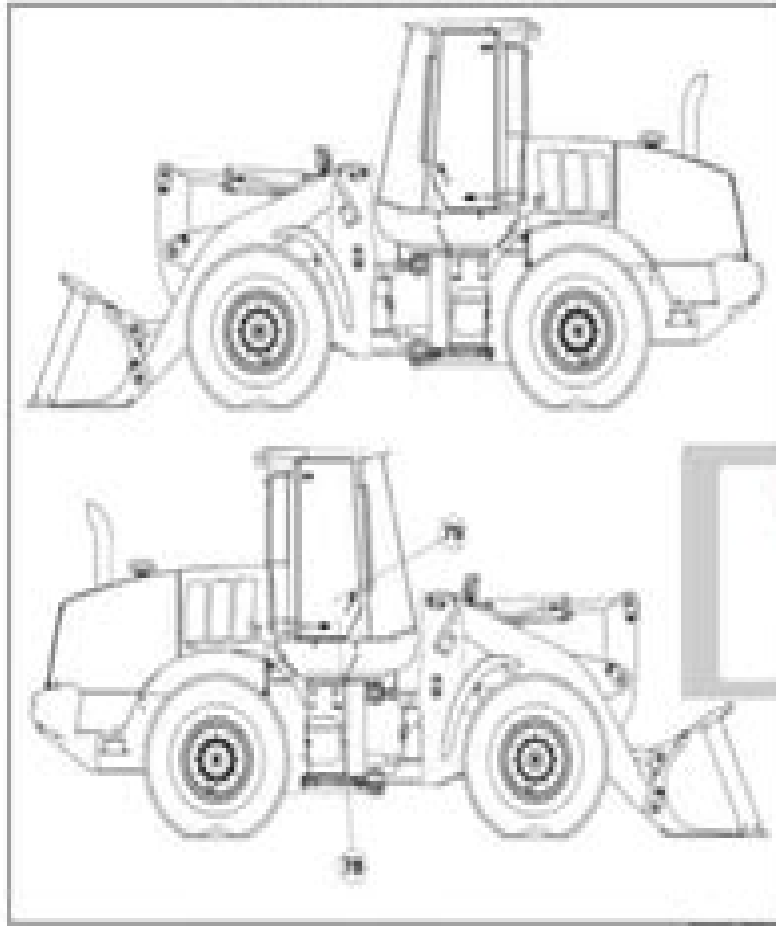


## BACK UP ALARM CONTROLS



78 BACK UP ALARM RELAY

78 BACK UP ALARM DOUBLE SWITCH

**NOTE:** The battery must be at full charge and all connections clean and tight before doing any testing of the electrical system. Use a Multimeter for the following tests:

## 78 – Back-up Alarm Relay

Location is the left control panel for tests and wiring.

Check Points	Correct Reading	Possible Cause of Bad Reading
<b>NOTE:</b> Disconnect the transmission electronic control module (ECM) connector 15/16.		
Test lead to wire 15/16 to terminal 7 of connector 15/16	Continuity	Bad wire (7).
<b>NOTE:</b> Put the master disconnect switch and the ignition switch in the (ON) position.		
Test lead to wire 15/16 to ground	24 volts	Bad lead 15/16-F, and check wires 15/16-F, power relay module A, ignition power (7).
Test lead to wire 15/16 to ground	24 volts	Bad lead 15/16-F14, also check wires 15/16, power relay module B, auxiliary power (2).
<b>NOTE:</b> Put parking brake switch in (OFF) position. Depress brake pedal once and put gear selector in (N) position.		
Test lead to wire 15/16 to ground	24 volts	Bad back up alarm relay.

## 78 – Back-up Alarm Double Switch

Location is right side console.

Check Points	Correct Reading	Possible Cause of Bad Reading
Test lead to wire 15/16 to ground	Continuity	Bad ground circuit.
<b>NOTE:</b> Put the master disconnect switch and the ignition switch in the (ON) position and the park brake in the (OFF) position. Depress brake pedal once. Move the transmission shift lever to (N) position.		
Test lead to wire 15/16 to ground	24 volts	Bad back up alarm relay (7), also check circuit 15/16-F.
<b>NOTE:</b> Wires 15/16-F and 15/16-F1 are connected together. Connectors 15/16-F and 15/16-F1 are removed in North American models. The connectors are disconnected and the switch is isolated in Euro model equipped (Germany) models.		
Test lead to wire 15/16 to ground	24 volts	Bad back up alarm double switch.

# Case 821e Engine Service Manual

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web jun 7 2021 running cadence is the number of steps per minute a person takes during a run it s also known as stride frequency step frequency foot turnover the number of steps you take per minute

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web jan 18 2021 4 ways to improve running cadence 1 measure your running cadence before you can increase your running cadence you will need to measure your current running cadence and see what improvements need to be made as mentioned earlier the ideal running cadence is over 170 spm

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web mar 14 2023 forcing a high cadence is a questionable strategy for improving performance and as we ve seen cadence is



largely determined by how fast we run having said that most of us naturally select a cadence lower than the optimum and would benefit from retraining to a higher step rate

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as we ve seen often have a higher cadence for example eliud kipchoge the marathon world record holder is known to achieve a cadence of 190 200spm in general 170 180spm is considered a great running cadence

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web apr 16 2021 your cadence is determined by your running skill history of training and anatomy taller runners for example will naturally have lower cadences every runner has a distinct cadence style one runner may take large strides and run efficiently while another may take more steps per minute and run efficiently