



Running Mode

0.5-7.5MPH



Jogging Mode

0.5-5.5MPH



Walking Mode

0.5-2.5MPH

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web dec 9 2020 mitchell does not simply interpret the chinese classic tao te ching from the perspective of zen buddhism though mitchell s version of the tao te ching is permeated with ideas borrowed from christianity too and he attempts to find a correlation between tao and god mitchell cites verses from genesis and matthew to justify his interpretation