

$$W = (.60 \text{ J/kg/step}) \cdot (60 \text{ kg})$$
$$= 36 \text{ J/step}$$

$$d = 1.5 \text{ m}$$
$$P = 70 \text{ W}$$

$$W = F \cdot d$$
$$36 \text{ J} = F \cdot (1.5 \text{ m})$$

$$F = 24 \text{ N}$$

$$P = F \cdot v$$
$$70 \text{ W} = (24 \text{ N}) \cdot v$$

$$v = 2.9 \text{ m/s}$$