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Get the Results You Want The FT7 helps you workout smarter and stay in your zone. Here's how: The FT7 automatically determines your heart rate target zone using your age-based maximum heart rate (220 minus age). When you exercise out of the preset zone, it will give a visual and audible alarm.

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Exploit and defend against the latest wireless network attacks Learn to exploit weaknesses in wireless network environments using the innovative techniques in this thoroughly updated guide. Inside, you'll find concise technical overviews, the latest attack methods, and ready-to-deploy countermeasures. Find out how to leverage wireless eavesdropping, break encryption systems, deliver remote exploits, and manipulate 802.11 clients, and learn how attackers impersonate cellular networks. Hacking Exposed Wireless, Third Edition features expert coverage of ever-expanding threats that affect leading-edge technologies, including Bluetooth Low Energy, Software Defined Radio (SDR), ZigBee, and Z-Wave. Assemble a

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wireless attack toolkit and master the hacker's weapons Effectively scan and enumerate WiFi networks and client devices Leverage advanced wireless attack tools, including Wifite, Scapy, Pyrit, Metasploit, KillerBee, and the Aircrack-ng suite Develop and launch client-side attacks using Ettercap and the WiFi Pineapple Hack cellular networks with Airprobe, Kraken, Pytacle, and YateBTS Exploit holes in WPA and WPA2 personal and enterprise security schemes Leverage rogue hotspots to deliver remote access software through fraudulent software updates Eavesdrop on Bluetooth Classic and Bluetooth Low Energy traffic Capture and evaluate proprietary wireless technology with Software Defined Radio tools Explore vulnerabilities in ZigBee and Z-Wave-connected smart homes and offices Attack remote wireless networks using compromised Windows systems and built-in tools

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This research study deals with the design and development of non-invasive and reflectance type (photoplethysmogram) wearable PPG prototype for measuring heart rate. It explains the processing of heart rate from the measured PPG signal. Illustrates the heart rate measurements at different measurement sites. Explains benchmarking of realtime measured heart rate with other standard heart rate measuring units. Presents the heart rate measurements during different actions of swimming when the prototype is mounted on the forehead of swimmer.



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Explore Earth's neighbours in space - from the rocky inner planets to the distant giants

Atrial fibrillation is emerging as the new epidemic in cardiovascular disease. This book helps patients research their best treatment options, steps through how to find the right doctor for their type of A-Fib and treatment goals, gives patients hope and empowers them

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to develop a plan for finding the A-Fib cure or best outcome.

In the summer of 1773 the 14-year old Horatio Nelson took part in an expedition to the Arctic, which came close to ending his naval career before it had begun. The expedition was to find a navigable northern passage between the Atlantic and Pacific, and was supported by the Royal Society and King George III. Two bomb vessels HMS Racehorse and Carcass were fitted out and strengthened under the command of Captain Hon. Constantine Phipps. It was an extremely cold Arctic summer and the ships became locked in ice far from Spitzbergen and were unable to cut their way out until days later when the wind changed and the ice broke up. The ships were extricated and returned home. On the trip, the young Nelson had command of one of the smaller boats of the

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ships, a four-oared cutter manned by twelve seamen. In this he helped to save the crew of a boat belonging to the Racehorse from an attack by a herd of enraged walruses. He also had a more famous encounter with a polar bear, while attempting to obtain a bearskin as a present for his father, an exploit that later became part of the Nelson legend. Drawing on the ship's journals and expedition commander Phipps' journal from the National Archives, the book creates a picture of the expedition and life on board. Using the ships' muster books it also details the ship's crews giving the different roles and ranks in the ships. The book is illustrated using some of the ship's drawings and charts and pictures of many objects used on the ship, while a navigational chart of the route taken has been created from the logbooks. The book also looks at the overall concept of naval exploration as set in train by Joseph Banks and the

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Royal Society. The fact that the expedition failed as a result of poor planning with potentially tragic results demonstrates the difficulties and uncertainties of such an expedition. It also looks at a great naval commander at the earliest stage of his career and considers how the experience might have shaped his later career and attitudes. Other great captains and voyages are discussed alongside Nelson, including Captain Cook and his exploration of the south seas and the later ill-fated northern journeys of Franklin and Shackleton.

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