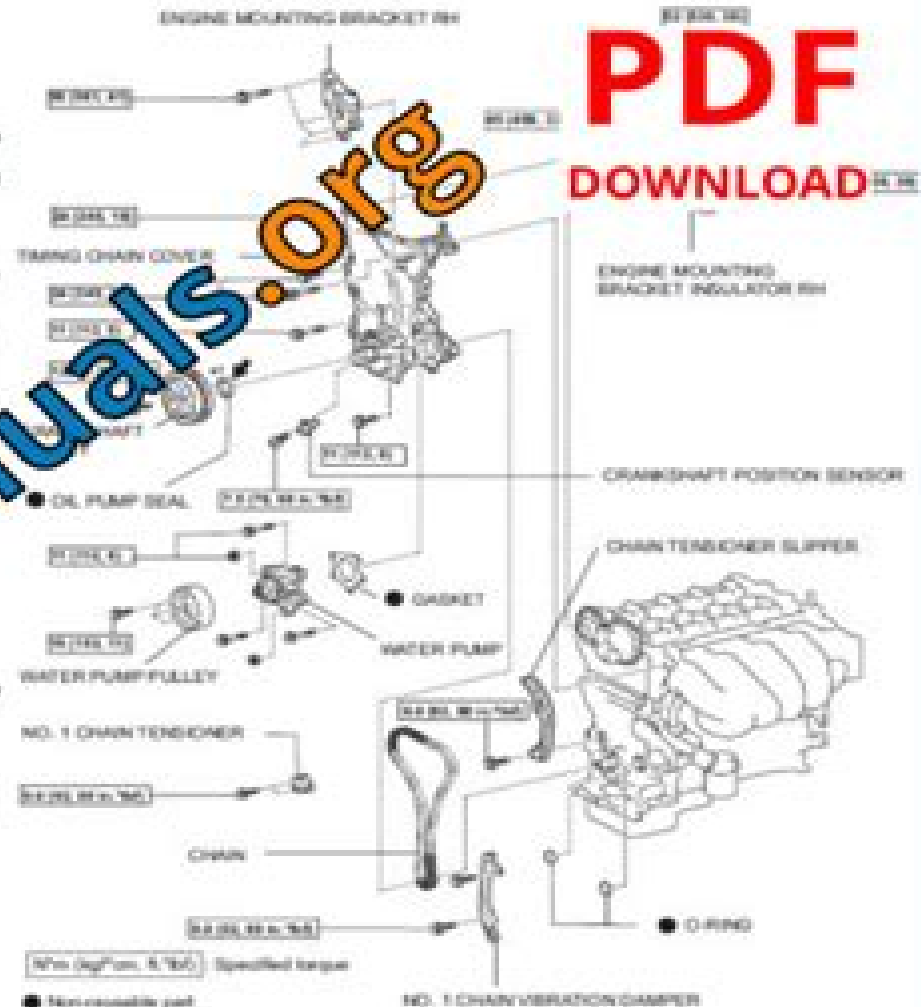


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(iii) *Minimize the number of queries*

- (a) Rotate the crankshaft pulley **NOTICE**:
When rotating the crankshaft with the timing chain removed, rotate the crankshaft damper counterclockwise 40° from the TDC and align its timing notch with the notefeature of the timing chain cover to prevent the pistons from coming into contact with the valves.
- (b) Set the No. 1 cylinder to the TDC (compression).
 - (1) Turn the crankshaft pulley until its timing notch and timing mark 0 of the chain cover are aligned.
 - (2) Check that both timing marks on the crankshaft timing sprocket and valve timing controller assembly are facing upward as shown in the illustration.
If not, turn the crankshaft 1 complete revolution (360°) and align the marks as above.
- (c) Put paint marks on the timing chain where the timing marks of the crankshaft timing sprocket and the crankshaft timing gear are located.
- (d) Using a screwdriver and a wrench, remove the screws and the cover of the chain tensioner.
- (e) Insert a screwdriver into the service hole of the chain tensioner to hold the stopper plate of the chain tensioner at an upward position.
- (f) Using a wrench, rotate the No. 2 crankshaft clockwise to push in the plunger of the chain tensioner.



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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measures of weight, body mass index (BMI), waist circumference, blood pressure, heart rate, and resting metabolic rate. The psychological health assessment included measures of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in weight, BMI, waist circumference, blood pressure, heart rate, and resting metabolic rate. The walking program also resulted in a significant increase in self-esteem, a significant decrease in anxiety, and a significant decrease in depression. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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Table of Contents Xb 2004 2007 Factory Service Workshop Repair Manual

1. Understanding the eBook Xb 2004 2007 Factory Service Workshop Repair Manual
 - The Rise of Digital Reading Xb 2004 2007 Factory Service Workshop Repair Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Xb 2004 2007 Factory Service Workshop Repair Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Xb 2004 2007 Factory Service Workshop Repair Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Xb 2004 2007 Factory Service Workshop Repair Manual

- Personalized Recommendations
 - Xb 2004 2007 Factory Service Workshop Repair Manual User Reviews and Ratings
 - Xb 2004 2007 Factory Service Workshop Repair Manual and Bestseller Lists
5. Accessing Xb 2004 2007 Factory Service Workshop Repair Manual Free and Paid eBooks
- Xb 2004 2007 Factory Service Workshop Repair Manual Public Domain eBooks
 - Xb 2004 2007 Factory Service Workshop Repair Manual eBook Subscription Services
 - Xb 2004 2007 Factory Service Workshop Repair Manual Budget-Friendly Options
6. Navigating Xb 2004 2007 Factory Service Workshop Repair Manual eBook Formats
- ePub, PDF, MOBI, and More
 - Xb 2004 2007 Factory Service Workshop Repair Manual Compatibility with Devices
 - Xb 2004 2007 Factory Service Workshop Repair Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Xb 2004 2007 Factory Service Workshop Repair Manual
 - Highlighting and Note-Taking Xb 2004 2007 Factory Service Workshop Repair Manual
 - Interactive Elements Xb 2004 2007 Factory Service Workshop Repair Manual
8. Staying Engaged with Xb 2004 2007 Factory Service Workshop Repair Manual
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Xb 2004 2007 Factory Service Workshop Repair Manual
9. Balancing eBooks and Physical Books Xb 2004 2007 Factory Service Workshop Repair Manual
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Xb 2004 2007 Factory Service Workshop Repair Manual
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Xb 2004 2007 Factory Service Workshop Repair Manual
- Setting Reading Goals Xb 2004 2007 Factory Service Workshop Repair Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Xb 2004 2007 Factory Service Workshop Repair Manual

- Fact-Checking eBook Content of Xb 2004 2007 Factory Service Workshop Repair Manual
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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