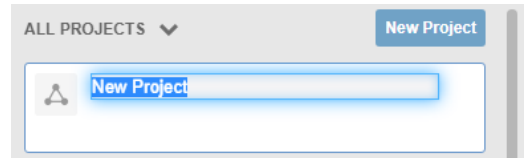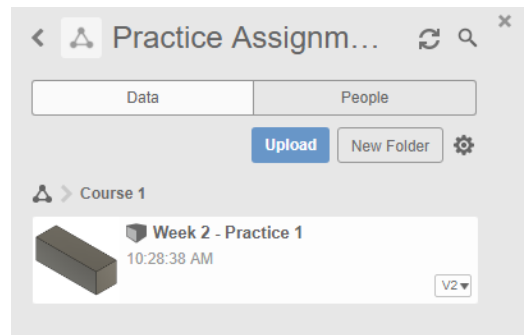# Lesson: Practice 1

Practice: Create a new project and a new design containing a body.

- Create a project in the data panel.
- Create a sketch.
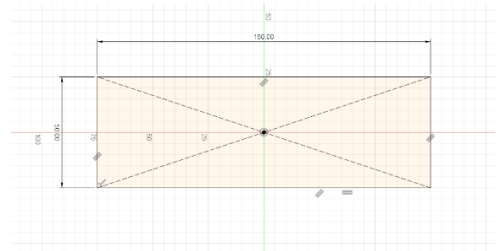- Apply dimensions.
- Use Extrude.
- Create an extrude cut.

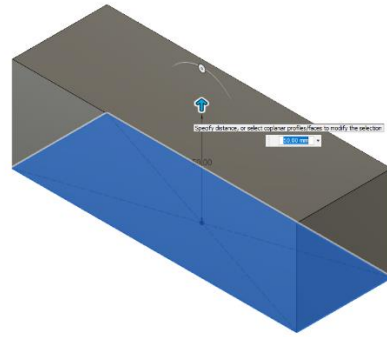|	
1. Create a new project in the data panel called "Practice Assignments" with a sub-folder called "Course 1".	
2. Save the untitled design as "Week 2 - Practice 1" inside the new project.	
3. Start a new sketch on the XZ (Top) plane. Create a center point rectangle at the origin that is 150mm x 50mm and finish the sketch.	

4. Extrude the sketch a distance of 50mm.

NOTE: Extrude is on the Create menu but also can be created using "E" on the keyboard.

5. Save the file.