Workouts

Take Control of iOS 17 and iPadOS 17 DelfinMax Capacity Training Josh Centers

Hartmut Aufderstraße Samy Peyret

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teach your iphone or ipad new tricks version 1 2 published april 3 2024 josh centers is back with his tenth book on apple s mobile operating systems this guide for users of iphones and ipads explores the new features and interface changes in ios 17 and ipados 17 it also covers ios and ipados basics such as working with the lock screen control center and home screen and using built in apps like camera messages and siri n whether you re upgrading an iphone or ipad to apple s latest mobile operating systems or trying to master the obscure ins and outs of your device take control of ios 17 and ipados 17 is here to help as he has done since 2014 josh centers explores what s new and different in this year s releases including contact posters improved autocorrect and predictive text interactive home screen widgets accessibility improvements offline maps animated video reactions and much more in addition the book includes information about many basic iphone and ipad features even if they haven t changed recently although this book is not intended as a comprehensive guide to everything an iphone or ipad can do it s suitable for beginners and long time ios ipados users alike among the many topics covered in the book are a complete list of what s new in ios 17 and ipados 17 how to create and use contact posters working with interactive home screen widgets using live speech and personal voice to assist in communication adding animated reactions to video calls how to use new features in apps like find my freeform health home notes reminders and safari downloading maps for offline use information on what each of the built in apps does how to use and customize the lock screen control center and home screen creating and using focus modes for enhanced do not disturb settings using handoff to start tasks on one device and then continue them on another how to search with spotlight making the most of siri for getting information and performing tasks working with keyboards built in and external for text editing emojis and more sharing almost any content with others in a variety of ways special ipad exclusive features including stage manager on ipads with apple m series chips how to communicate using apple s messages app using the built in camera app for photos and videos configuring your device s accessibility features including live captions for real time transcriptions of audio

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teaches you how to get the most out of your workouts based on a plan with 3 innovative time delimited protocols in a hour a week you can sculpt your body with 48 strength building bodyweight exercise you will also learn the 5 principles of

eating right and how to apply them résumé de l éditeur

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