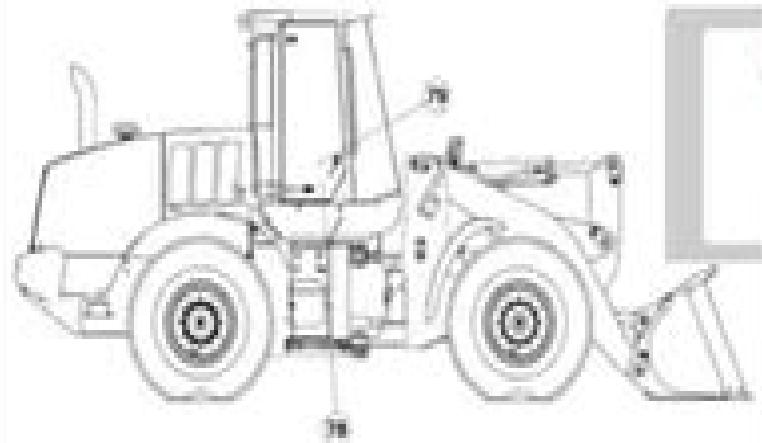
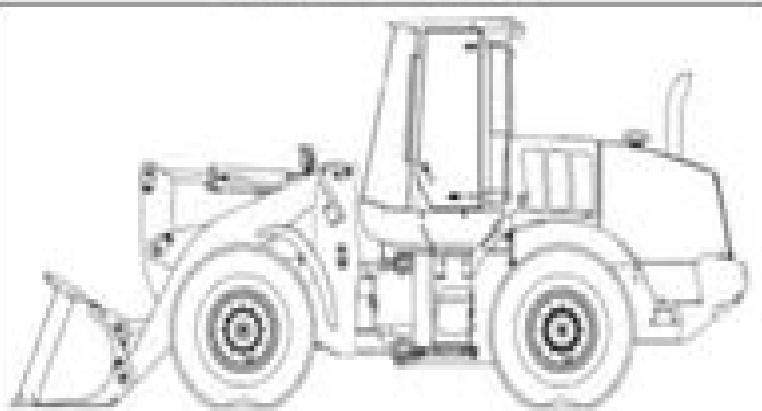


BACK-UP ALARM CONTROLS



16 BACK-UP ALARM CONTROLS

17 BACK-UP ALARM CONTROLS

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.

16 - Back-up Alarm Relay

Connect to the back alarm switch to check and test.

Check Points	Current Reading	Possible Cause of Test Reading
NOTE: Disconnect the transmission position control switch (16) connector (A179).		
Terminal to wire 104-10 is connected to ground	Continuity	Bad wire (104-10).
NOTE: Put the master disconnect switch and the ignition switch in the ON position.		
Terminal to wire 104-10 is ground	10 milli	Relay coil (104-11), auxiliary relay 104-11, power may be low, A179 connector (A179).
Terminal to wire 104-11 is ground	10 milli	Relay coil (104-11), auxiliary relay 104-11, power may be low, A179 connector (A179).
NOTE: Put parking brake switch in the OFF position. Depress brake pedal once and put gear selector in neutral.		
Terminal to wire 104-11 is ground	10 milli	Relay coil (104-11), power may be low.

17 - Back-up Alarm Disable Switch

Connect to right side switch.

Check Points	Current Reading	Possible Cause of Test Reading
Terminal to wire 104-10 is ground		
Continuity	Bad wire (104-10).	
NOTE: Put the master disconnect switch and the ignition switch in the ON position. Depress brake pedal once. Move the transmission shift lever to REVERSE.		
Terminal to wire 104-10 is ground	10 milli	Bad back up alarm relay (104-11), wire 104-10 power (A179).
NOTE: Since 104-11 and 104-10 are connected together, connectors (A179) and (A178) and switch is removed in North American models. The connectors are disconnected and the switch is installed in (A179) and applied (A178) models.		
Terminal to wire 104-11 is ground	10 milli	Bad back up alarm relay (104-11).

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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. It is 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 190-200 SPM. In general, 170-180 SPM 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.