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WALKING CHALLENGE

DAY 1 30 minutes	DAY 2 30 minutes	DAY 3 30 minutes	DAY 4 REST	DAY 5 30 minutes
DAY 6 45 minutes	DAY 7 REST	DAY 8 45 minutes	DAY 9 45 minutes	DAY 10 REST
DAY 11 45 minutes	DAY 12 45 minutes	DAY 13 REST	DAY 14 45 minutes	DAY 15 60 minutes
DAY 16 60 minutes	DAY 17 60 minutes	DAY 18 REST	DAY 19 75 minutes	DAY 20 75 minutes
DAY 21 REST	DAY 22 75 minutes	DAY 23 75 minutes	DAY 24 REST	DAY 25 75 minutes
DAY 26 REST	DAY 27 90 minutes	DAY 28 90 minutes	Complete the challenge all at once or break up the minutes throughout your day to work with your schedule.	

Walking Workout 2025 Same Day Delivery

D Keegan



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web the control circuit is based on a cmos inverter ic1 type 40106 the motor is switched by a darlington with discrete components t1 t2 ic1a inverter operates as an oscillator whose duty cycle the t2 leads so the motor receives energy is determined by r2 c2 d3 gave the inactive signal oscillator when t2 is blocked is determined by r3 p1

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web the diagram below has two components the normally open temperature switch and the magnetic contactor the three normally closed contacts that represent the olr protection are connected in series with the motor coil and so can be treated as a single device in practice a motor starter often only has two external connection points and all internal

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