

30
Day

WALKING challenge

FOR BEGINNERS



TRAINING PLAN

Day 1 <input type="radio"/> 10 Min Easy Walk 	Day 2 <input type="radio"/> 10 Min Easy Walk 	Day 3 <input type="radio"/> 15 Min Easy Walk 	Day 4 <input type="radio"/> 10 Min Brisk Walk 	Day 5 <input type="radio"/> 15 Min Easy Walk 
Day 6 <input type="radio"/> 10 Min Brisk Walk 	Day 7 <input type="radio"/> Rest or 15 Min Easy Walk 	Day 8 <input type="radio"/> 15 Min Easy Walk 	Day 9 <input type="radio"/> 10 Min Brisk Walk 	Day 10 <input type="radio"/> 15 Min Easy Walk 
Day 11 <input type="radio"/> 20 Min Easy Walk 	Day 12 <input type="radio"/> 15 Min Easy Walk 	Day 13 <input type="radio"/> 15 Min Brisk Walk 	Day 14 <input type="radio"/> Rest or 15 Min Easy Walk 	Day 15 <input type="radio"/> 15 Min Easy Walk 
Day 16 <input type="radio"/> 20 Min Easy Walk 	Day 17 <input type="radio"/> 15 Min Brisk Walk 	Day 18 <input type="radio"/> 25 Min Easy Walk 	Day 19 <input type="radio"/> 20 Min Easy Walk 	Day 20 <input type="radio"/> 20 Min Brisk Walk 

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web observe the relevant information in the instruction manual for all actions involving switchgear and switchboards danger pay special attention to the hazard notes in the instruction manual marked with this warning symbol make sure that under operation condition of the switchgear or switchboard the specified data are not exceeded

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web safety first partitioned single busbar system for transformer and distribution systems with a raised cable termination point for ease of cable assembly from the rear the parameters extend up to 40 kv up to 31 5 ka and up to 2500 a for the switching devices and busbars

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web the switchgear is shipped to the customer as completely assembled as possible depending on the number of switchgear vertical sections it may be necessary to ship the switchgear in several groups to facilitate handing each switchgear group and all the cartons and crates are labeled with the shop order number and a shipping weight

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