http://pixelandpoly.com/video.html
All of the videos are QuickTime files saved using H.264 compression and AAC audio.

01-introduction.mov
A brief introduction to subdivision modeling

02-preferences in v09.mov
A review of some preferences and display options that pertain to subdivision modeling

03-preferences in v10.mov
A review of some of the preferences that might be slightly different in LW 10.0

04-cubes.mov
Showing how to build cube shaped objects with rounded corners and how the loops will affect the shape

05-cylinders.mov
Showing how to build cylinders with different amount of sides, how to finish off the caps and how the number of sides will affect the final shape

06-spheres.mov
Showing a few methods of creating subdivision surface spheres

07-overlapping geometry.mov
Reviews what overlapping geometry is and why it is better to avoid it in your modeling

08-cube-hole-cylinder.mov
Shows how to extrude a cylinder out of a shape and how to cut a hole through a shape

09-loop cuts and slides.mov
Review of loops, loop cuts, loop slides and plugins that will help your modeling

10-cube-hole-cylinder.mov
Continuation of putting a hole through an object and how to adjust the surrounding geometry if needed

11-cube box.mov
How to extrude a box out of an object and how to clean up the corners for best results

12-cube square hole.mov
How to efficiently put a square hole through an object

13-cube corner cutout.mov
Two methods showing how to cut an object out of the corner of another object

14-cube cylinder boolean.mov
How to use booleans to connect a cylinder with another object

15-curve cutout cylinder.mov
How to cutout one curved object out of another curved object

16-model adjustments.mov
Shows how to keep your geometry clean after making adjustments and changes to your subdivision model

17-reduction.mov
Reviews what polygon reduction / stepping down is and a few methods to reduct your polygon count

18-shift key.mov
Simple project showing how to create a shift key from a keyboard matching a reference photos

19-dinner plate.mov
Simple project creating a dinner plate

20-bars.mov
Project showing how to use basic techniques to round off the corners for a complex arrangement of square bars

21-drinking glass.mov
Project showing how to create a complicated shape of a drinking glass from reference photos

22-troubleshooting.mov
Reviews some common problems encountered when doing subdivision modeling and how to fix them

23-extra-dna-helix.mov
Shows how to create a DNA double helix using subdivision surfaces

24-extra-perfume bottle.mov
Video showing how to build a perfume bottle, spray nozzle, tube and liquid inside