Great AVR tutorial site

https://maxembedded.com/

Related AVR tutorial articles

I/O Port

https://maxembedded.com/2011/06/port-operations-in-avr/

Timers & PWM (Analog Write)

https://maxembedded.com/2011/06/introduction-to-avr-timers/

http://maxembedded.com/2011/06/avr-timers-timer0/

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https://maxembedded.com/2011/06/avr-timers-timer2/

https://maxembedded.com/2011/07/avr-timers-ctc-mode/

https://maxembedded.com/2011/08/avr-timers-pwm-mode-part-i/

https://maxembedded.com/2012/01/avr-timers-pwm-mode-part-ii/

Analog to Digital Converter (Analog Read)

https://maxembedded.com/2011/06/the-adc-of-the-avr/

Extra

Use Microchip Studio to upload program to Arduino

https://medium.com/jungletronics/how-to-load-programs-to-an-arduino-uno-from-atmel-studio-7-83c8dd8d175d