

# 1996 Mazda Protegé Workshop Manual

## FOREWORD

A thorough familiarization with this manual is important for proper repair and maintenance. It should always be kept in a handy place for quick and easy reference.

The contents of this manual, including drawings and specifications, are the latest available at the time of printing. As modifications affecting repair or maintenance occur, relevant information supplementary to this volume will be made available at Mazda dealers. This manual should be kept up-to-date.

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**Mazda Motor Corporation  
HIROSHIMA, JAPAN**

## APPLICATION:

This manual is applicable to vehicles beginning with the Vehicle Identification Numbers (VIN), and related materials shown on the following page.

## CONTENTS

Title		
General Information		GI
Engine	Z5	B1
	BP	B2
Lubrication System		D
Cooling System		E
Fuel and Emission Control Systems	Z5	F1
	BP	F2
Engine Electrical System		G
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PRINTED IN U.S.A., JULY '95  
Form No. 1495-10-95G  
Part No. 9999-95-017B-96



# 1996 Mazda Protege Workshop Manual

**JR Anderson**



### **1996 Mazda Protege Workshop Manual:**

*Mazda Protégé 1996 Workshop Manual* Mazda Motor Corporation,1995      **Chilton's Import Auto Service Manual**,2000 Contains general information for technicians on the specifications MIL resetting and DTC retrieval accessory drive belts timing belts brakes oxygen sensors electric cooling fans and heater cores of twenty one types of import cars  
*American Book Publishing Record* ,1998      **Mazda Protégé 1997 Workshop Manual** Mazda Motor Corporation,1996  
**Subject Guide to Books in Print** ,1971      **Kiplinger's Personal Finance** ,2001-12 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics      **Seloc Mercury/Mariner Outboards, 1990-00 Repair Manual** Scott A. Freeman,1900      *Chilton's Import Car Manual, 1992-1996* ,1995 Automoblies Foreign Maintenance and repair      **Mazda 1998 Protégé Workshop Manual** Mazda Motor Corporation,1997      *The Complete Car Cost Guide* Peter Levy,1993-02      *Mazda 323 & Protégé Automotive Repair Manual* Louis LeDoux,John Harold Haynes,1997 Mazda 323 ProtegT 1990 97 Shop ManualHaynes34 pgs 729 b w ill      **Popular Science** ,1995-04 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better      *Gale's Auto Sourcebook* ,1992 Guide to information on cars and light trucks      **The Complete Car Cost Guide, 1992** Peter Levy,1992-03      *Moody's International Manual* ,1996      *The Complete Car Cost Guide* IntelliChoice, Inc,1994      **Technical Support to the National Highway Traffic Safety Administration (NHTSA) on the Reported Toyota Motor Corporation (TMC) Unintended Acceleration (UA) Investigation** ,      **Gale's Auto Sourcebook 2** Karen Hill,1992-05 This book is designed to present in one convenient source comments published in periodicals about 325 automobile models manufactured since 1987 on a model by model basis These periodicals range from general interest to specialized sources as well as repair manuals and other publications related to the individual models      **Lemon-Aid Car Guide 2000** Phil Edmonston,2000-02 Everything consumers need to know about cars      **Mazda 323 Protégé 1995 Workshop Manual** Mazda Motor Corporation,1994

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owen first gained attention through her twitter feed as the yorkshire shepherdess and has subsequently written five books the yorkshire shepherdess a year in the life of the yorkshire shepherdess adventures of the yorkshire shepherdess tales from the farm celebrating the seasons 28 october 2021 isbn 978 1529056853

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largely determined by how fast we run having said that most of us naturally select a cadence lower than the optimum and would benefit from retraining to a higher step rate

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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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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as 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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