

Jason Nusaputra

Portfolio

MIGHTY

Joyful

Open

Ambitious

Neat

Sincere

Trending

Youthful

Haste

Incredible

Marvelous

Gorgeous

The MIGHTY Portfolio

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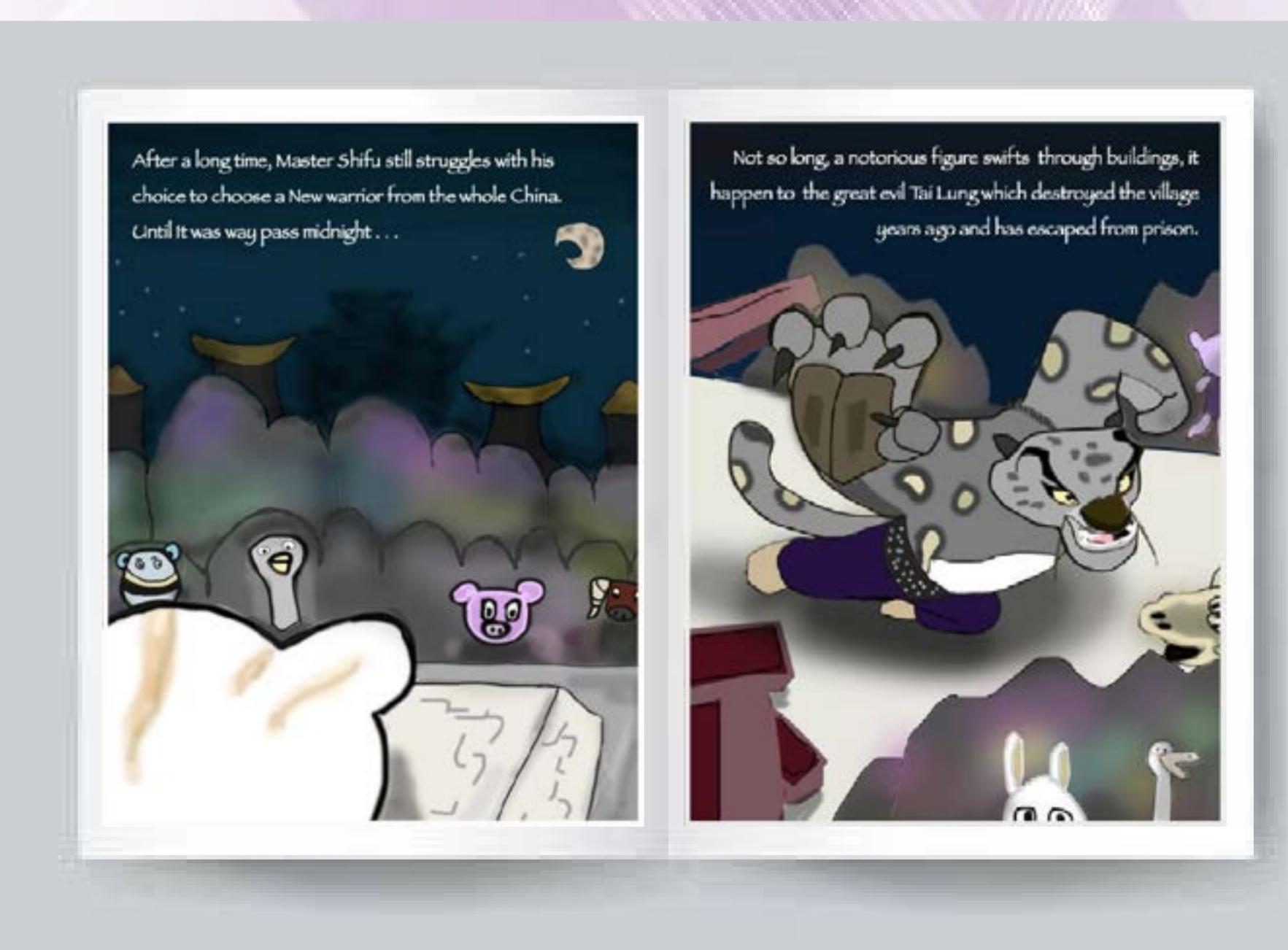
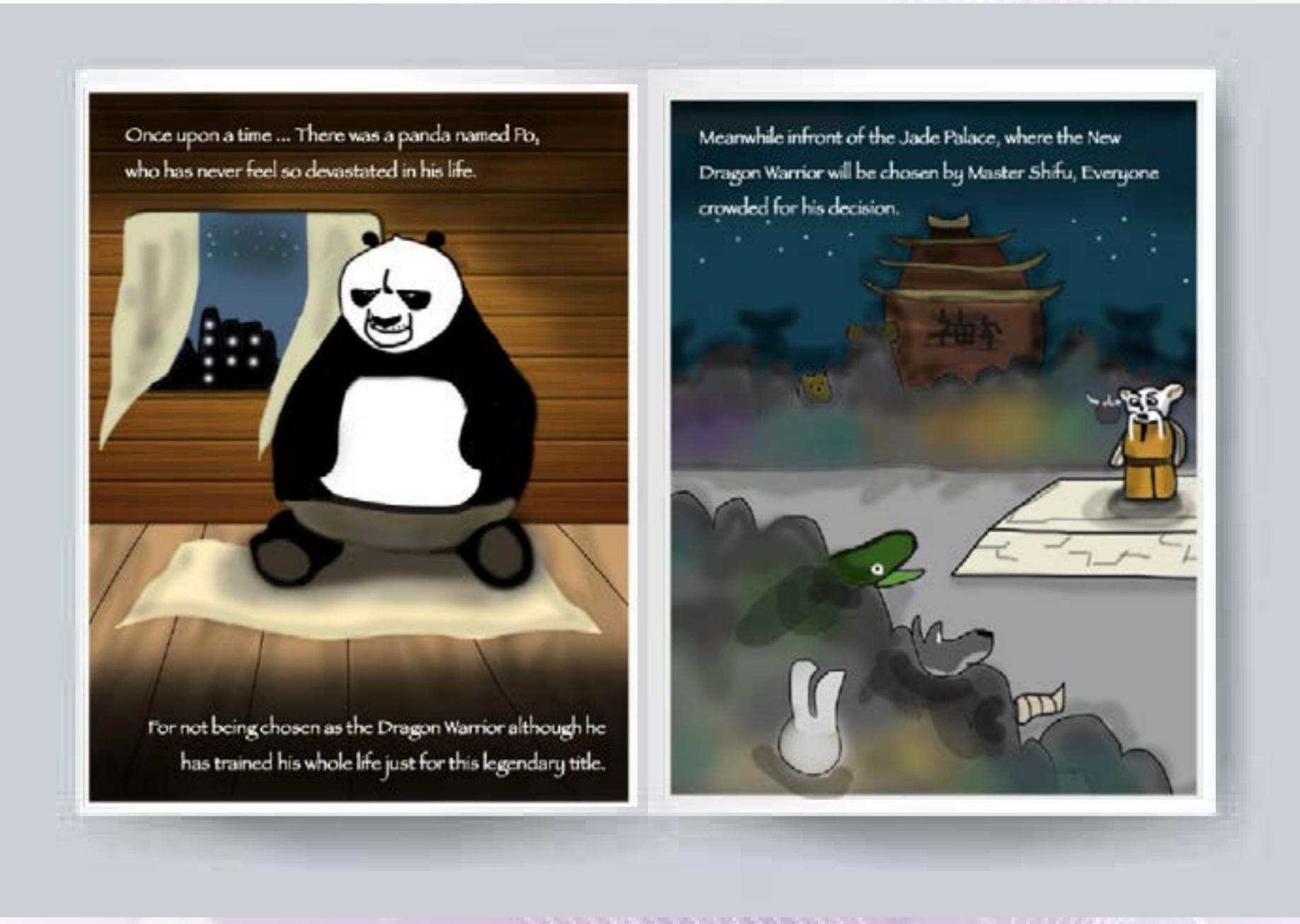
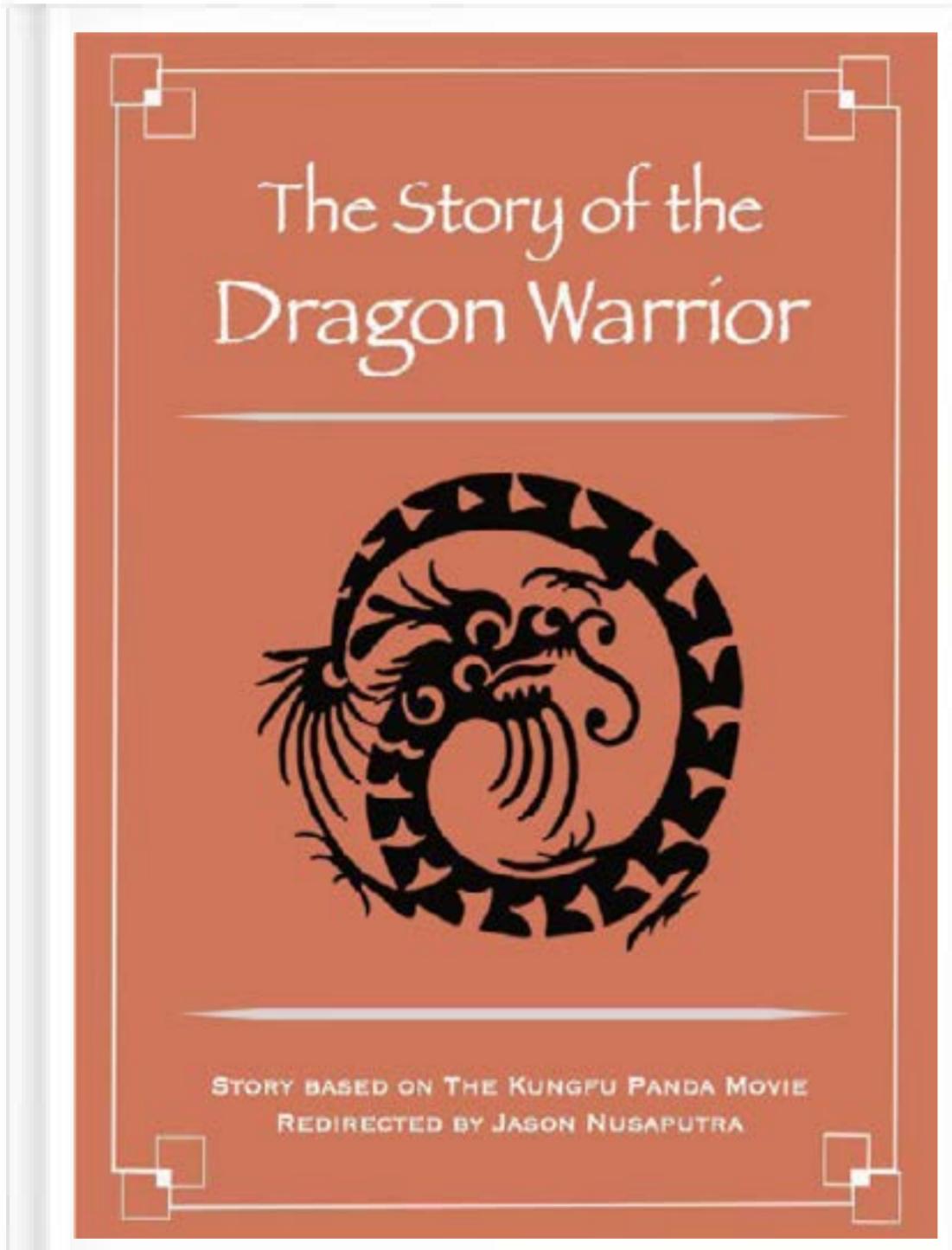
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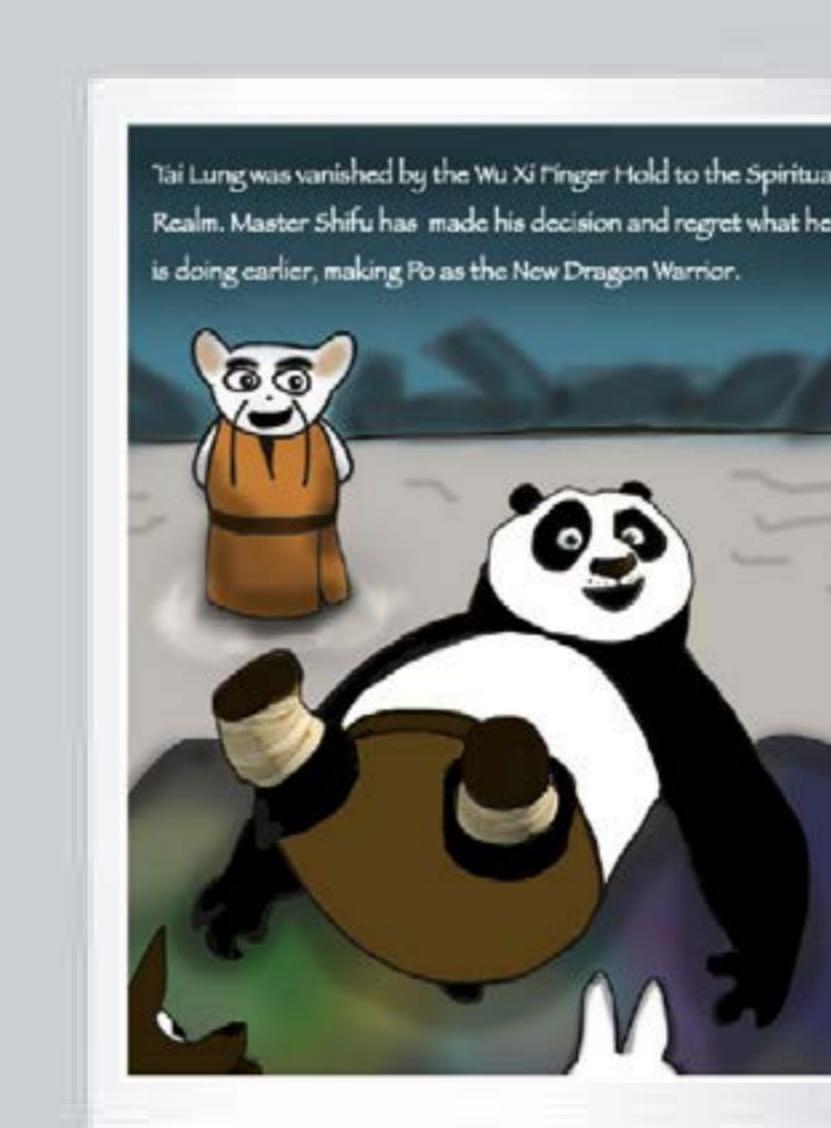
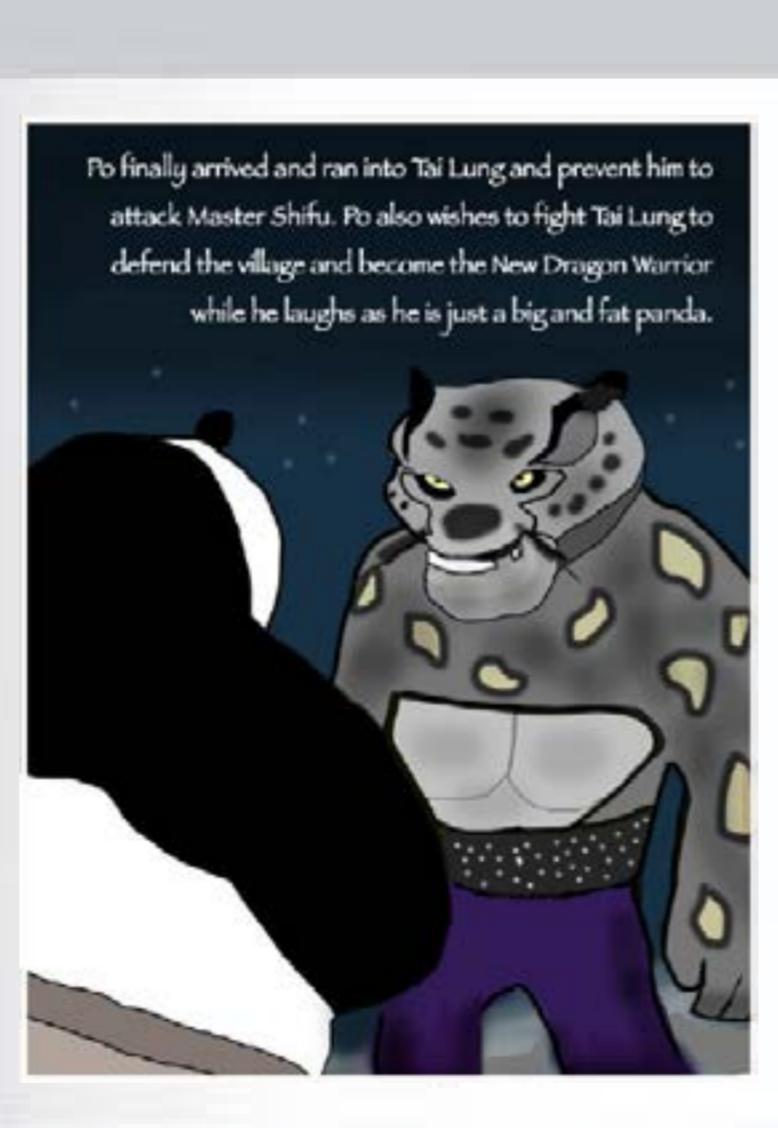
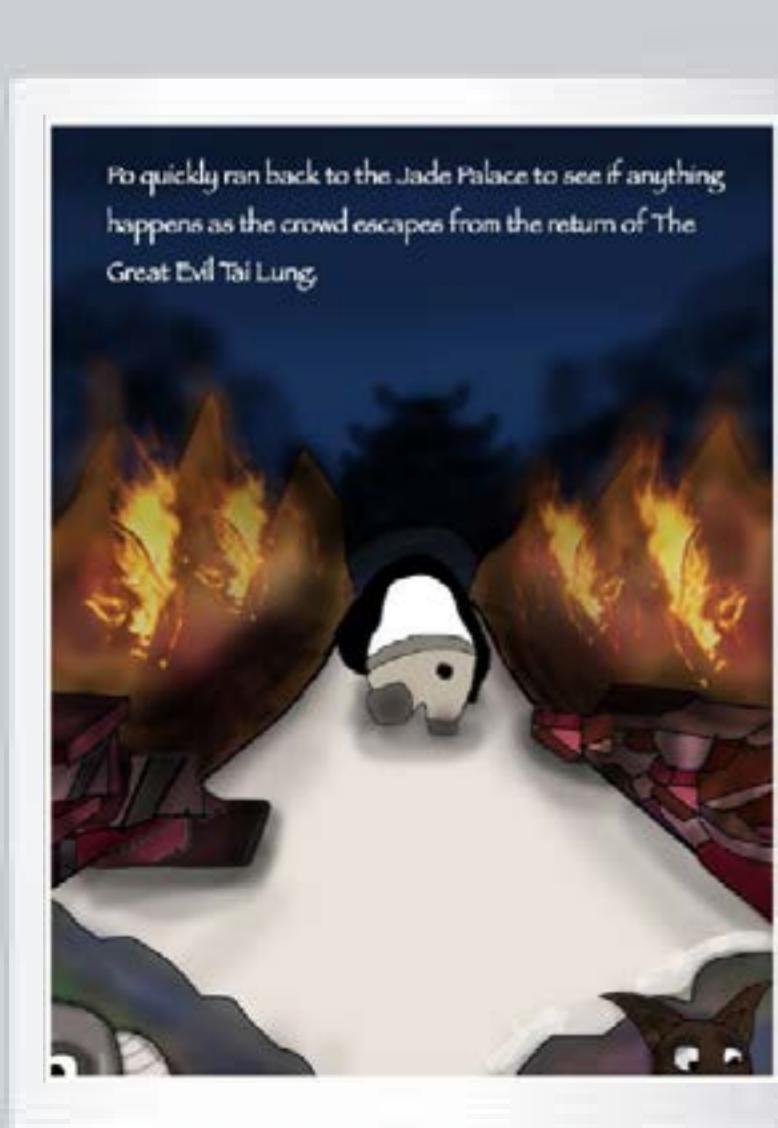
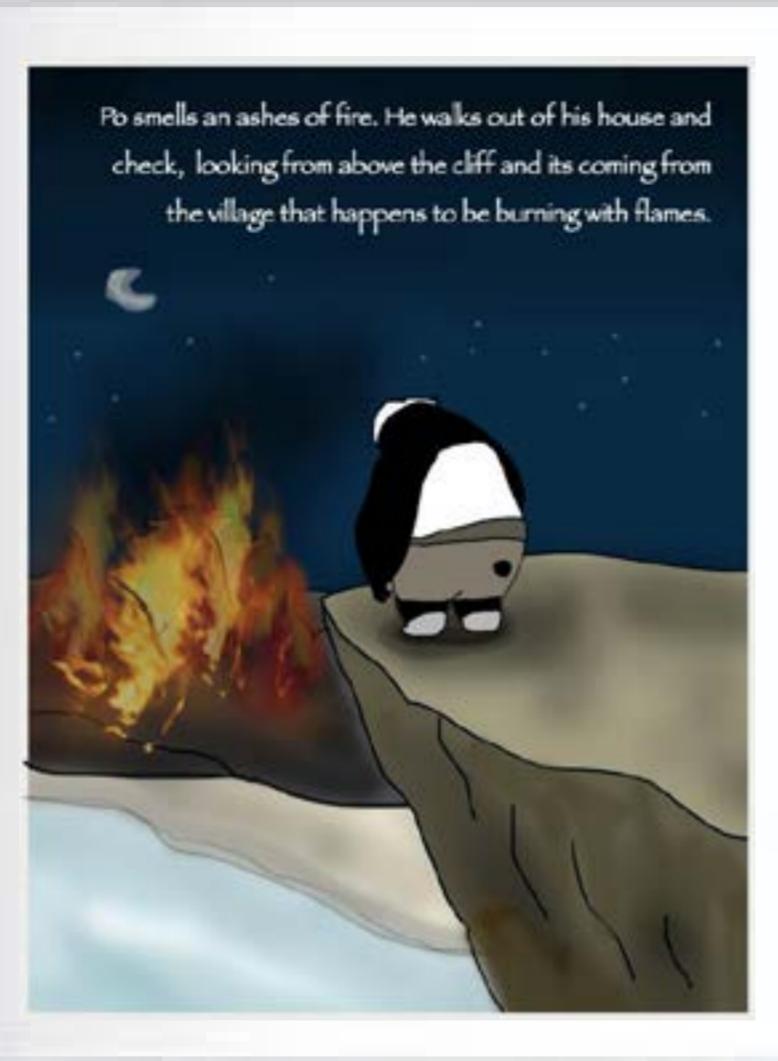
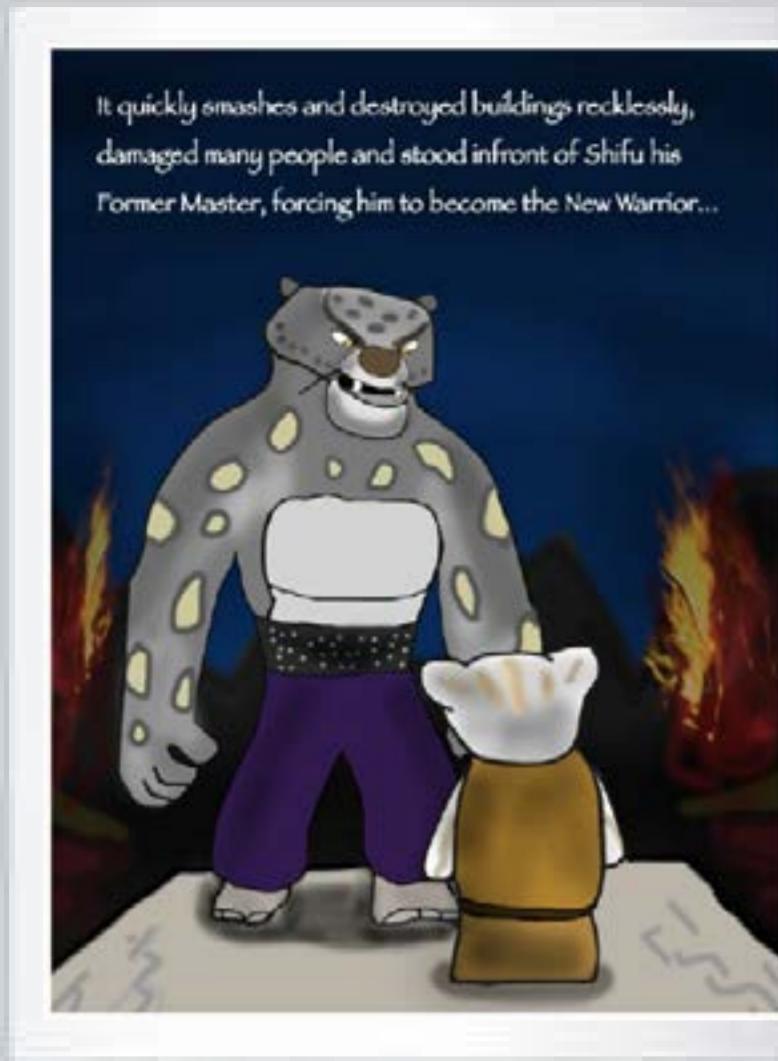
SECTION I

Books and Booklet

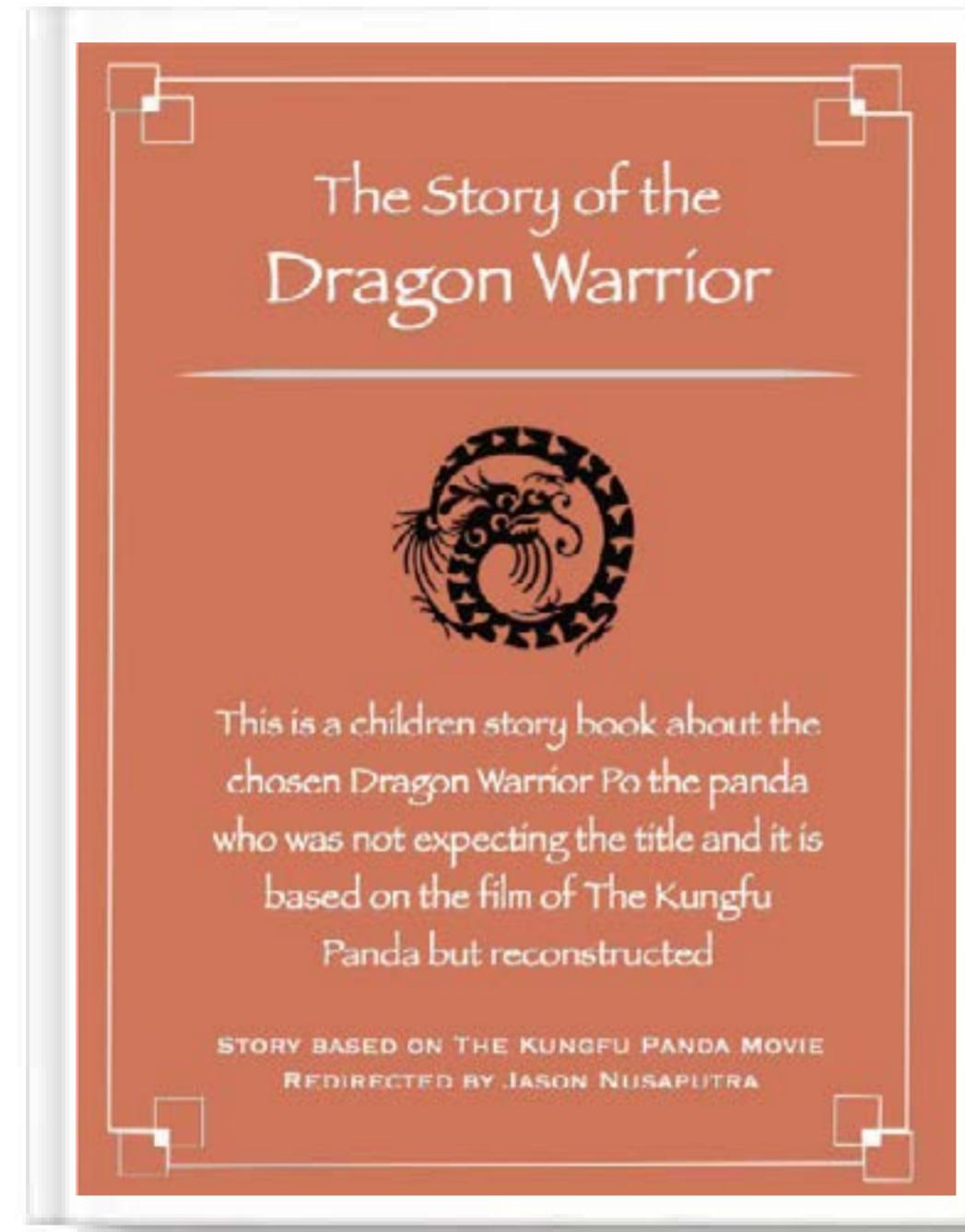
1. Storybook

Story of the Dragon Warrior



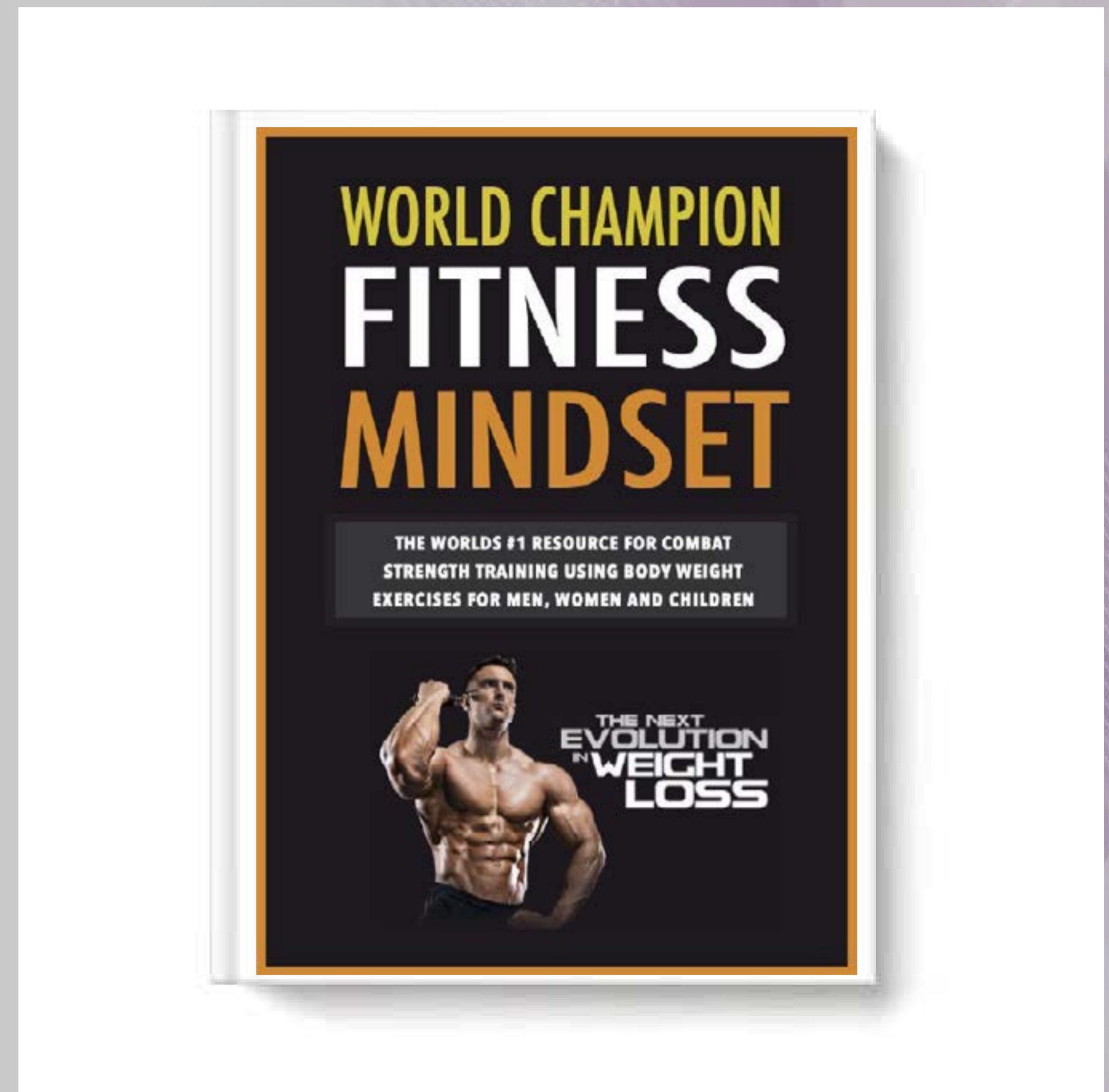


The Original and First
Kungfu Panda movie made
into a Short Version Story
book illustrated by myself,
and it is



based on the real story
of the movie but
simplified and made a
little bit different but
have the same ending.

2. Fitness Booklet



INTRODUCTION TO FITNESS

An introduction to all things movement and fitness! The aim of this book is to provide each and every student a foundation upon which they can develop their personal fitness or performance training moving forward. We seek to cement proper mechanics through all of the fundamental human movements, begin to develop relative strength & mobility while also introducing the concept of capacity.

Each training day begins with a guided warm up, followed by movement education and technique work.

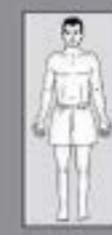
Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

What's Your Body Type: Ectomorph, Mesomorph Or Endomorph?



Ectomorph



Mesomorph



Endomorph

An ectomorph tends to be thin, and struggles to gain weight as either body fat or muscle.

They can eat piles of food and stay looking the same, even when gaining muscular weight. In their biggest goal, people who fail to gain muscle are often known as "hardgainers."

The mesomorph has a medium build that takes the best of both worlds.

They tend to have wide shoulders, a narrow waist, relatively thin jeans, and round muscle bellies.

The endomorph tends to gain weight and keep it on. Their build is a little wider than an ectomorph or mesomorph, with a thick ribcage, wide hips, and shorter limbs.

They may have more muscle than either of the other body types, but they often struggle to gain it without significant amounts of accompanying body fat.

Only **YOU** can decide your goals

2

3

MR. OLYMPIA TRAINING PROGRAM

By Ronnie Coleman



This is a 6 day body part split that hits each muscle group twice per week. The program is very high volume, so weights should be kept light (no "light weight" jokes, please) as your body gets accustomed to the volume and frequency.

As this is a bodybuilding program, emphasis should be placed on developing your mind/muscle connection, working the full range of the muscle, and hitting all reps.

"Hardwork and Training. There is No secret formula. I lift heavy, work hard and aim to be the best."

Ronnie followed a fairly typical bodybuilding split, where he would train different muscles on different days. Monday was back, biceps and shoulders. Tuesday was legs. Wednesday was chest and triceps, and Thursday started the cycle again.

Remember that Ronnie was a professional bodybuilder (with all that this entailed), thus if you're a natural lifter you would struggle to complete this program. It would make more sense to only train 3-4 times per week max, rather than the six times per week that Ronnie trained (unless you're an advanced bodybuilder).

"I would even say it's okay to skip some exercises for each muscle group (e.g. doing 2 tricep exercises instead of 3) depending on how you're feeling."

6

7

Main Muscles trained of Human Body Parts

Back View | Front View



Which Muscles to train first?

Working large muscle groups, like the chest and back, before smaller ones (triceps, biceps, and forearms) and doing multi-joint moves, such as bench presses or pullups, before isolated movements like biceps curls. Get them all in two or three times a week for a leaner, tighter body.

Foundation of Muscles

The Pre-Contemplative Stage

This stage happens long before you sign up for exercise classes or join a fitness center. You feel comfortable about where you are, physically, and don't feel the need to change your current habits.

The Contemplation Stage

At this stage, you're more aware of your body and its limitations. For example, you notice you're finding it harder to breathe when walking. You notice your clothes don't fit as well as they used to.

The Preparation Stage

At this stage, you need to decide how to set realistic fitness goals and what you're going to do to achieve them. At this point, you're creating a plan for reaching your fitness goals.

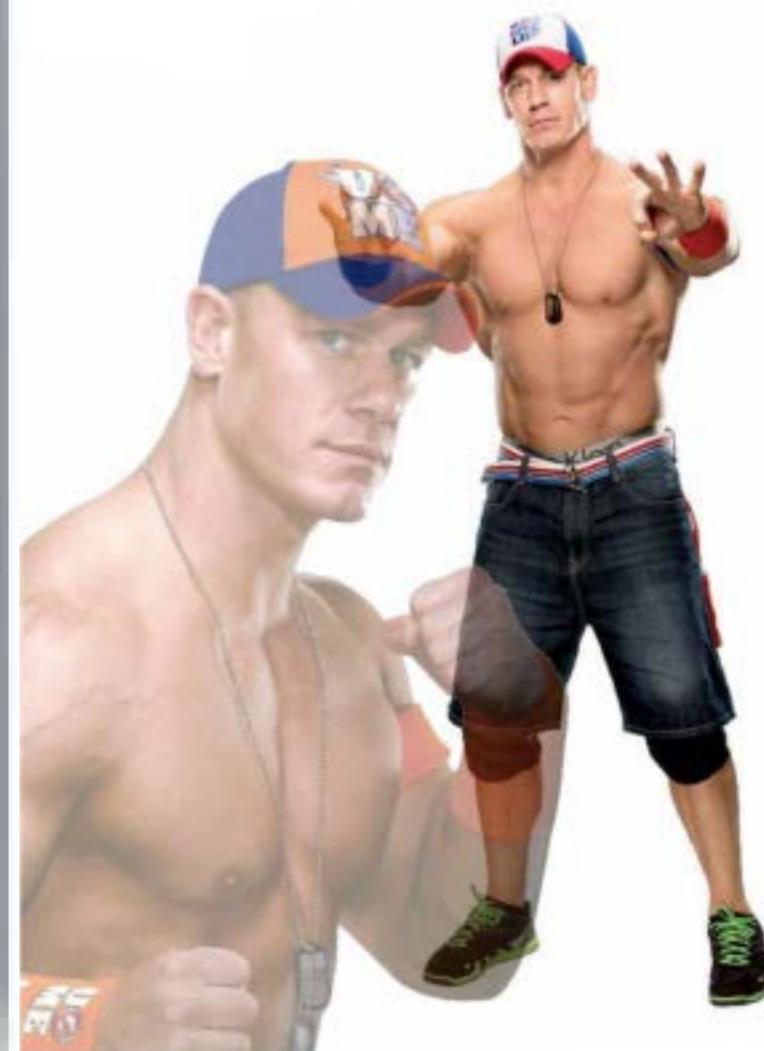
Stages of Fitness

The Action Stage

This stage is often the hardest stage out of all five stages. The reason is that your mindset must shift from contemplation and preparation to doing. At this stage, you need to begin working out. You need to put those plans into action. You also need to have a way to stay motivated to continue with the stage.

The Maintenance Stage

You notice that you don't have as much difficulty maintaining your desire to workout. Your heart health is better, and you probably notice you have more energy and don't experience as much mental fog.



JOHN CENA'S

6-Week Workout Program
to Build Strength and Size

By John Felix Anthony Cena
Photography By Kennedy McMahon

John Cena isn't as strong as he looks. His strength, working alongside longtime friend and trainer Rob MacIntyre, Cena has shifted away from the bodybuilding training he grew up with to focus more on pure strength gains—allowing him to keep aesthetic muscles while improving his athleticism and resistance to injury.

Perform exercises marked with letters ('a', 'b', and sometimes 'c') in circuit fashion—complete one set for each in order, resting as needed between sets, repeat until all sets for the circuit are complete. The remaining exercises are done as straight sets.

Each week, you'll work up to a greater percentage of your max for the muscle and power clean. If these lifts are new to you, just make a conservative guess as to what your max might be. Warm up with low rep sets and gradually add weight until you reach a challenging load you can handle with perfect form for the required reps.

Do not go to failure—leave a rep or two “in the tank” until Week 6, when you will test your strength. Rest as long as you need between sets.

The squat, front squat, and bench press will not require percentages. Simply work up to the heaviest load you can handle for the prescribed sets and reps. See the tables at the bottom of each day’s workout.

THE ROCK JOHNSON

ROCK HARD MUSCLES

WORLD CHAMPION FITNESS MINDSET

What does The Rock eat in a day?

The Rock's diet includes steak, egg whites, oatmeal, chicken, protein shakes, veggies, fish, orange juice, rice, and potatoes, amongst other foods.

The Rock's Daily Routine

Before getting into the intense workouts that Johnson commits to 6 days a week, you need to follow his daily routine. In the morning around 4:00 am, he gets out of bed, ties up his running shoes, and heads outside for an early run. Johnson doesn't always run around the neighborhood though. When he is filming abroad, he will be on the elliptical or treadmill at the hotel. Once he's completed about 30-40 minutes of a heart-pounding cardio session, he eats breakfast.

After breakfast, Johnson gets around to "clangin' and bangin'" in the gym. Every day he is in the gym, he completes a full sequence to a specific area of the body. While the routine is always adapting to what he needs for a specific role or goal, Johnson usually sticks to 4 sets and 12 reps with a 60-90 second rest period (unless it's leg day).

11

FREE WEIGHTS AND MACHINES

NUTRITION **WORKOUT** **CARDIO** **TRAINING** **ACTIVE** **FOCUS** **HEALTH**

ENERGY RESOLUTION **ORGANIC** **NATURAL** **WELLNESS** **REGENERATION** **PLANNING** **CALORIES** **MOTIVATION** **ENERGY**

ENERGY **RESOLUTION** **POWER** **WEIGHT LOSS** **PERFORMANCE**

Free Weights include dumbbells, barbells, kettlebells, and anything else you can pick up and hold. They make your body work against gravity to pick up the object. For certain exercises, you may need a bench to sit or lie on, or other equipment such as a squat cage to conveniently and safely work with the weight.

Machines include anything that you sit in, or on, while you pull or push a lever through a specific range of motion. For example, a leg extension machine or a chest press machine. Typically you're holding onto handles that use pulleys to lift weight from a stack; you put a pin into the stack to select how much weight you will work with.

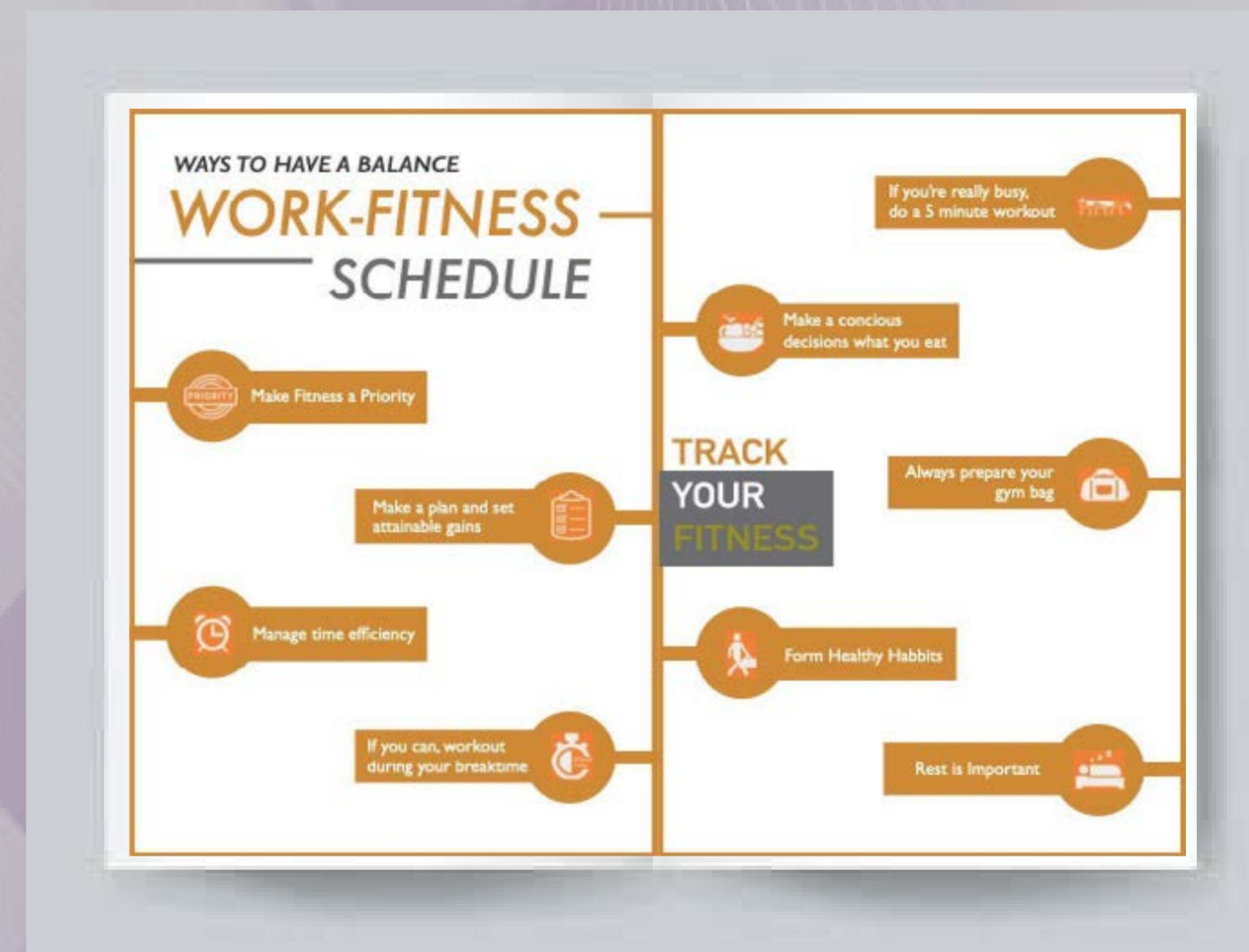
Free Weights Work More Muscles at a Time, Which Is Both a Pro and a Con

The best thing about free weights is that they work lots of little tiny muscles you almost don't realize you're using. Take a squat for example, which works your glutes, the muscles in the front of your thighs, if you used a leg extension machine instead, you could work that one muscle.

Machines Are Easier to Learn

Good form is essential to prevent injury. If you try to doulk too much weight, and you don't know how to keep your back straight, you could hurt your back. You really need a trainer or an experienced workout buddy to help you from the right way to lift.

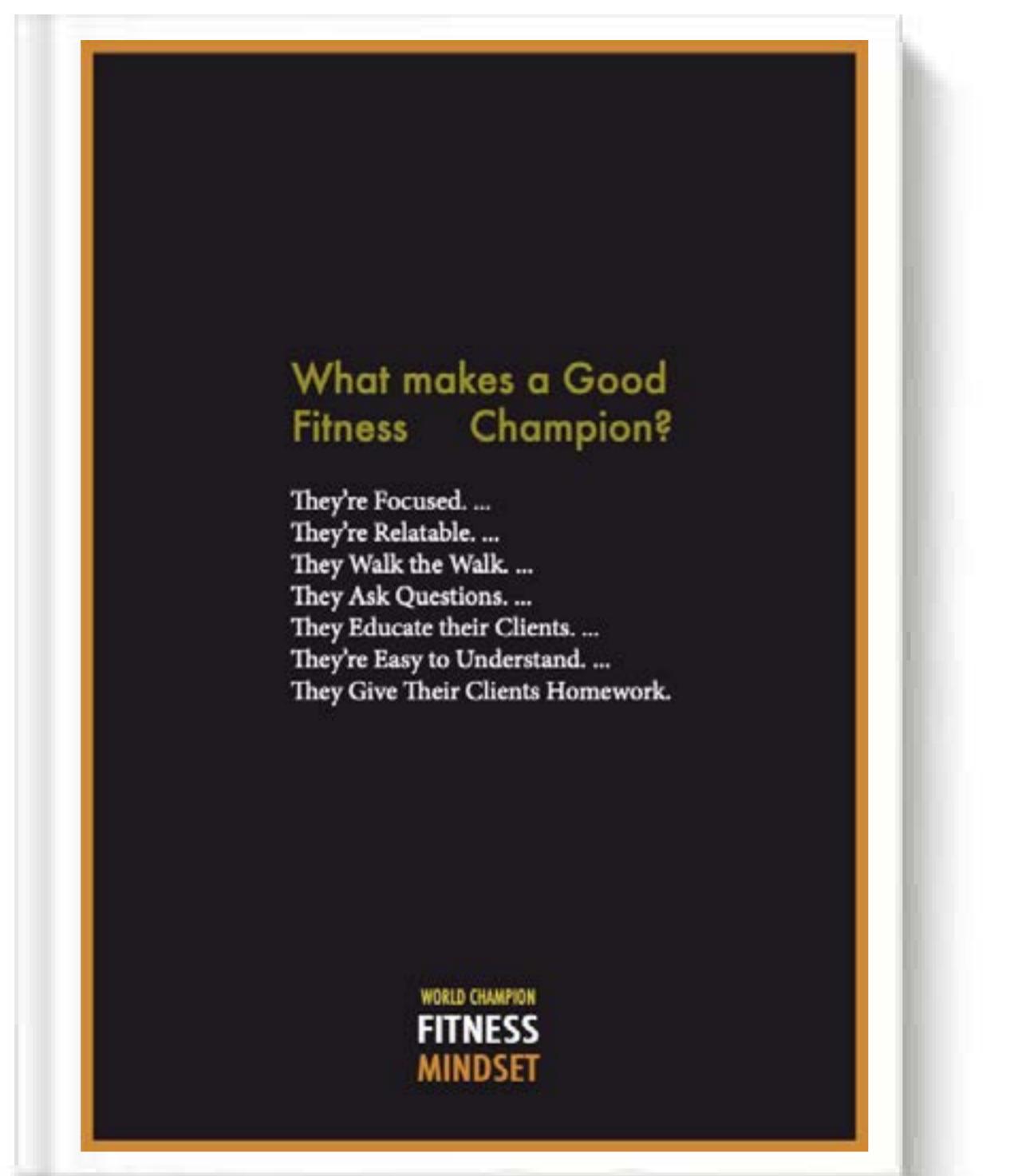
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3. Indonesian Coffee Information Book



An information book about Indonesian Coffee with datas, numbers and statistics.



A short, simple and great fitness booklet for everyone that wants to start their fitness journey each section that explains

essential fitness descriptions clearly such as meal, exercise plan and fitness models routine designed with good design

Background Information on Indonesian Coffee



Coffee was first brought into Indonesia in year **1699** by the Dutch. In year **1711** they started exporting coffee from island of Java to Europe and extending their production into other parts of Indonesia.

4th Largest Coffee Producers in The World

There are **2** main varieties of Indonesian Coffee

- Robusta **85%**
- Arabica **15%**

680,000 tons Average yearly total production

History of Indonesian Coffee



In the late **1600s** Coffee plants came to Indonesia by way of Dutch traders and colonialists

The Dutch Colonial Government had launched plantations all around the city **1699**

By **1711** The first major commercial exports were underway. Java quickly became one of the biggest coffee producers in the world—and Europe's preferred source for beans.

Naturally, Indonesia, being a nation of thousands of islands, saw coffee plantations spread to neighboring islands over the next century. Soon Sumatra had a booming industry, then Sulawesi (then called Celebes), Bali, and Timor (as well as dozens of much smaller islands).

Indonesian Coffee at a glance of growth



Woman
Womans are widely used in the beginning of Indonesian coffee Growth Process

Processing
Giling Basah, Washed, Natural 

Main Growth Regions
Sumatra, Java, Sulawesi 

Harvesting
May to November 

Economic Information on Indonesian Coffee



Sacks that are exported annually (60kg) **5,631,000**

Percentage of Coffee World Market	Typically Available
Approx. 8%	From MARCH 

Indonesia Top 5 Coffee Exports Destinations

Total Export (Tons)	VS	Total Import (In USD)
Japan	VS	Japan
USA	VS	USA
Malaysia	VS	Malaysia
Italy	VS	Italy
Germany	VS	Germany

Nutritional Information on Indonesian Coffee



A serving of a typical Indonesian Coffee of **100g** has a

225 Cal	28%	49%	22%
	Carbs	Fat	Protein

What does Indonesian Coffee Tastes like ?

Sumatra is a household name in North America, beloved for its heavy body, low acidity, and flavors of Earth, spice, and forestry.

Sulawesi (sometimes still known as Celebes) is far less known, but its specialty-grade beans are quite similar to those of Sumatra. They do tend, however, to have a lighter buttery mouthfeel, a more intense cedar aroma, and a slightly fruitier taste.

Java coffee beans are less likely to be from arabica plants, but the few specialty-grade beans we do encounter from there have a rich spiciness and earthy sweetness.

Depth Analysis on Indonesian Coffee



By **2021** 

The market is expected to grow annually by **10.7%** (CAGR 2021-2025)



The market's largest segment will be the segment Roast Coffee with a market volume of **US\$7,445m**

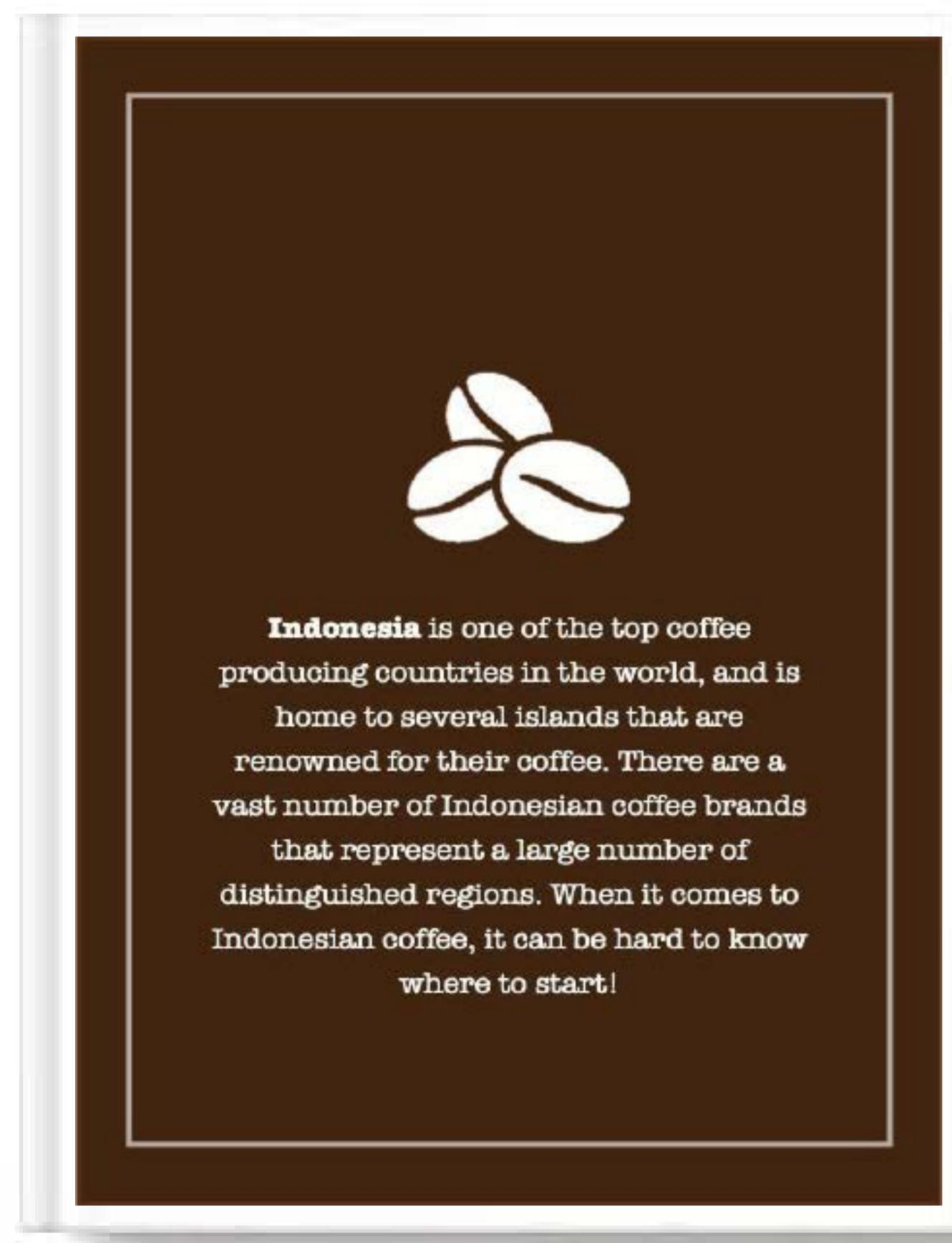


In relation to total population figures, per person revenues of **US\$36.54** will be generated



The average per capita consumption will stand at **0.6 kg**

4. Coffee Brand Making



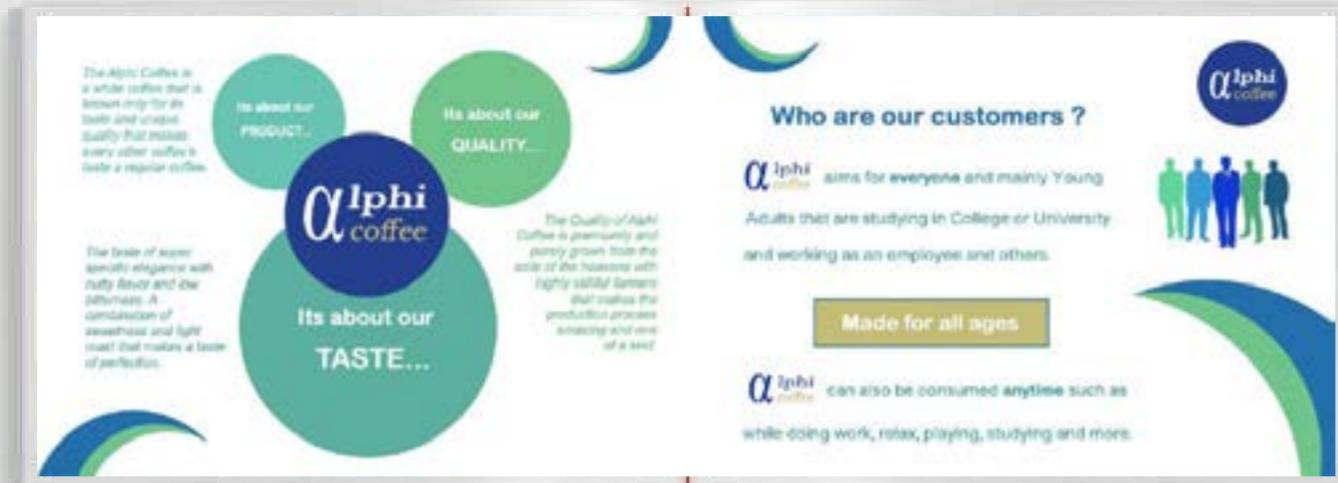
Easy to understand for people, with pictures and all necessary informations including front and back cover of the book.

Alphi Coffee

Along with the Indonesian Coffee information book, I made an own brand of coffee that has never been made



before including color palette, style, moodboard, its description and tagline and mock up.



The reason why it is named Alphi Coffee is because. It is taken from the word "Alpha"



which means manly and gentle and the colors are chosen respectively to match with them.

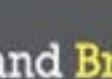
5. Brand Road Map

ARTCORE Brand

A brand development from the first stages to the final. Art Core is an electronic gadgets with



automation made perfect for people with disabilities. Including case study, tagline and advertisement plans for the product.

 <p>Entertain and Brighten up the World with Creativity</p>	<p>Artistic</p> <p>Creative and Outstanding imagination that will be performed in any circumstances. Producing new experiments that have been never done before</p>	<p>Hardwork</p> <p>Putting the great effort and workaholic spirit to make the best quality and quantity that will be enough to satisfy the needs and wants.</p>
 <p>Playful</p> <p>Variations of entertainment and things that can be done easily simple in order to have fun with and enjoyable</p>	 <p>Relaxation</p> <p>Resting and recover with enough time is important before going back fresh and ready</p>	

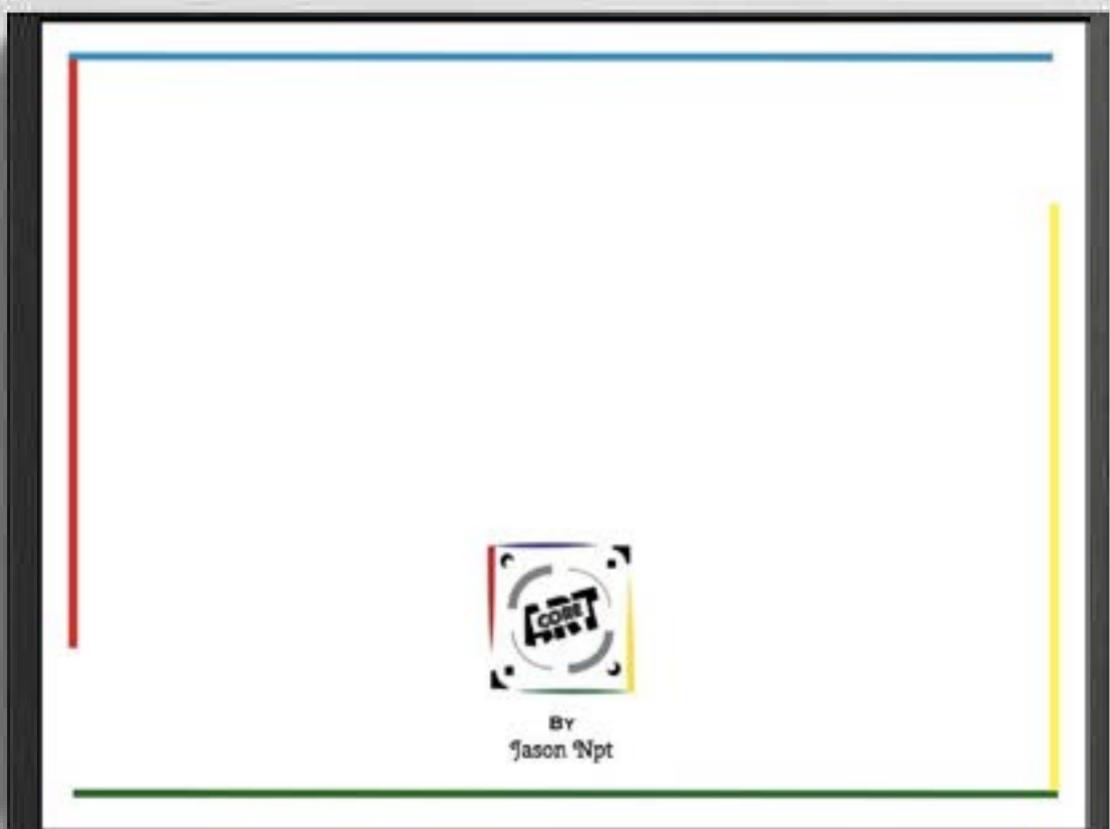
The slide is divided into two main sections by large white ovals at the top. The left section, titled '1. MEDIA ADVERTISEMENTS', contains a small image of a woman driving a car and a larger image showing a group of people watching a television screen displaying an advertisement. Below these images is a descriptive paragraph. The right section, titled '2. POSTERS ON STREETS', contains a small image of a poster on a wall and a larger image of a gold-colored street kiosk with a poster on it. To the right of the kiosk image is a descriptive paragraph.

1. MEDIA ADVERTISEMENTS

With Media Advertisements such as Television and Radio people will be convinced to hear that and more people will be influenced and buy the product

2. POSTERS ON STREETS

With Street Posters, People will catch attention towards Product and it will become a great influence

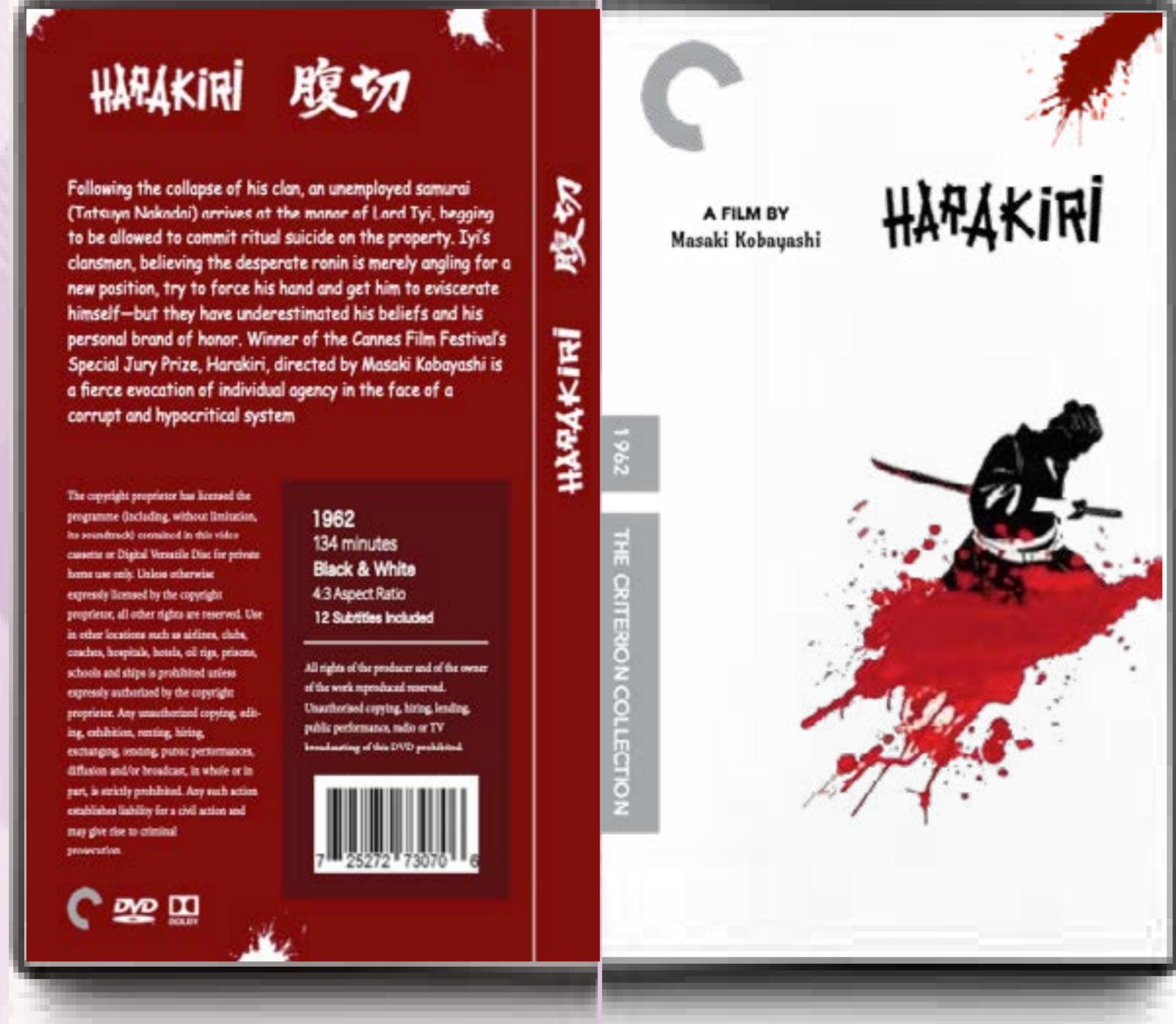


SECTION II

DVD and Case

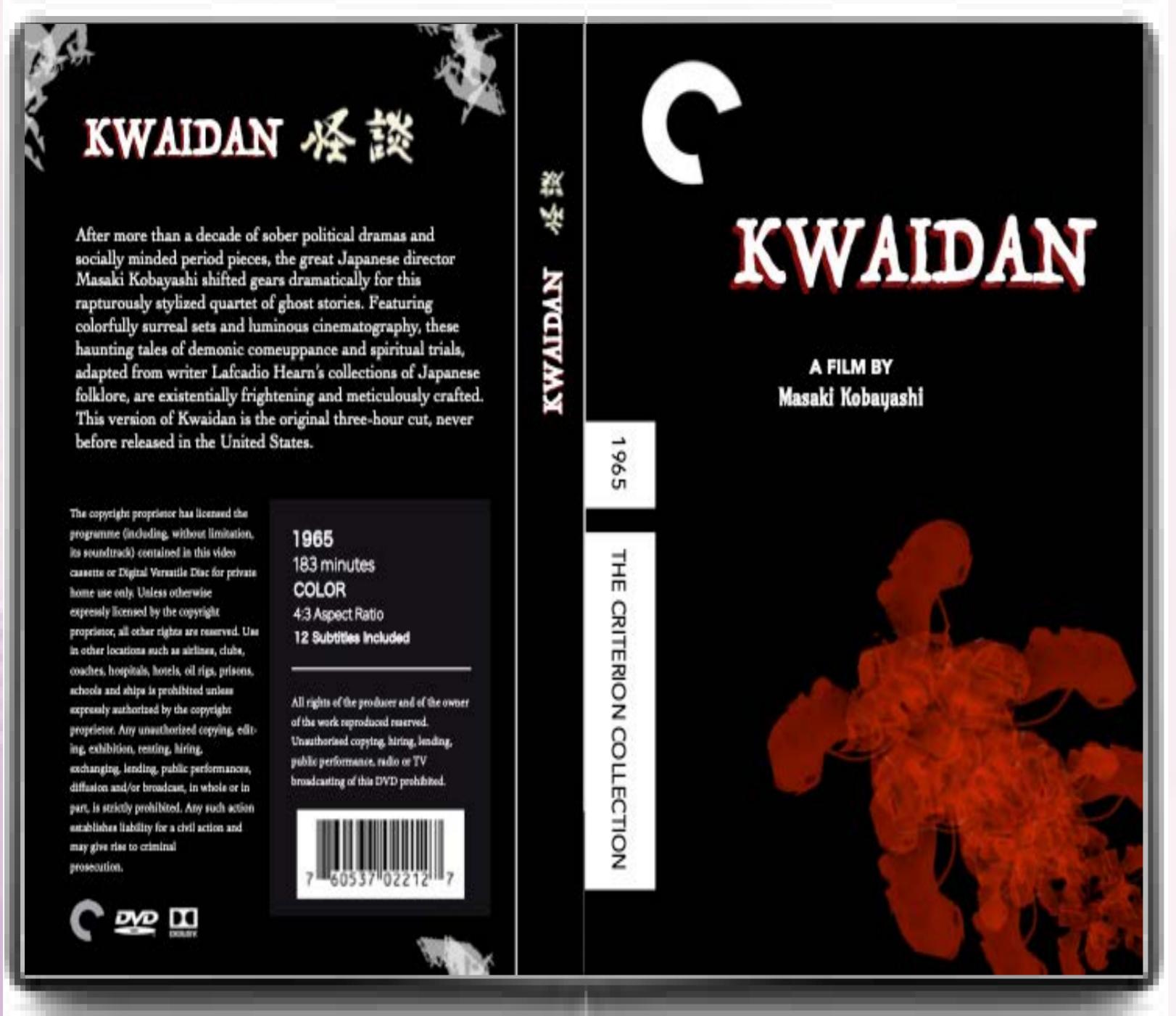
6. CRITETION

DVD CASE & Poster - Harakiri and Kwaidan



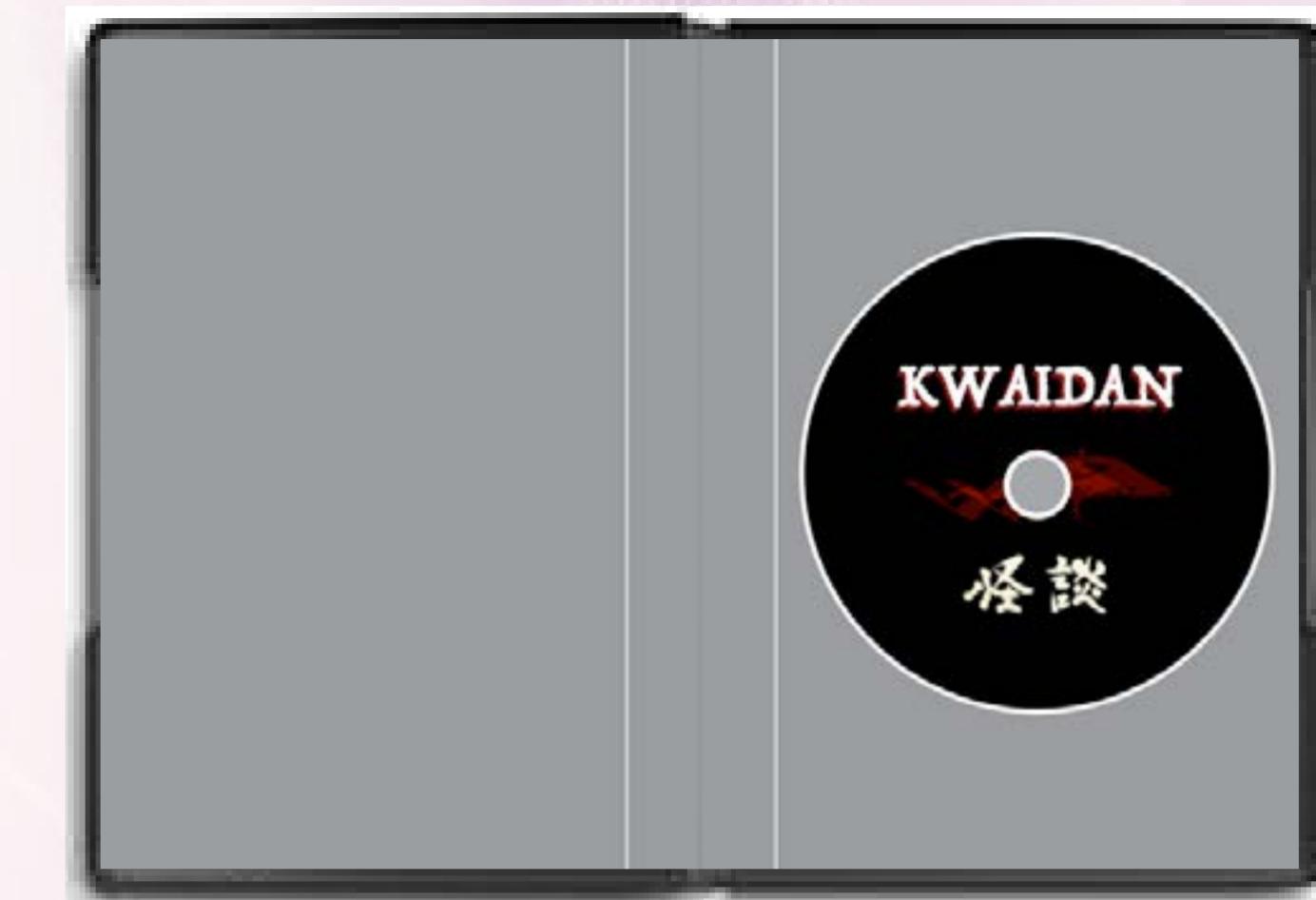
I chose 2 Old Japanese movies Harakiri and Kwaidan from CRITERION to be redesigned and design in a DVD Case including the DC and poster based on the design I have made.





This includes back and front cover with the inner
cover both styles are made similar with each

other to be recognized easily by people as
it is from CRITERION.



7. Nintendo Switch

Game Case Design Pokemon Temporal Diamond



Nintendo Switch Game Case Pokemon
Temporal Diamond Fan made game of Pokemon
Diamond Game

8. Nintendo Switch

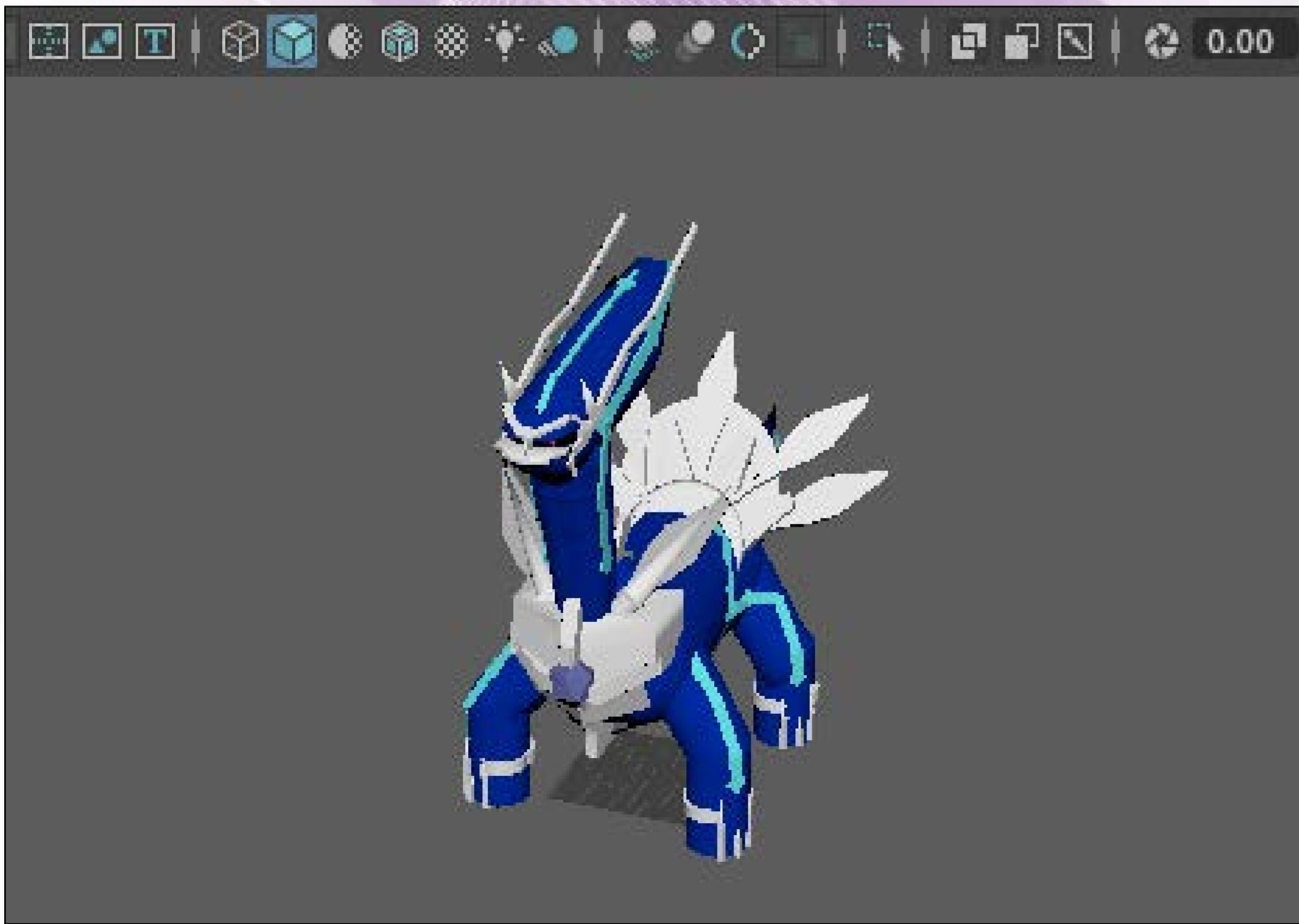
Game Case Design Pokemon Celestial Pearl



Nintendo Switch Game Case Pokemon
Celestial Pearl Fan made game of Pokemon
Pearl Game

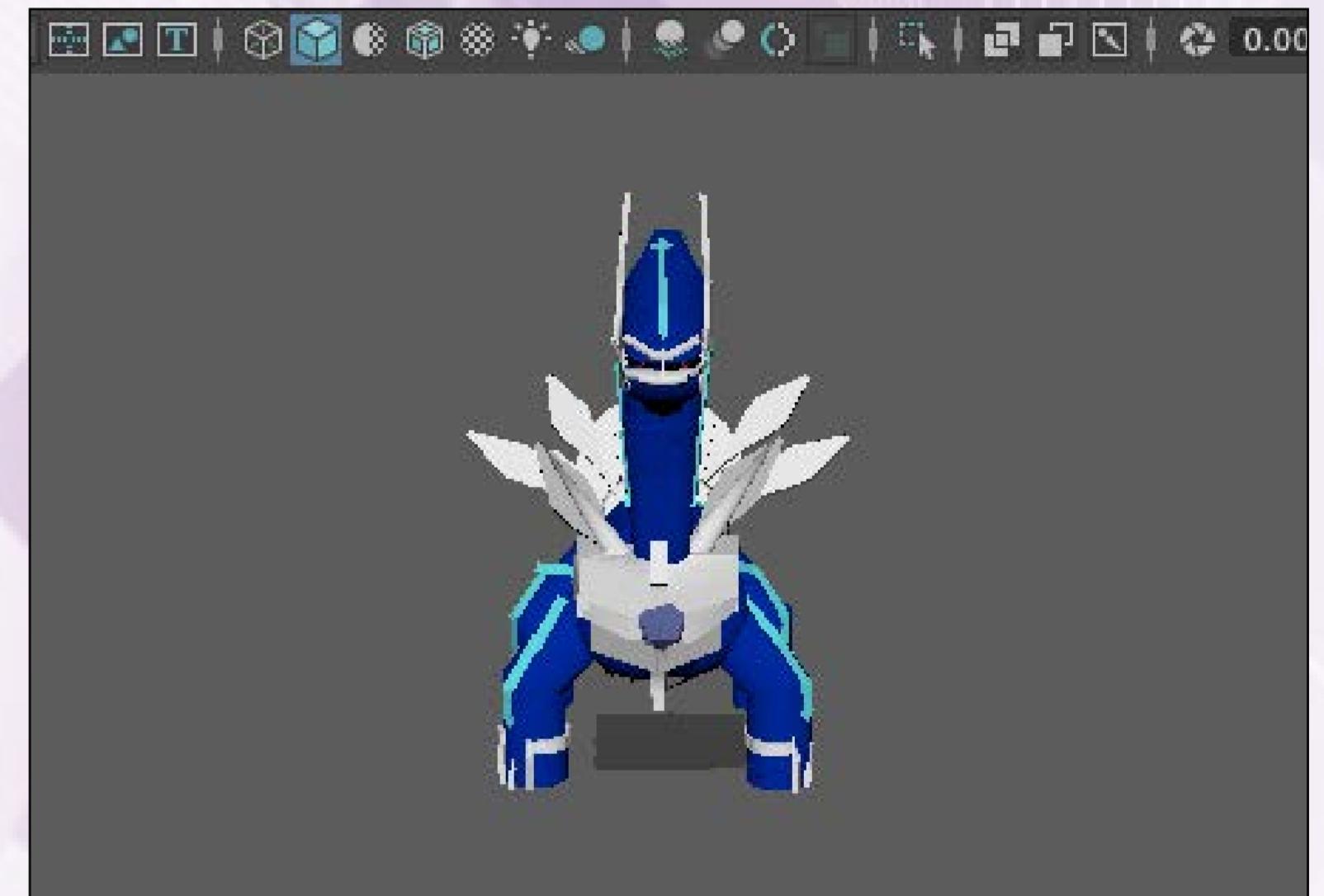
SECTION III

3D Model

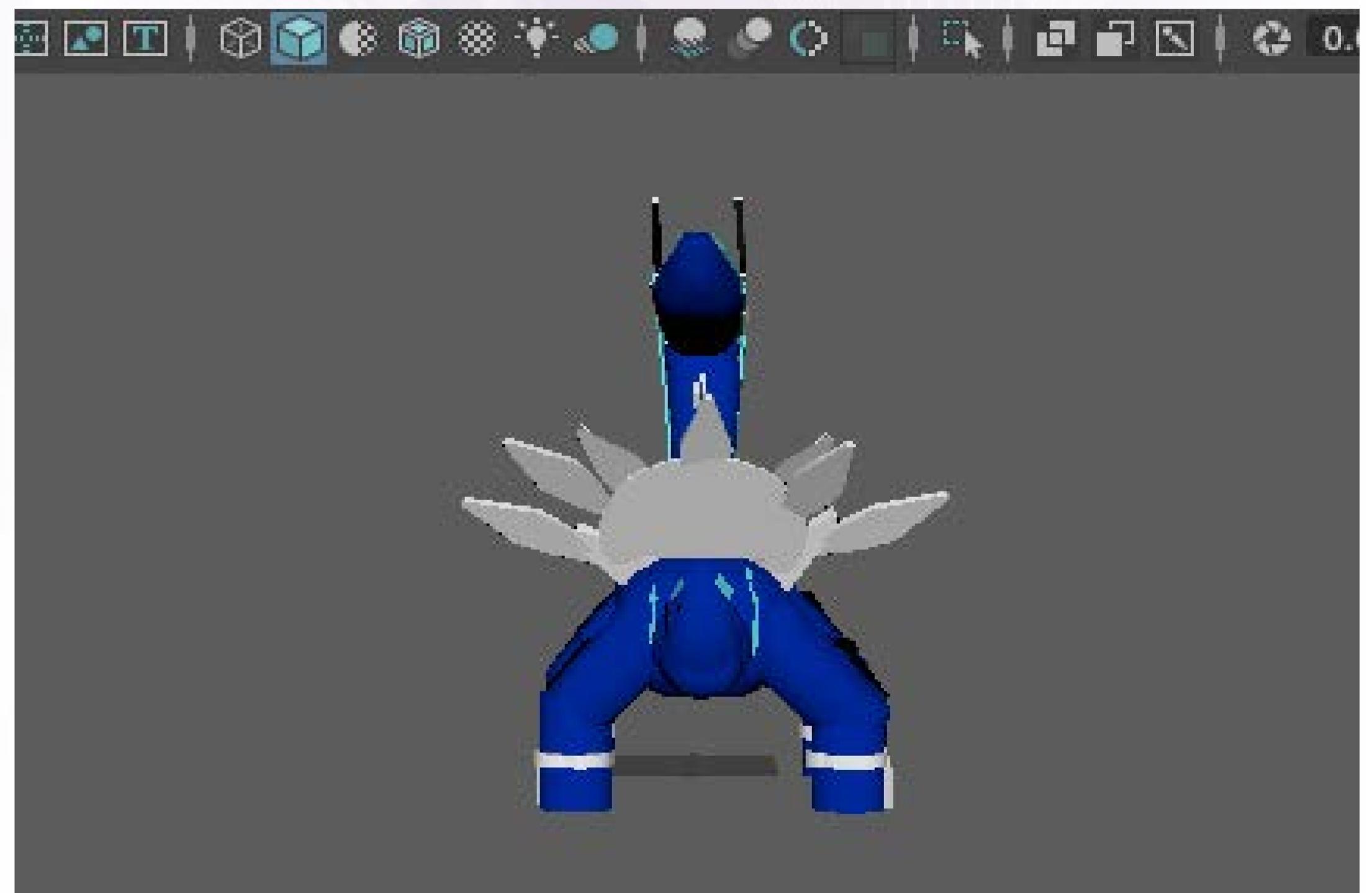
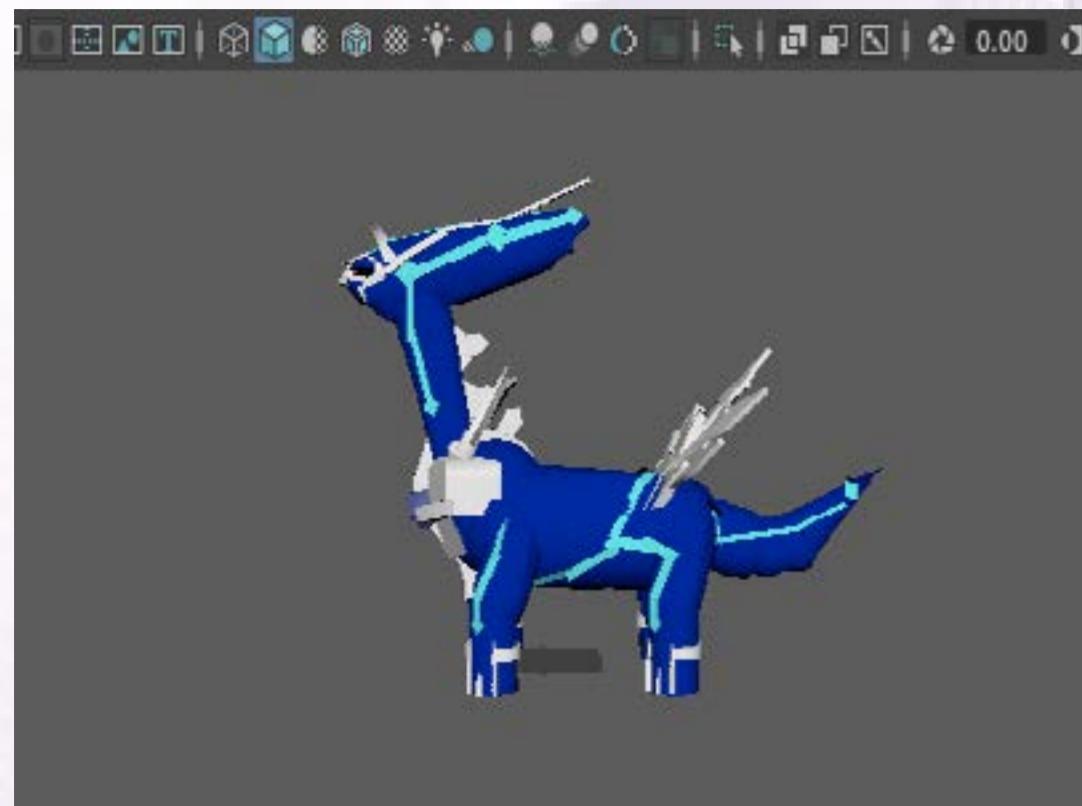


9. 3D Model

Pokemon - Dialga



Making the Legendary
Pokemon from Pokemon
Diamond the one and only
Dialga with basic shapes and
combining along with basic
colors



matched with the original with picture reference,
well structured and sizes are proportioned.

Review of the 3D Model in YouTube:

<https://www.youtube.com/watch?v=lNtwqpgdPRI&t=195s>

10. 3D Model

Home Environment



A basic and simple house in a cold and snowy environment with a small factory beside the house and pipe on the back of the house.





Colors with snowy, shiny and frost effects implemented on the ground, rocks, grass, house, factory, windmill, ice, wishing well and the tree to make it more lively and great to be seen.

SECTION IV

Posters

11. Movie Poster

The Dragon Slayer



My own made Movie in a movie poster called The Dragon Slayer including lots of dragons and knights fighting in a wonderland. What a great fantasy with detailed effects applied making them realistic

12. Event Poster

Jakarta Jazz Festival



Along with the Ticket of the Jakarta Jazz Festival
Styled same based on the theme including
time, price and valid person.



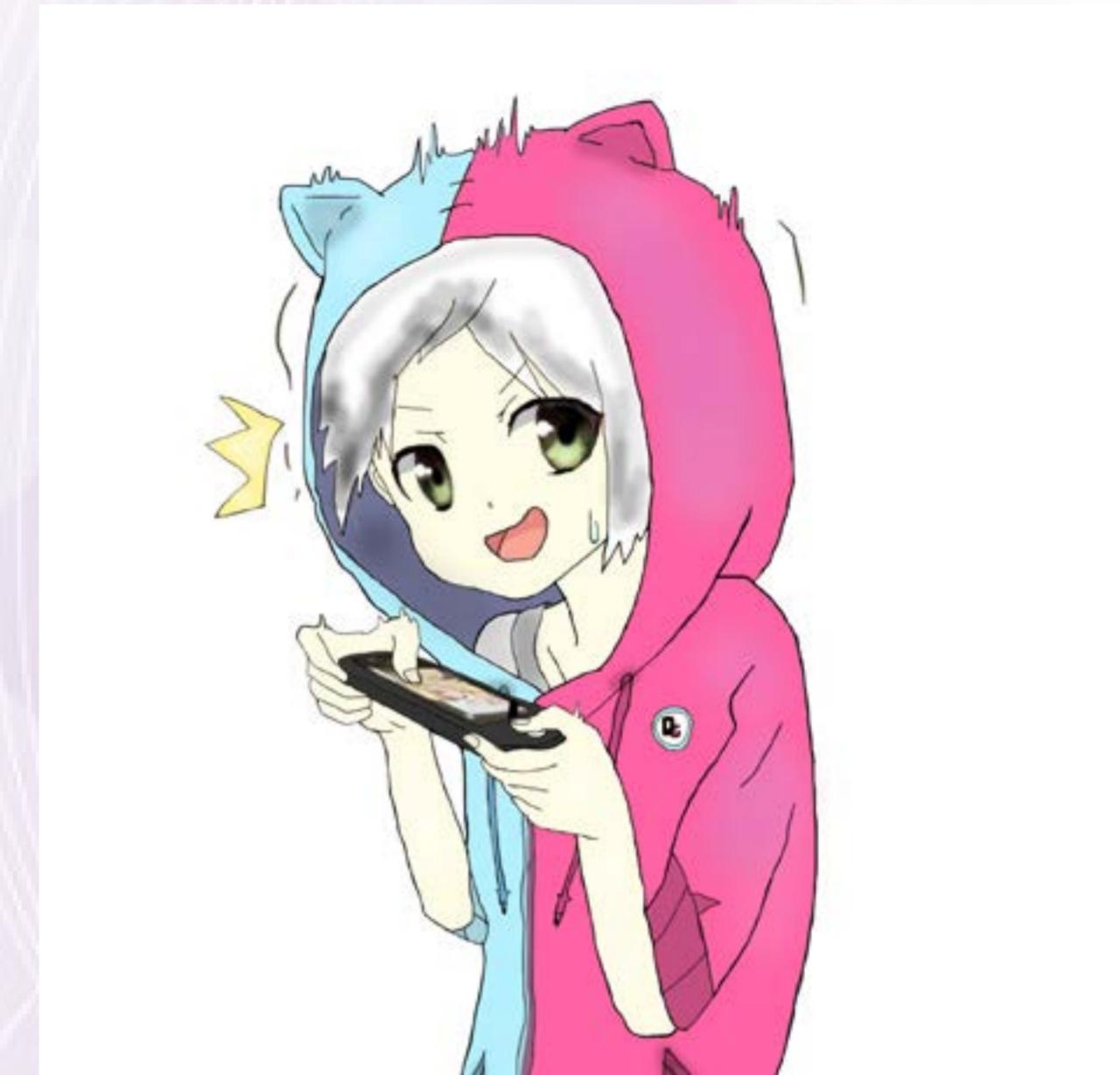
A poster design that I made showing Jazz Festival and the dates and design to represent Jazz Elements which include lines, brushes and musical instruments.
It can be put anywhere in public

SECTION V

Digital Illustration

13. Digital Illustration

Derry Gaming Kid



Original Artwork

A boy playing game with half blue and pink hoodie with anime style.

Its design is inspired by Anime called Umaru Chan and this is for a profile picture I made for a real gaming YouTuber called DerryGaming.

14. Digital Illustration

Titan Fall Art



Original Artwork

A game Titanfall background but redesigned it in an illustration form. Lights, shadow, ashes are included efficiently.

15. Digital Illustration

Pokemon Charmander Family



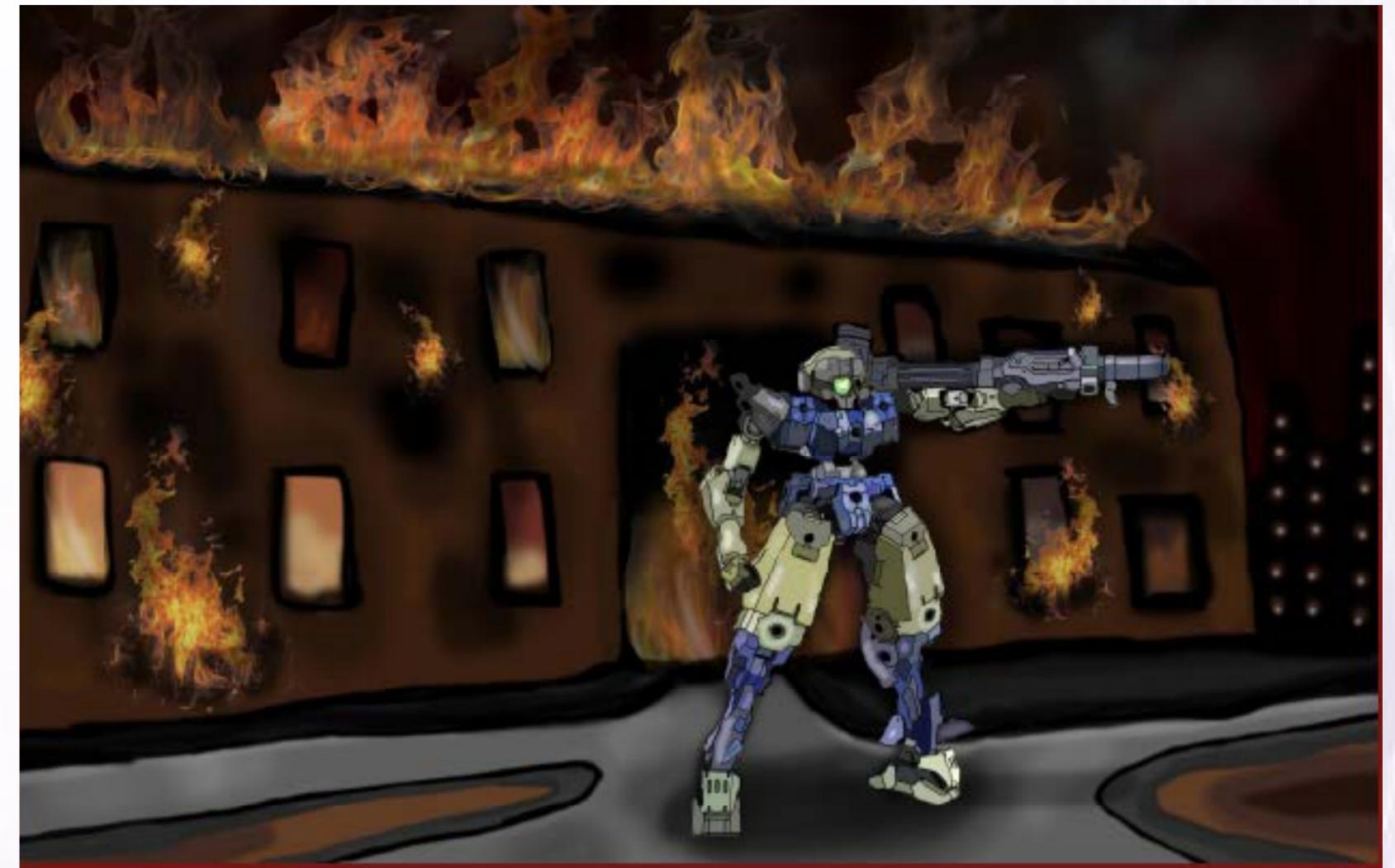
Original Artwork

They are having a great time with each other in its habitat. Ashes, fiery and lava effects are applied in it

They are having a great time with each other in its habitat. Ashes, fiery and lava effects are applied in it

16. Digital Illustration

Robot in a War



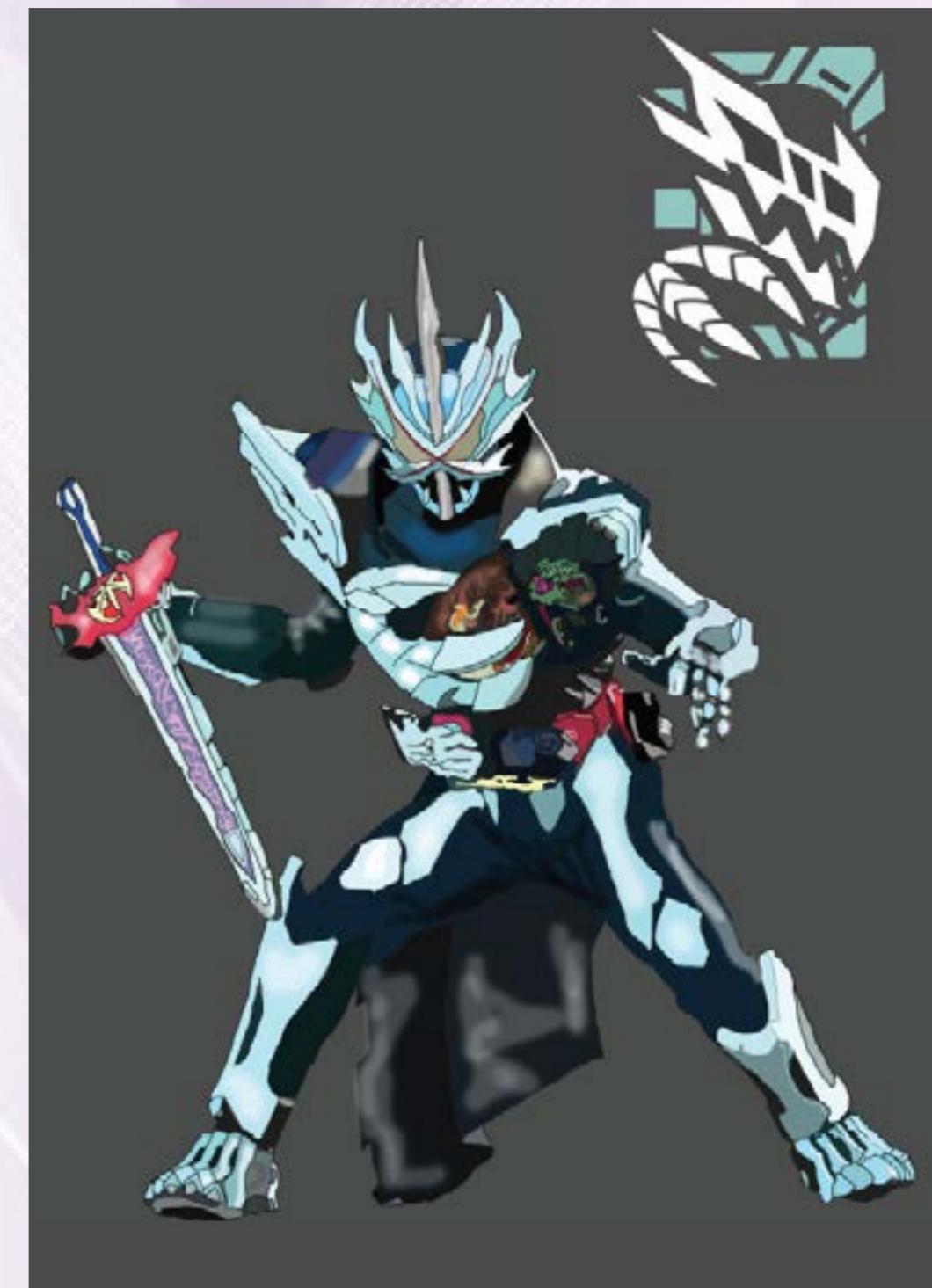
Original Artwork

A Robot placed in a burning city environment holding a gun.
This is to show that a huge war is happening in the city and the
robot is trying to fight back.

Realistic fire, shadow and ashes effects are applied in here.

17. Digital Illustration

Kamen Rider Prehistoric Dragon



Original Artwork

Prehistoric Dragon Illustration from Kamen Rider. Includes the logo of the Prehistoric Dragon itself on the top right. Multiple colors and opacity are applied.

18. Digital Illustration

Seven Deadly Sins Melodias (Assault Mode)

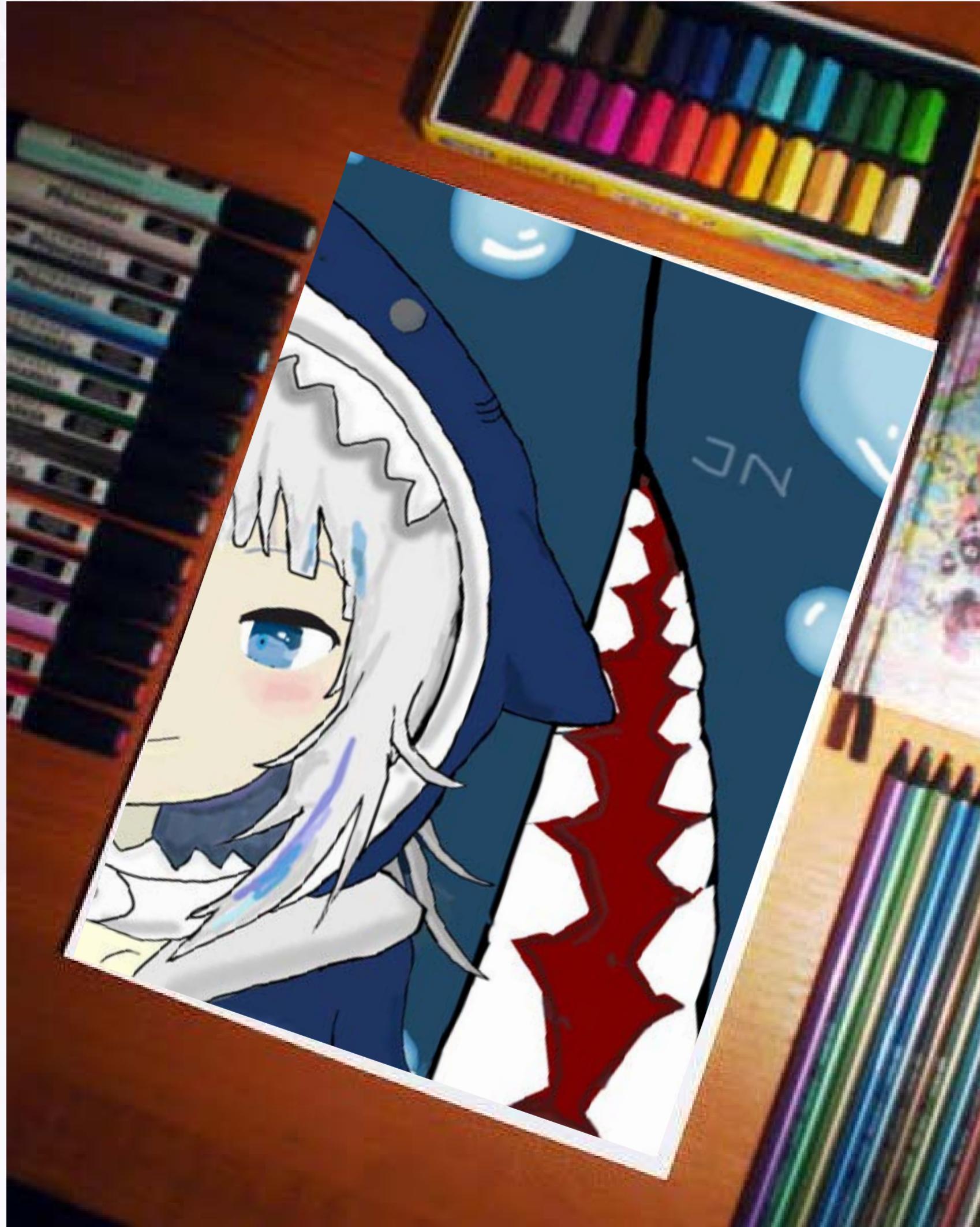


Original Artwork

Melodias (Assault Mode) from the anime series
Seven Deadly Sins illustration half body including
aura effects, bruises and multicolor details.

19. Digital Illustration

Hololive - Gawr Gura

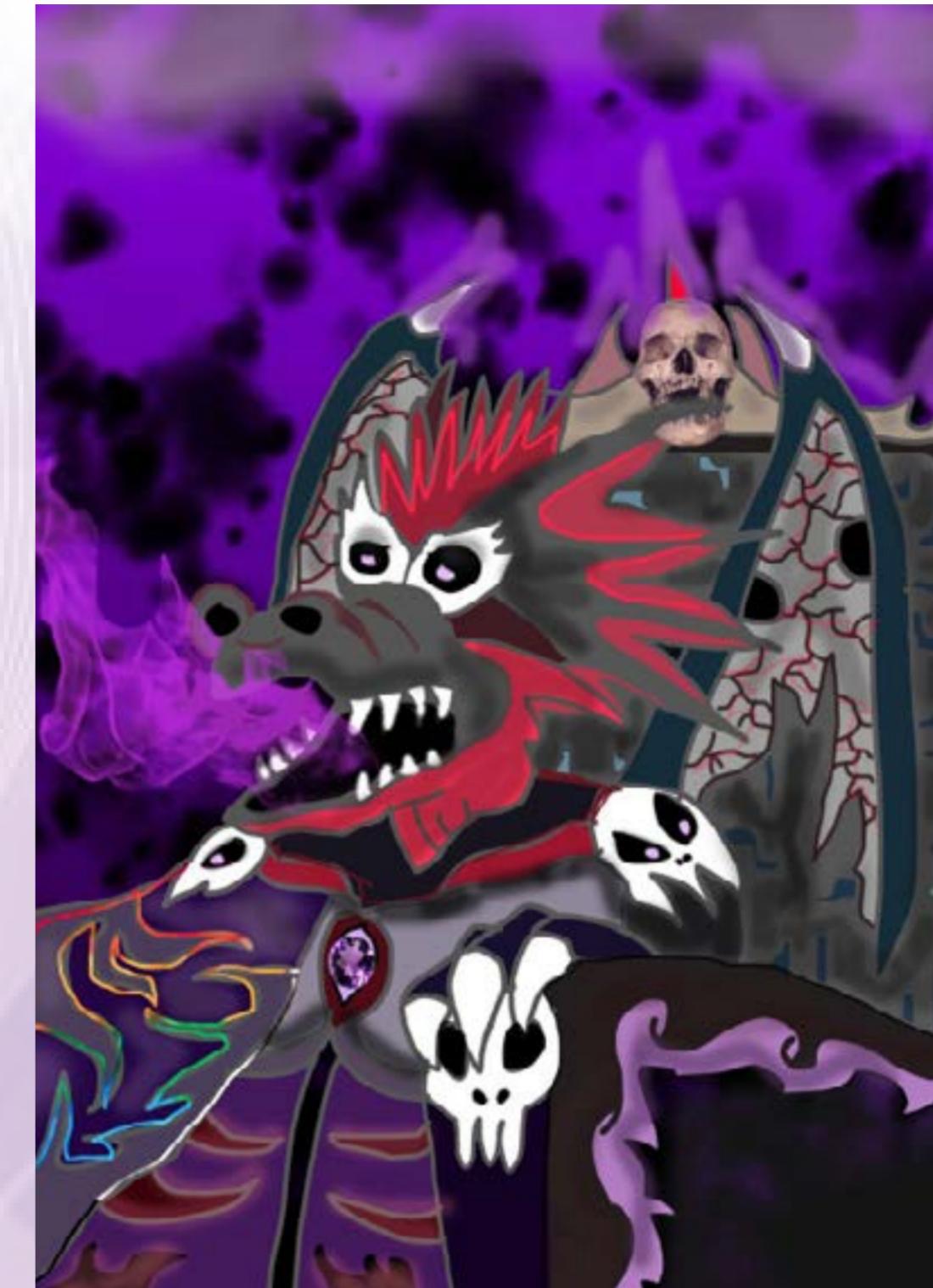


Original Artwork

The famous VTuber from Holo live Gawr Gura illustration with background underwater shark teeth and multicolor details are applied.

20. Digital Illustration

Hades Dragon King



Original Artwork

An illustration of Hades Dragon from my imagination. A deadly and dangerous dragon sitting with poisonous breath with dark aura spirit surroundings. Multicolor and image effects implemented

21. Digital Illustration

Environment - Toxic Villian Hideout



Original Artwork

An environmental illustration of dessert cliff with forest surroundings and a demonic head looking house on the top of the cliff in a middle producing toxic liquids. Multicolor effects are applied.

SECTION VI

Pencil Illustration

22. Pencil Illustration

Pecking Dog (Bottom View)



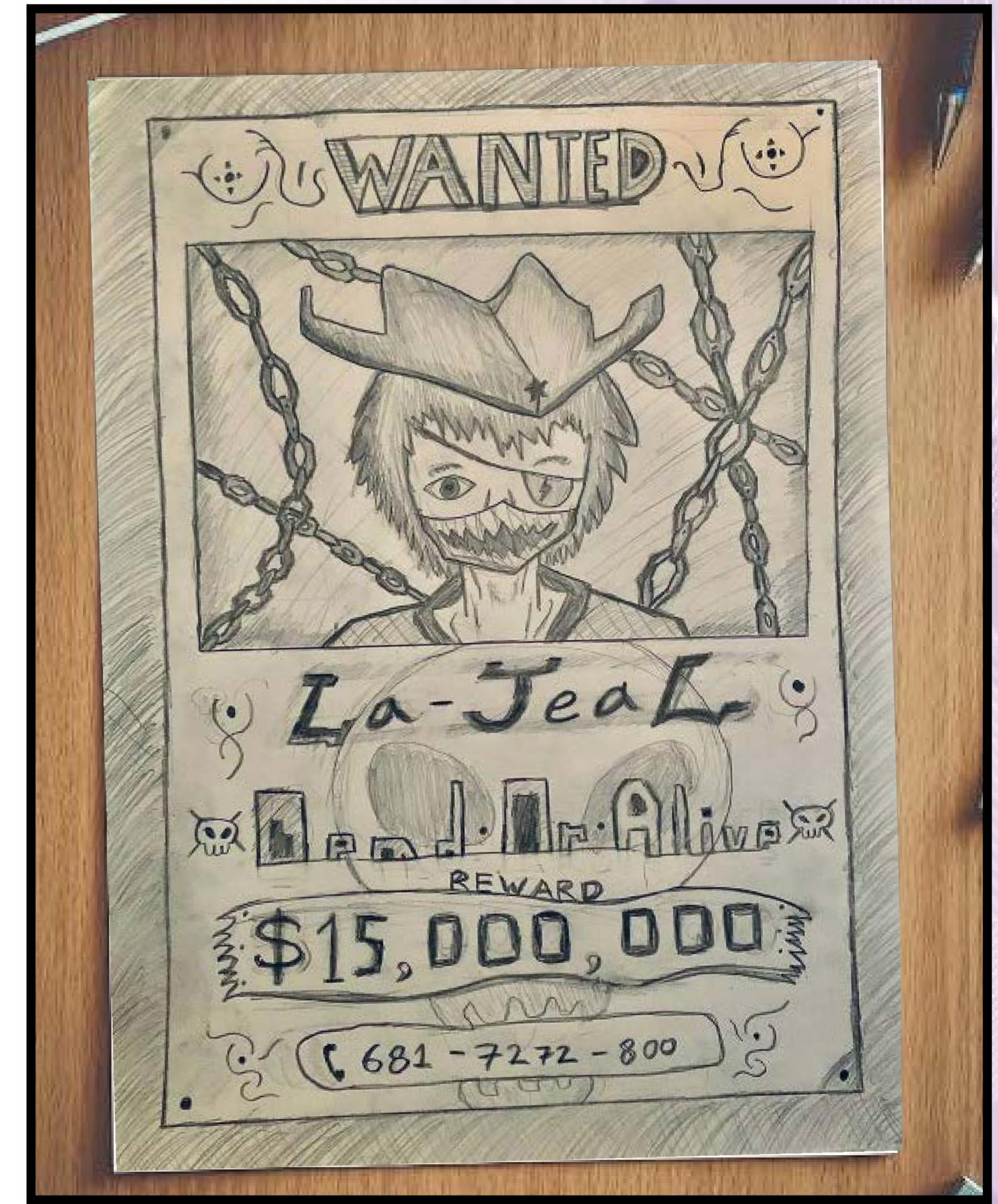
A Pencil Drawing of a small dog Pecking. A friend's dog that he really loves and suggest me to draw.

23. Pencil Illustration

WANTED Poster



Original Artwork



A wanted French cowboy poster Texas style and inspired from the anime One Peace with its original character Monkey D Luffy.



Original Artwork

24. Pencil Illustration Demon Minotaur





Original Artwork

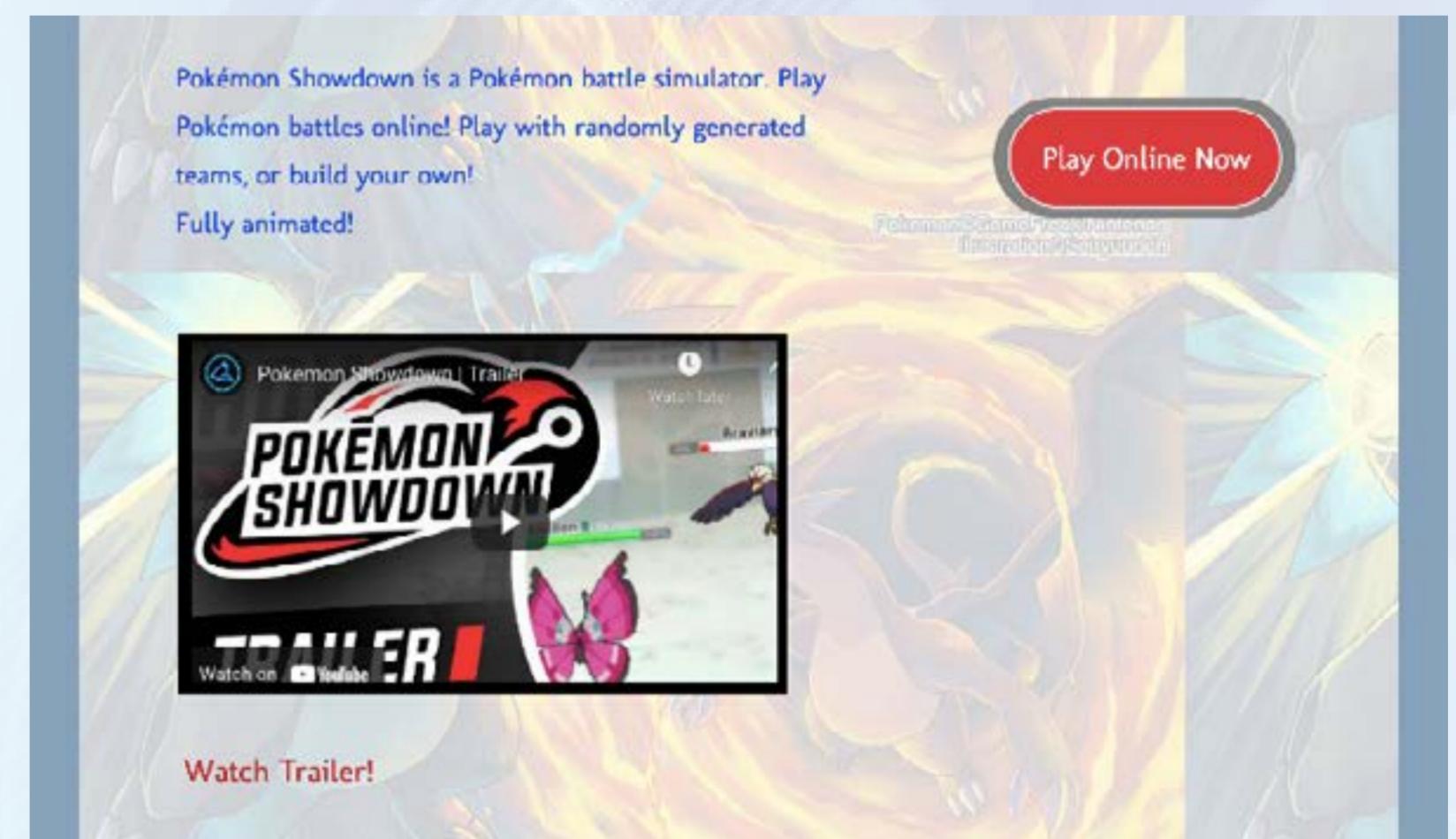
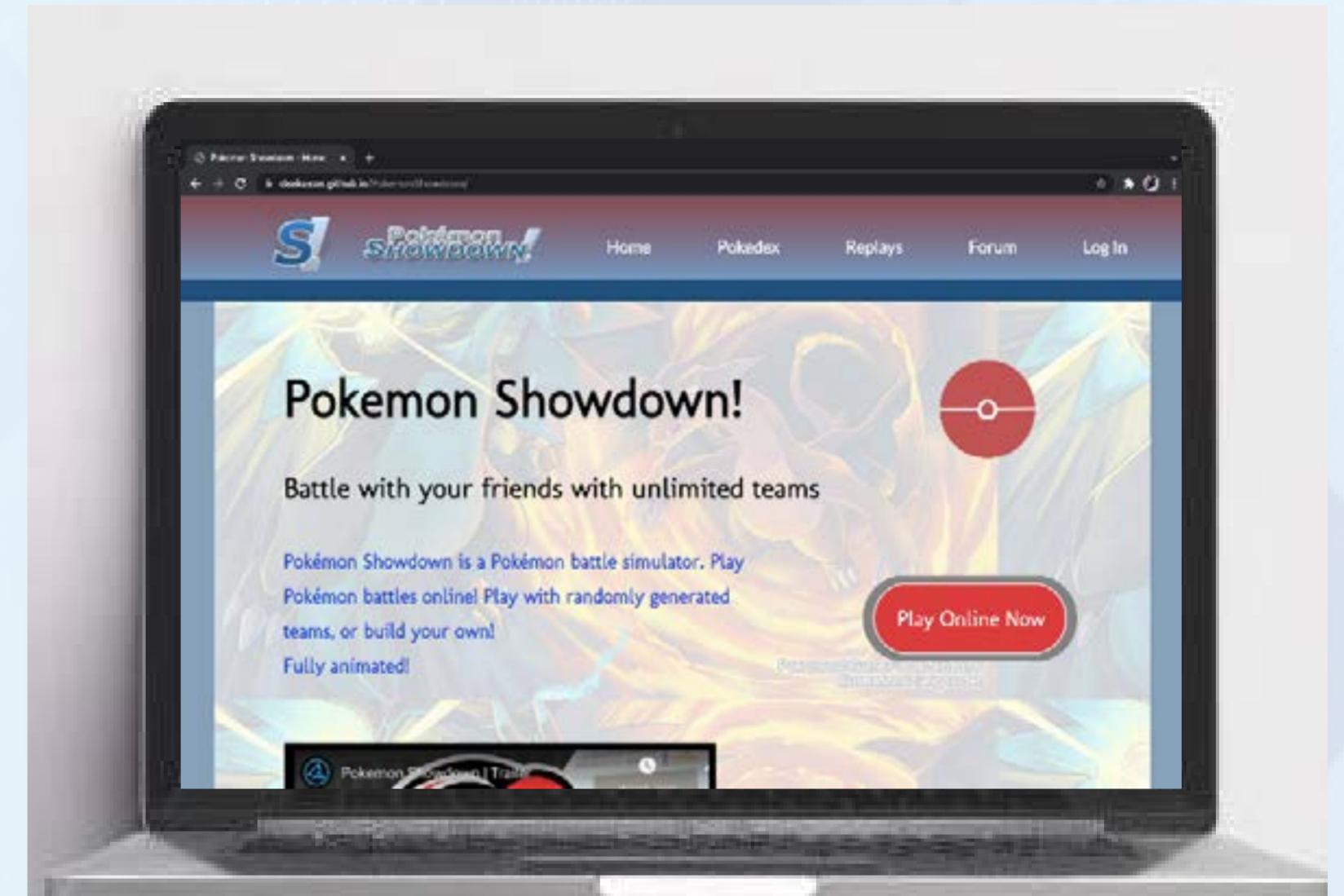
**bull, with horns and spines
on it back and tail with
armours on shoulders.**

**Also made with shades
and pens.**

SECTION VII

Website Design

25. Website Design Pokemon Showdown



How to Play Pokemon Showdown?

1. Making a profile

The name you chose is registered.

If this is your account:

Username: daakuson
Password:

Log in Cancel

or

If this is someone else's account:
Choose another name

First thing's first, you do need to have a profile. This will let people find you more easily. Before you sign up for anything, make sure you secure that name on Showdown. Many names are already taken.

The Teambuilder allows you to construct a team made of any Pokemon you desire. You can set their moves, EVs, nature, and shiny state here.

Pokémon SHOWDOWN Home Pokedex Replays Forum Log In

Let's Showdown!

∞ Users Online ∞ Active Battles

Customize your team for the Battle!

Format
[Gen 8] Random Battle

Ever wanted to play some of our most favored past gen OM's in a tournament setting? OM Classic II has officially commenced! Our first tournament in OM Classic II is Gen 7 Balanced Hackmons Cup! Sign up if you have what it takes to become the champion of old gen OM's!

To commemorate the commencement of OM Classic II, Gen 7 STABmons and Gen 6 Almost Any Ability are now ladder formats on Pokémon Showdown and will be available to play for the duration of the event. Gen 7 Mix and Mega has also been added to Pokémon Showdown but as a permanent ladder! For more information on the new ladders, check out this thread.

— Ronsei on Mar 22, 2021

Other News>>

Damage Calculator Usage Stats Servers Follow us on Twitter

Pokémon® Game Freak/Nintendo® Illustration © Shiyudan

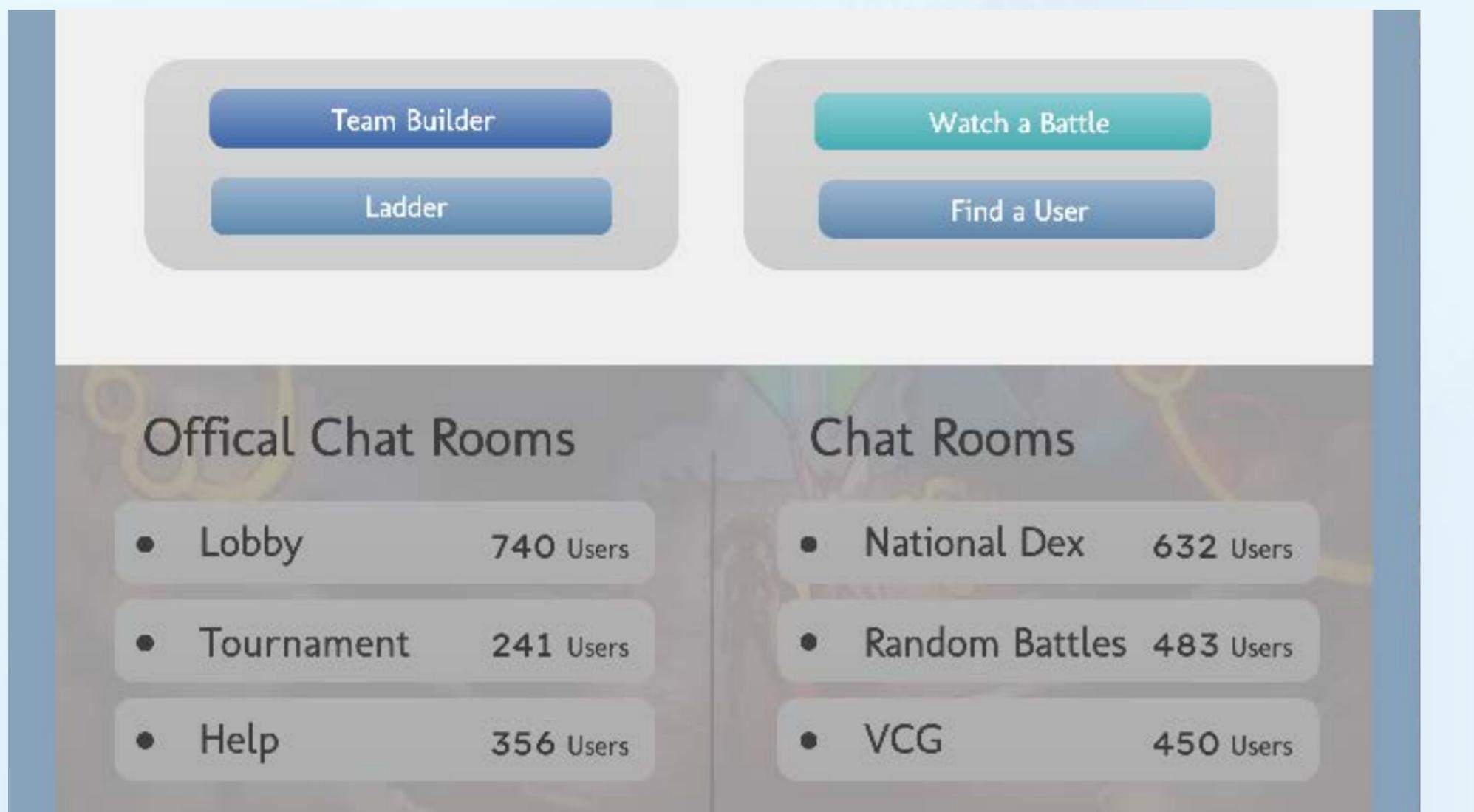
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Format
[Gen 8] Random Battle

Team
Random Team (?)

Don't Allow Spectators

Battle!
Find a Random Opponent

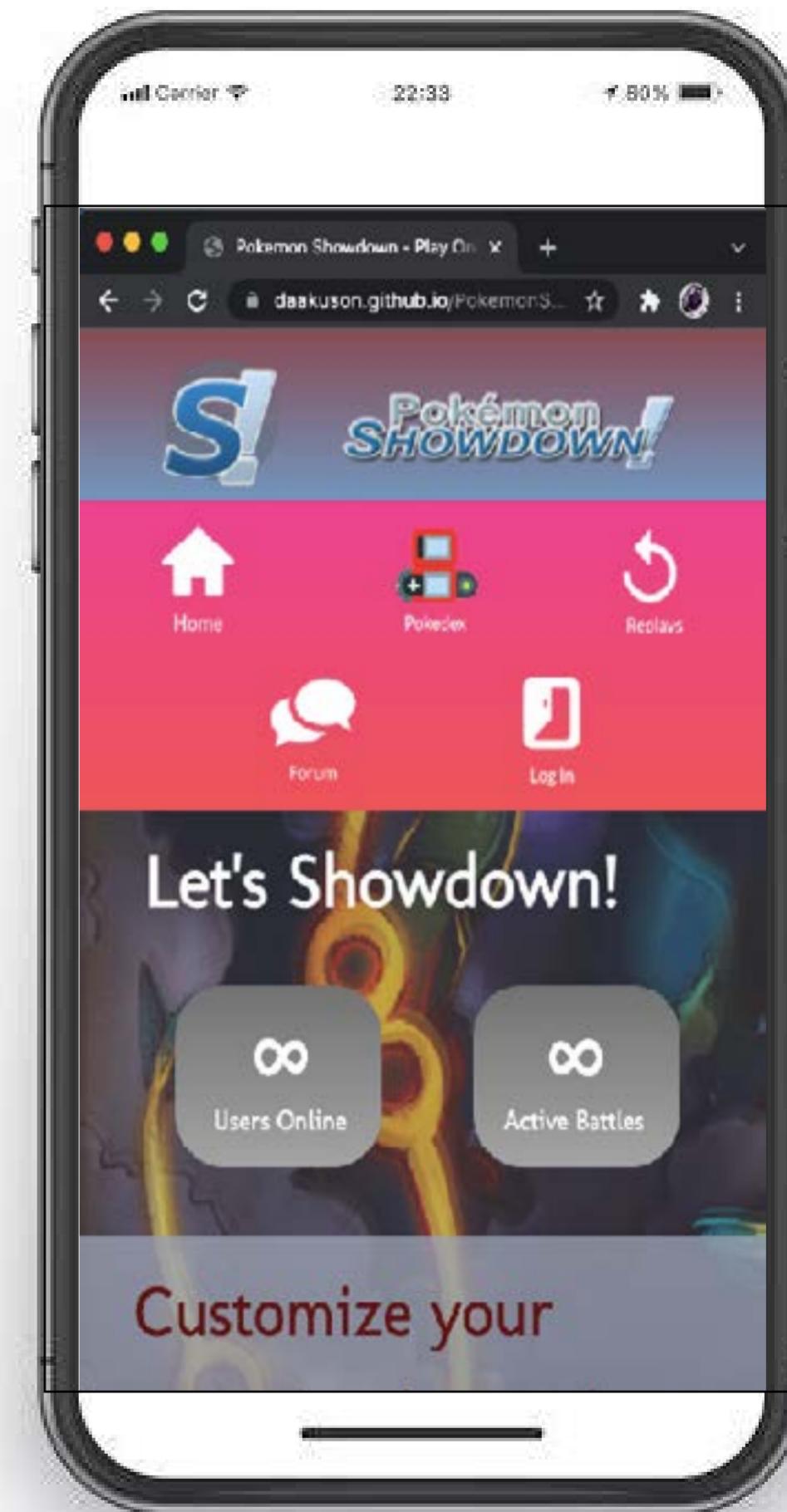


Link to the website: daakuson.github.io/PokemonShowdown/

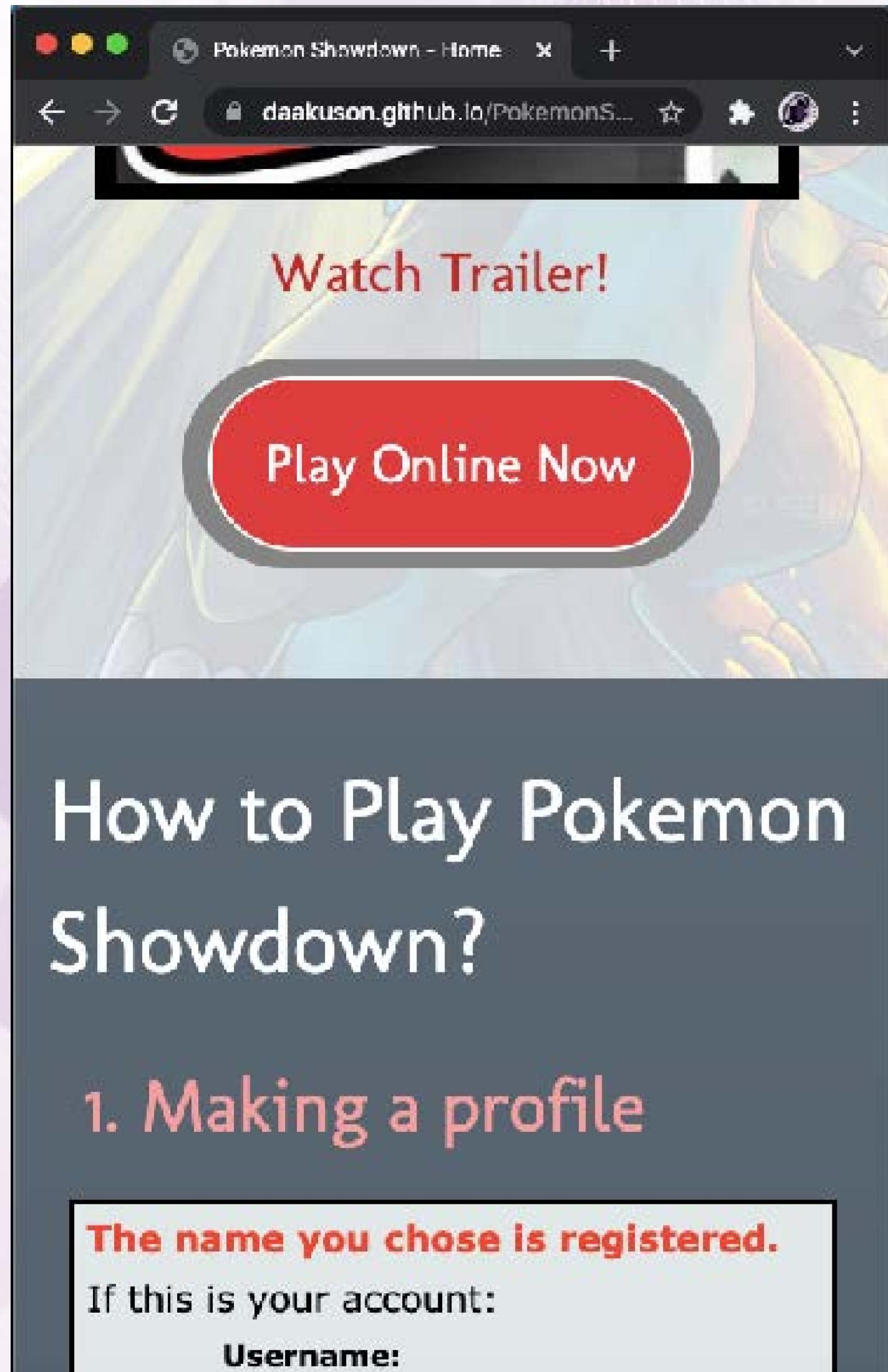
The website of the Pokemon Showdown
is real but it is redesigned and put
into the github all

Made by me and only 2 pages are
working which is the Home page and
the Play Online page. The trailer
watch now will also direct
you to youtube video.

Things I used to create this website are: brackets (editor app for coding) with HTML and css language.



The prototype for the design I used before making the website is Figma. It is also made responsive for the smaller screen like mobile.



Jason Nusaputra

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No matter what happens atleast you've experienced it.
All the experienced you face will be useful for the future challenges and like design you will be trained in all different design areas and become stronger and stronger which will make you a Mighty Designer

MIGHTY