

# 10 MINUTE CARDIO WORKOUT AT HOME

BEGINNER: 20 sec. exercise - 40 sec. pause

INTERMEDIATE: 30 sec. exercise - 30 sec. pause

ADVANCED: 45 sec. exercise - 15 sec. pause



1) JUMPING JACKS



2) MOUNTAIN CLIMBERS



3) JUMP SQUATS



4) HIGH KNEES



5) BURPEES

REPEAT 2X

# Quick Home Workout 13471 52135 90799

**M Mosston**



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web requires a 70 tons 90 bending magnet providing 1.81 t in a good field region of x 100 by y 100 mm<sup>2</sup> with an integrated field quality  $\hat{u} \leq 10^{-4}$  at all field levels 2 10 4 starting from the experience matured when constructing the large bending magnet for hcat gantry we have developed a design able to meet these more

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web definition of beam optics beam optics the process of guiding a charged particle beam from to b using magnets an array of magnets which accomplishes this is a transport system or magnetic lattice recall the lorentz force on a particle  $f = ma = e v \times b - mv^2 / \rho$  where  $m = \gamma m_0$  relativistic mass

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web the magnetic field that results from powering the coils is present whether the beam is there or not we are interested in finding the field in this aperture and also in knowing how to build a magnet to get the desired field typically accelerators and beamlines have magnets that serve individual functions

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web the coil is bent at an acute angle at the center between the left and right wings the bending forces the coil to conform to the shape of the human head moreover it results in an increased depth of the induced electric fields in the brain

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web number of conductor turns in a coil is  $n$  magnetic field strength  $H$  1 Oe 10<sup>3</sup> 4 A m 79 58 A m mmf magnetic flux 1 Wb 1 Vs assignment design a 90 degree bending magnet for beam analysis with the duoplasmatron

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web where  $H$  is the strength of the magnetic field in ampere turns metre at  $m$   $n$  is the number of turns of the coil  $i$  is the current flowing through the coil in amps  $l$  is the length of the coil in metres  $m$  then to summarise the strength or intensity of a coil's magnetic field depends on the following factors the number of turns of wire within the coil

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