



50 BODYBUILDING

LIGHTROOM MOBILE & DESKTOP PRESETS

Bodybuilding Installation Guide

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Need Help?

Web form: www.sparklestock.com/contact

Email: support@sparklestock.com

Lightroom CC/Mobile Installation Instructions

Step 1:

In Lightroom CC, press **E** to open the Edit panel.

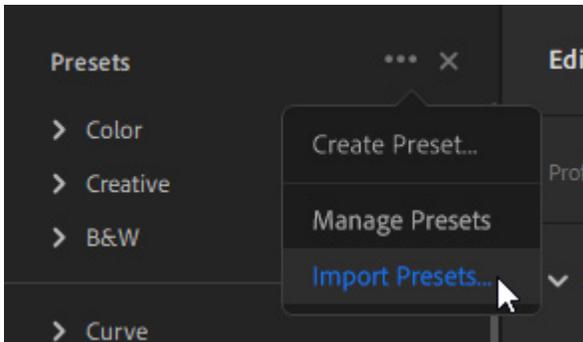
Step 2:

Near the bottom of the interface, click on Presets.



Step 3:

Click on the panel menu and select **Import Presets**.



Step 4:

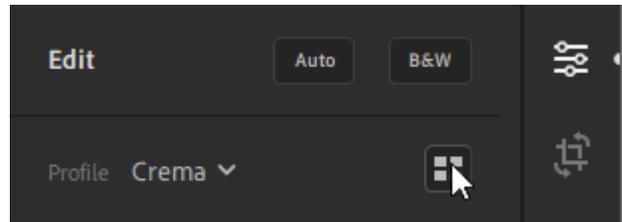
Navigate to the folder where you've extracted the files.
Load the **Lightroom CC\Bodybuilding.zip** file.

Step 5:

Expand the **Bodybuilding** folder and select a preset.

Step 6:

To adjust the opacity, click on the "Browse Profiles" button in the Edit panel.



Adjust the amount slider located below the selected profile.



Sync to Lightroom iOS/Android/Web

After loading the presets to Lightroom CC, they will automatically sync to Lightroom on your mobile device. You must have an active Creative Cloud subscription. If not, please follow the instructions on page 3.

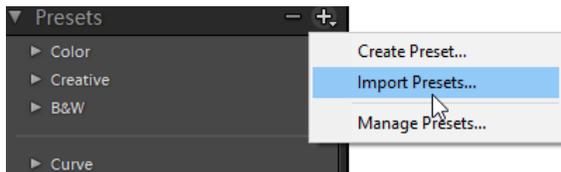
Lightroom Classic CC Installation Instructions

Step 1:

In Lightroom Classic CC, press **Ctrl+Alt+2** (Macs: **Cmd+Option+2**) to go to the Develop module.

Step 2:

On the left side, open the Presets panel. Click on the **+** button then choose **Import Presets**.



Step 3:

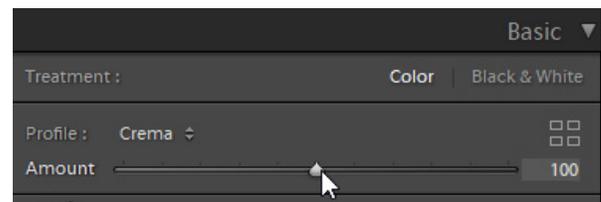
Navigate to the folder where you've extracted the files. Load the **Lightroom Classic CC\Bodybuilding.zip** file.

Step 4:

Expand the **Bodybuilding** folder and select a preset.

Step 5:

To adjust the opacity, adjust the **Amount** slider inside the Basic panel.



Lightroom Mobile (DNG Presets)

Installation Instructions

Follow this **only** if you do not have an Adobe Creative Cloud subscription. DNG presets are not real Lightroom mobile presets and do not support the amount/opacity slider.

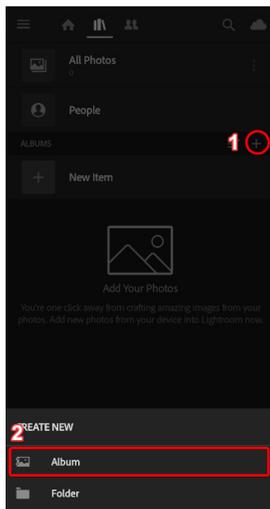
Step 1:

Download the product on your phone. Open the zip file and extract the **Lightroom Mobile** folder.

If your device does not have a zip or file manager app, you can install one from the app store.

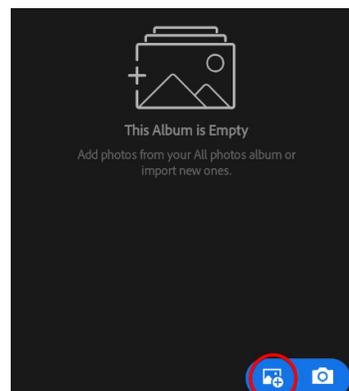
Step 2:

Open the Lightroom app. Create a new album and name it "Bodybuilding".



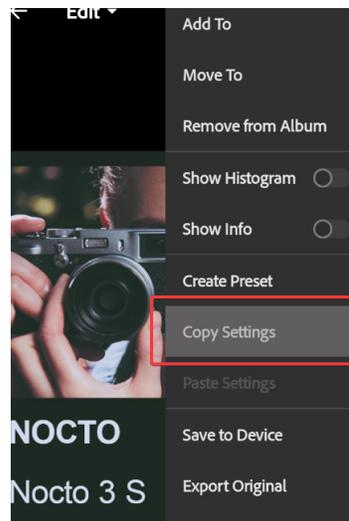
Step 3:

Click on the album then click on the **Add Photos** button. Sort it by Time, select all the DNG presets, then click Add.



Step 4:

Select a preset. Tap the menu on the top-right then tap **Copy Settings**. Go to your photo and paste the settings.



Photoshop CC (Camera Raw)

Installation Instructions

Step 1:

Copy the **Photoshop CC\SparkleStock** folder to the following locations:

Mac:

~/Library/Application Support/Adobe/CameraRaw/Settings

Windows:

C:\ProgramData\Adobe\CameraRaw\Settings

Step 2:

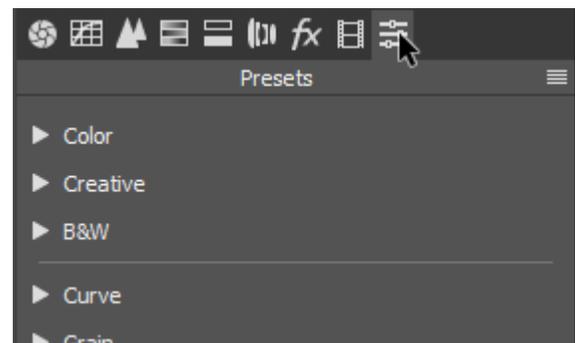
Restart Photoshop CC.

Step 3:

In Photoshop CC, go to **Filter > Camera Raw**.

Step 4:

Go to the **Presets** panel. Expand the **Bodybuilding** folder and select a preset.



Step 5:

You can change the opacity in the Basics tab under the Profile setting.

