

An hour a week Indoor walking Circuit

1 minute each exercise · 4 circuits

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	March in place
	Side step
	4 steps forward, 4 steps back
	Side step x 2
	Big step forward, side step, big step back, side step Do for 30 seconds then change lead leg

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Marcel A. Müller



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problem a merry go round has an initial angular velocity of 10.2 rpm at the end of the ride the brakes are applied giving it a constant angular deceleration of 0.032 rad/s^2 as the ride slows to a stop

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rotational kinematics in the section on uniform circular motion we discussed motion in a circle at constant speed and therefore constant angular velocity however there are times when angular velocity is not constant rotational motion can speed up

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evaluate problem solving strategies for rotational kinematics just by using our intuition we can begin to see how rotational quantities like θ ω and α are related to one another for example if a motorcycle wheel has a large angular acceleration for a

fairly long time it ends up spinning rapidly and rotates through many revolutions

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the are only true if the angular acceleration is constant but if it is constant these are a convenient way to relate all these rotational motion variables and you can solve a ton a problems using these rotational kinematic formulas

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