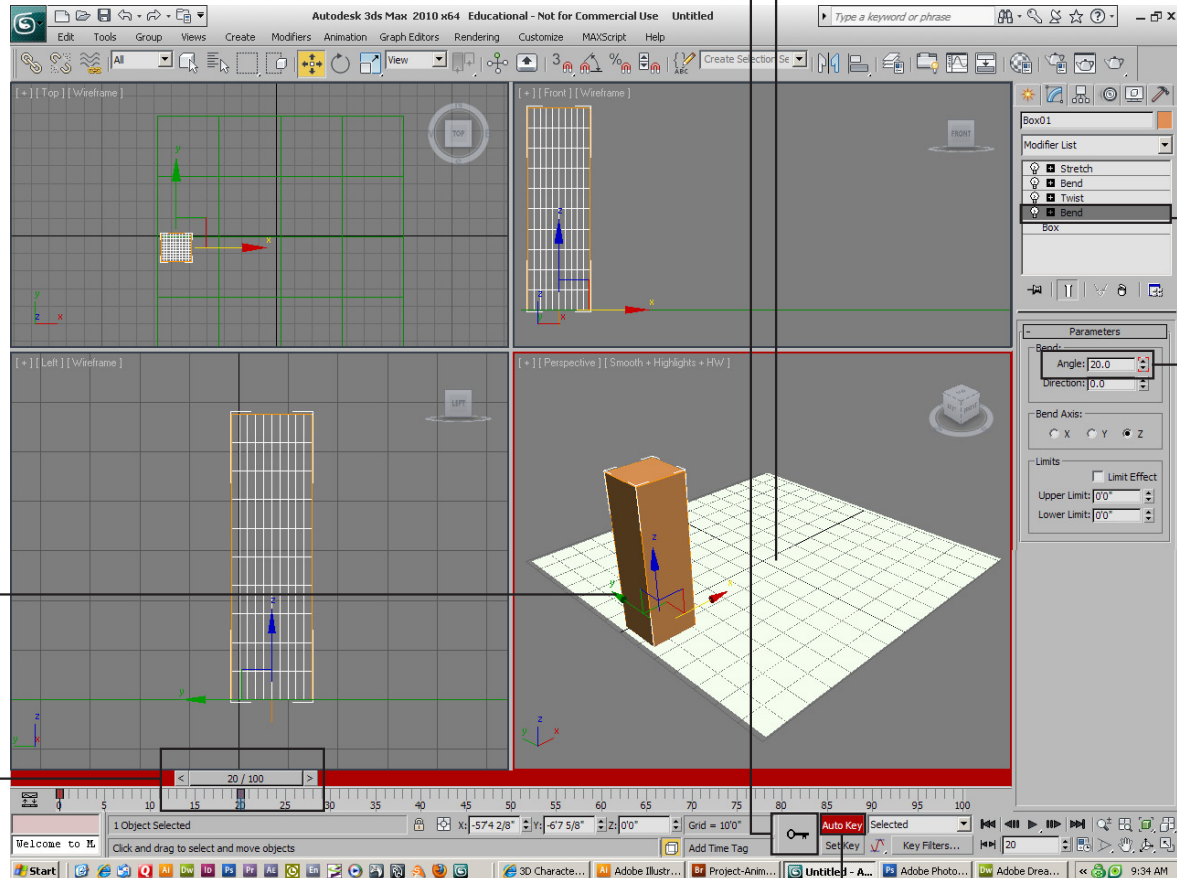


## PROCEDURE

1. First position the box to the left side of your plane.
2. Turn on the "Auto Key".
3. Move the "Timeline Scrubber" to frame 20.
4. Move the box to the center of the plane.
5. Click the big "Key" button to lock the timing of your next "Bend" movement.
6. Move the Scrubber to frame 30.
7. Move the Scrubber to frame 30.
8. Select the first "Bend" modifier from the "Stack" and adjust the angle.



9. Continue moving the scrubber forward a bit, then adjust the Bend angle to a negative angle. Do this several times to make the effect of the box flexing back and forth