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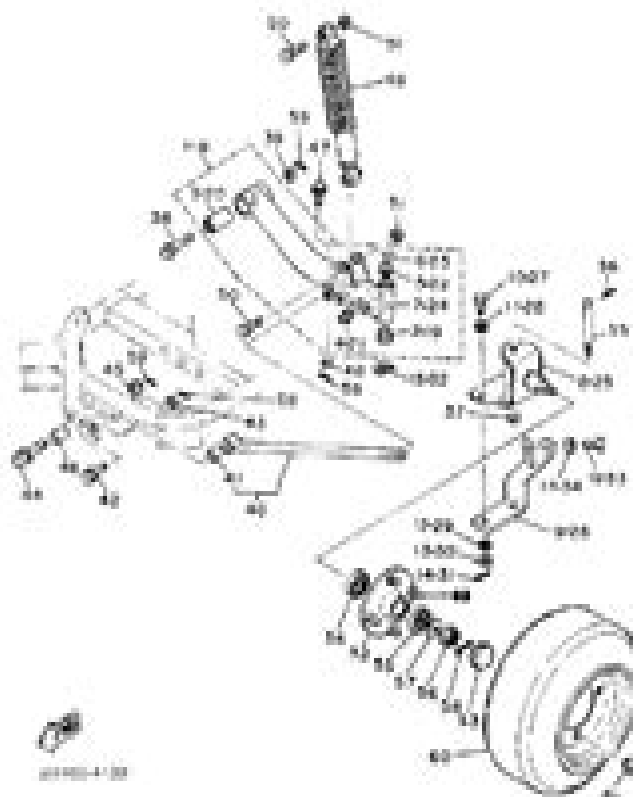
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FRONT SUSPENSION - WHEEL

Ref.	Part	Description	Qty.	Remarks
No.	Number			
1	J43-W001-00-00	FRONT LOWER ARM L&COMP. L/R	1	
2	9029-1702-00	BUSH, SOLID	1	
3	J19-2702-00-00	BUSH	1	
4	9276-0001-00	NIPPLE, GREASE	1	
5	9029-1704-00	BUSH, SOLID	1	
6	9276-1704-00	O-RING	1	
7	9029-0079-00	WASHER, PLATE	1	
8	J17-2716-00-00	KNUCKLE, STEERING 1	1	
9	J11-2713-00-00	ARM, KNUCKLE 1	1	
10	9005-1943-00	BOLT	2	
11	9029-1279-00	WASHER, PLATE	2	
12	9029-1073-00	WASHER, PLATE	2	
13	9071-1073-00	NUT, CASTLE	2	
14	9146-2700-00	PNL, COTTER	2	
15	9074-1007-00	WASHER, CLAM	1	
16	9703-0000-00	BOLT, HEXAGON	1	
17	9005-0076-00	NUT	1	
18	J43-W002-00-00	FRONT LOWER ARM R&COMP. R/L	1	
19	9029-1702-00	BUSH, SOLID	1	
20	J19-2702-00-00	BUSH	1	
21	9276-0001-00	NIPPLE, GREASE	1	
22	9029-1704-00	BUSH, SOLID	1	
23	9276-1704-00	O-RING	1	
24	9029-0079-00	WASHER, PLATE	1	
25	J17-2716-00-00	KNUCKLE, STEERING 1	1	
26	J11-2713-00-00	ARM, KNUCKLE 2	1	
27	9005-1943-00	BOLT	2	

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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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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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