



GoodLife  
**FITNESS.**

# 28-DAY WALKING CHALLENGE

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

# Walking Workout 2025 Same Day Delivery

**D Keegan**

## **Walking Workout 2025 Same Day Delivery:**

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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 three phase brushless dc 3 motor 2 brush dc motor 4 bipolar stepper motor basic principle an electric motor is a device converting electrical energy into mechanical energy generally a torque this conversion is usually obtained through the generation of a magnetic field by means of a current flowing into one or more coils electrical energy

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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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