

Resolution:
Use high resolution images, 300 to 600 dpi.

Document size: The document size should be set up to the final trim size of the ad size. Do not place any live matter (type or image) closer than 1/4" to the page trim.

Mechanical & PDF Requirements

OnSite Fitness is printed CTP (Computer-to-Plate), Web offset, SWOP standard.

Binding: Saddle-stitch

E-mail Ad Materials to: chris@onsite-fitness.com

FTP Ad Material Instructions:

(Place ad in the Ad Drop folder)
Host: onsite-fitness.com
User: guest@onsite-fitness.com
Password: onsite

Mail Ad Materials to: (If you send CDs or DVDs we prefer Macintosh-formatted)

OnSite Fitness
40101 Monterey Ave., Ste B-1 #328
Rancho Mirage, CA 92270
Attention: Production

Supported Applications: We prefer all digital files to be sent in Adobe PDF/X-1a format. However, if you are unable to supply a print-ready PDF version of your ad, we can also support (Macintosh formats only) QuarkXPress, Adobe InDesign, Adobe Photoshop, and Adobe Illustrator (please set all text to "outline").

Fonts: Supply all the fonts used in your document including fonts used in any EPS linked files, or create outlines of all fonts used. We strongly recommend using PostScript Type 1 fonts. We cannot support Truetype, Multiple Master and Open Type fonts. These will cause problems (printing and text wrap) during the output process. When you use PostScript fonts, please send both the printer and the screen fonts. Do not use the character styles in the layout applications.

Linked Images in page layout programs: All images must be in CMYK, grayscale or bitmap mode and must be saved as TIFF, EPS or PDF. Please remember to update your links before saving the final layout.

Trimmed page: 7 7/8" x 10 1/2" (Short Cut-Off) and bleed is 8" x 10 3/4"

