



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1 miles 25 minutes slow pace	1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 min fast	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
3	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	4 miles 80 minutes moderate pace
4	1.5 miles 30 minutes moderate pace	3 miles 54 minutes 20 min mod + 34 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	3 miles 60 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	5 miles 100 minutes moderate pace
5	1.5 miles 30 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast					

Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace – 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or split into 2
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout Same Day Delivery

Nina Barough



Walking Workout Same Day Delivery:

Unveiling the Magic of Words: A Report on "**Walking Workout Same Day Delivery**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Walking Workout Same Day Delivery**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

<https://intelliborn.com/book/scholarship/Documents/Box%20Office%20This%20Month%20Download.pdf>

Table of Contents Walking Workout Same Day Delivery

1. Understanding the eBook Walking Workout Same Day Delivery
 - The Rise of Digital Reading Walking Workout Same Day Delivery
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Same Day Delivery
 - 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 Walking Workout Same Day Delivery
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Same Day Delivery
 - Personalized Recommendations
 - Walking Workout Same Day Delivery User Reviews and Ratings
 - Walking Workout Same Day Delivery and Bestseller Lists

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

Walking Workout Same Day Delivery Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Walking Workout Same Day Delivery free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Walking Workout Same Day Delivery free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Walking Workout Same Day Delivery free PDF files is

convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Walking Workout Same Day Delivery. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Walking Workout Same Day Delivery any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Walking Workout Same Day Delivery Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Walking Workout Same Day Delivery is one of the best book in our library for free trial. We provide copy of Walking Workout Same Day Delivery in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Walking Workout Same Day Delivery. Where to download Walking Workout Same Day Delivery online for free? Are you looking for Walking Workout Same Day Delivery PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Walking Workout Same Day Delivery. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Walking Workout Same Day Delivery are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your

computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Walking Workout Same Day Delivery. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Walking Workout Same Day Delivery To get started finding Walking Workout Same Day Delivery, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Walking Workout Same Day Delivery So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Walking Workout Same Day Delivery. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Walking Workout Same Day Delivery, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Walking Workout Same Day Delivery is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Walking Workout Same Day Delivery is universally compatible with any devices to read.

Find Walking Workout Same Day Delivery :

box office this month download

google drive price

concert tickets act practice deal

scholarships this month setup

science experiments update sign in

youtube prices

ipad price returns

black friday this week download

apple watch this month returns

nfl standings stem kits guide

ed rates top returns
[halloween costumes in the us](#)
holiday gift guide this week login
cd rates ideas
holiday gift guide smart home near me

Walking Workout Same Day Delivery :

american lobotomy corporealities discourses of dis pdf sami - Sep 03 2022

web american lobotomy corporealities discourses of dis 5 5 perspectives including critical disability studies queer and critical race theory and cultural studies the book analyzes

[american lobotomy corporealities discourses of disability by](#) - Nov 05 2022

web american lobotomy corporealities discourses of dis downloaded from admision cbp edu pe by guest tessa trevon
american lobotomy university of

american lobotomy corporealities discourses of dis cornelius - Jan 27 2022

web apr 14 2023 american lobotomy corporealities discourses of dis is universally compatible subsequently any devices to read moravagine blaise cendrars 2004 08 31

american lobotomy corporealities discourses of dis pdf - Aug 02 2022

web number public records american lobotomy a rhetorical history corporealities american lobotomy by jenell johnson
overdrive rakuten the staff of oedipus transforming disability

[american lobotomy a rhetorical history corporealities](#) - Aug 14 2023

web apr 19 2016 american lobotomy a rhetorical history corporealities discourses of disability paperback april 19 2016
american lobotomy studies a wide variety of

[american lobotomy corporealities discourses of dis mark](#) - May 11 2023

web american lobotomy corporealities discourses of dis american lobotomy corporealities discourses of dis 2 downloaded from bespoke cityam com on 2023 06

[american lobotomy corporealities discourses of dis pdf](#) - Oct 04 2022

web jun 10 2023 first century us race relations appealing because he is appalling tamari kitossa 2021 07 02 this collection invites us to think about how african descended men

american lobotomy corporealities discourses of disability by - May 31 2022

web 2 american lobotomy corporealities discourses of dis 2022 03 08 remembering rhetorical criticism universitatsverlag

winter in this age of dna computers and

american lobotomy corporealities discourses of disability by - Jul 13 2023

web american lobotomy corporealities discourses of disability by jenell johnson fiction horror film political polemics and conspiracy theory to show how lobotomy s

american lobotomy corporealities discourses of dis pdf - Apr 10 2023

web american lobotomy corporealities discourses of dis war on autism oct 26 2022 war on autism examines autism as a historically specific and powerladen cultural

american lobotomy corporealities discourses of disability by - Jul 01 2022

web jun 27 2023 american lobotomy corporealities discourses of disability by jenell johnson below alternatively than enjoying a great novel with a cup of cha in the

american lobotomy corporealities discourses of dis 2023 - Jun 12 2023

web american lobotomy corporealities discourses of dis frantz fanon postcolonialism and the ethics of difference may 12 2021 this book underscores the ethical dimension

american lobotomy corporealities discourses of dis pdf - Apr 29 2022

web american lobotomy corporealities discourses of dis recognizing the pretentiousness ways to get this books american lobotomy corporealities discourses of dis is

american lobotomy corporealities discourses of dis cornelius - Feb 08 2023

web even fiction guides in some cases want a bit of exploration to be sure they may be factually suitable american lobotomy a rhetorical history corporealities discourses of

pdf free download american lobotomy a rhetorical - Dec 06 2022

web jun 11 2023 american lobotomy corporealities discourses of disability by jenell johnson críticas while johnson s rhetorical analysis focuses on lobotomies she also

american lobotomy corporealities discourses of disability by - Sep 22 2021

american lobotomy a rhetorical history - Mar 09 2023

web any of our books later this one merely said the american lobotomy corporealities discourses of dis is universally compatible like any devices to read academic ableism

american lobotomy corporealities discourses of dis ellen - Mar 29 2022

web may 27 2023 american lobotomy corporealities discourses of dis 1 14 downloaded from uniport edu ng on may 27 2023 by guest american lobotomy corporealities

pdf american lobotomy a rhetorical history corporealities - Jan 07 2023

web jan 11 2021 view flipping ebook version of pdf free download american lobotomy a rhetorical history corporealities discourses of disability full online published by

american lobotomy corporealities discourses of dis copy - Feb 25 2022

web american lobotomy corporealities discourses of dis below forgotten truth huston smith 1992 10 09 this classic companion to the world s religions articulates the

american lobotomy corporealities discourses of disability by - Oct 24 2021

web rhetorical history ebook 2014 american lobotomy a rhetorical history walmart university of michigan press spring 2016 catalog corporealities discourses of disability series by

american lobotomy corporealities discourses of disability by - Nov 24 2021

web ancient american lobotomy by jenell johnson overdrive rakuten american lobotomy a rhetorical history book 2014 getting the most out of clinical training and supervision

american lobotomy corporealities discourses of dis copy - Dec 26 2021

web american lobotomy corporealities discourses of disability by jenell johnson nation s perennially blighted asylums however only twenty years later lobotomists initially

make you feel my love sheet music musicnotes com - Jan 30 2023

web nov 22 2016 song make you feel my love artist adele bob dylan performer rachel berry lea michele ep the quarterback capo 3 verse 1 g d when the rain is blowing

make you feel my love piano version music amazon com - Jan 18 2022

make you feel my love chords ultimate guitar - Sep 25 2022

web enjoy singing along with this piano karaoke version and don t forget to subscribe to the tracks planet karaoke channel here bit ly 2rxxbktmake you f

lea michele glee make you feel my love piano solo version - Aug 05 2023

web stream glee make you feel my love piano cover by andreaspuijanto on desktop and mobile play over 320 million tracks for free on soundcloud

lea michele make you feel my love youtube - Jul 04 2023

web stream make you feel my love glee piano by rené kristián on desktop and mobile play over 320 million tracks for free on soundcloud

make you feel my love glee karaoke version youtube - Aug 25 2022

web aug 22 2021 official score of make you feel my love by official scores arranged for piano solo
[adele make you feel my love piano tutorial easy free pdf](#) - Dec 17 2021

[chords for glee make you feel my love full performance hd](#) - Nov 27 2022

web released october 7 2013 by bob dylan adele version sung by rachel berry place the choir room episode the quarterback
make you feel my love by bob dylan adele

[make you feel my love glee wiki fandom](#) - Jul 24 2022

web sheet music main info scores 43 filters difficulty level available only for piano scores beginner 9 intermediate 3 score
type official scores 9 user scores 34 ensemble solo 16

make you feel my love glee piano soundcloud - Feb 28 2023

web bb f am ab gm chords for glee make you feel my love lyrics with key bpm and easy to follow letter notes in sheet play
with guitar piano ukulele or any instrument

glee make you feel my love lyrics chords chordu - Oct 27 2022

web acordes letra y tablatura de la canción make you feel my love de glee glee make you feel my love cómo tocar make you
feel my love en la guitarra aprende

make you feel my love lea michele glee karaoke - Oct 07 2023

web my arrangement and performance of lea michele s cover of make you feel my love for all you gleeks i hope you enjoy this
finchel forever fa

[make you feel my love piano karaoke adele youtube](#) - May 22 2022

web oct 27 2023 stream music and podcasts free on amazon music no credit card required

[free make you feel my love by adele sheet music](#) - Mar 20 2022

web mar 4 2021 more make you feel my love adele piano tutorial instrumental adele make you feel my love easy piano
tutorial make you feel my love

make you feel my love glee piano sheet music - Jun 03 2023

web browse our 63 arrangements of make you feel my love sheet music is available for piano voice guitar and 34 others with
22 scorings and 7 notations in 24 genres find

[chords for make you feel my love glee cast hd full studio](#) - Dec 29 2022

web jul 8 2021 if you d like to support the channel you can always treat me a coffee ko fi com gleekaraoke thank you glee
karaoke singalong

[adèle make you feel my love piano tutorial advanced](#) - Nov 15 2021

make you feel my love sheet music for piano music notes - Apr 20 2022

web make you feel my love piano tutorial pdf make you feel my love pianolessenassen nl bladmuziek try the interactive tutorial with sheet music

make you feel my love adele sheet music for piano solo - Feb 16 2022

web sep 10 2020 use your computer keyboard to play make you feel my love music sheet on virtual piano this is an easy song and requires practice the song make you feel

make you feel my love glee acordes para guitarra - Jun 22 2022

web feb 28 2021 by adele other versions of this composition make you feel my love adele piano vocal guitar official piano voice vocals piano 38 votes make you feel my

make you feel my love sheet music for piano piano - May 02 2023

web bb bbm am ab eb chords for make you feel my love glee cast hd full studio with key bpm and easy to follow letter notes in sheet play with guitar piano ukulele

play make you feel my love music sheet virtual piano - Oct 15 2021

make you feel my love glee version piano sheet - Sep 06 2023

web specials make you feel my love glee mp3 a glee version of an adele original this song was used in memory of finn hudson corey monteith as sung by rachel berry

glee make you feel my love piano cover soundcloud - Apr 01 2023

web bb ab d g c chords for glee make you feel my love full performance hd with key bpm and easy to follow letter notes in sheet play with guitar piano ukulele or any

oven complete cookbook nuwavenow - Dec 06 2022

web nuwaveoven 5 off 10 15 20 25 30 35 40 45 50 55 60 6 4 2 8 10 p o w e r l e v e l powerheadwith easytousecontrols handles domeis transparent light weight and

infrared oven manual quick start guides nuwavenow - Jul 13 2023

web pro infrared oven owner s manual recipe book spanish download nuwave oven pro recipe conversion guide download nuwave oven pro plus baking book download

hearthware nuwave 20008 owner s manual - Jan 07 2023

web nuwave 20008 oven pdf manual download also for nuwave 20301 nuwave 20201 nuwave 20221 nuwave 20304 nuwave 20204 nuwave 20321 nuwave 20299

nuwave pro plus infrared oven user manual manualzz - Sep 03 2022

web cooking is fast and easy with the nuwave oven pro plus from nuwave llc this versatile countertop appliance combines infrared conduction and convection heat to save time

nuwave precision owner s manual pdf download - Oct 04 2022

web view and download nuwave precision owner s manual online induction cooktop precision cooktop pdf manual download
nuwave bravo xl owner s manual pdf - Feb 08 2023

web view and download nuwave bravo xl owner s manual online smart oven bravo xl oven pdf manual download

nuwave pro plus manual complete - Mar 09 2023

web view and download nuwave pro plus manual complete cookbook owner s manual recipes tips online pro plus convection oven pdf manual download also for 20541

nuwave user manuals download manualslib - May 11 2023

web view download of more than 190 nuwave pdf user manuals service manuals operating guides air cleaner fryer user manuals operating guides specifications

brio air fryer manual quick start guides nuwavenow - Aug 02 2022

web todd english pro smart oven pro smart oven infrared oven bravo oven brio air fryer primo oven olio rice multi cooker precision pressure cooker brio owner s

nuwave pro plus manuals manualslib - Sep 22 2021

web manuals and user guides for nuwave pro plus we have 5 nuwave pro plus manuals available for free pdf download manual manual manual and cookbok owner s

nuwave 20203 download instruction manual pdf mansio - Feb 25 2022

web nuwave 20203 download instruction manual pdf home nuwave countertop ovens 20203 nuwave 20203 download instruction manual pdf infrared countertop oven

nuwave oven pro plus assembly guide - Mar 29 2022

web assembling the full nuwave oven nuwave oven pro plus assembly guide lock 1 place power head on rim of the dome 2 lock it into place by rotating the power head

nuwave pro plus infrared oven qvc - Nov 05 2022

web keep this manual handy for easy future reference warning save these instructions electrical information the cord length of this appliance was selected to

nuwave oven manual pdf document - Dec 26 2021

web jul 25 2015 nuwave bravo xl smart oven manual nuwave bravo xl the nuwave bravo xl smart oven is an air fryer toaster and convection oven all in one

user manuals nuwave shop - Aug 14 2023

web pro smart oven manuals download user manual download user manual spanish nuwave bravo xl smart oven manuals download user manual download quick

manual quick start guides nuwavenow - May 31 2022

web todd english pro smart grill manual recipe book faq todd english pro smart oven

hearthware nuwave 20301 manuals and user guides oven - Jan 27 2022

web hearthware nuwave 20301 oven frequently viewed manuals miele h 6700 bm operating and installation instructions operating and installation instructions 136 pages atag

nuwave oven instruction manual by o6086 issuu - Oct 24 2021

web feb 2 2018 nuwave oven instruction manual ppt get instant access for nuwave oven instruction manual ppt simply follow the link provided above and you can directly

nuwave pro plus manual manual pdf download - Apr 10 2023

web view and download nuwave pro plus manual manual online pro plus convection oven pdf manual download

nuwave 20326 download instruction manual pdf mansio - Apr 29 2022

web nuwave 20326 download instruction manual pdf pro infrared countertop oven reconditioned 20326100674295 category appliances group countertop ovens

nuwave oven pro plus owner s manual pdf - Jun 12 2023

web view and download nuwave oven pro plus owner s manual online oven pro plus oven pdf manual download

instructions for cooking with the nuwave oven pro - Nov 24 2021

web dec 14 2019 more possibility can the countertop nuwave oven which outstanding at exactly the things roasting and searing primarily is microbial and pressure cookers

nu wave oven pro online owner s manual franklin - Jul 01 2022

web 1 locate the base unit and place it on a flat hard surface such as the countertop 2 set the black liner pan directly inside the base unit making sure the wire handles are