Step 1

Wire up this schematic on the bread board:
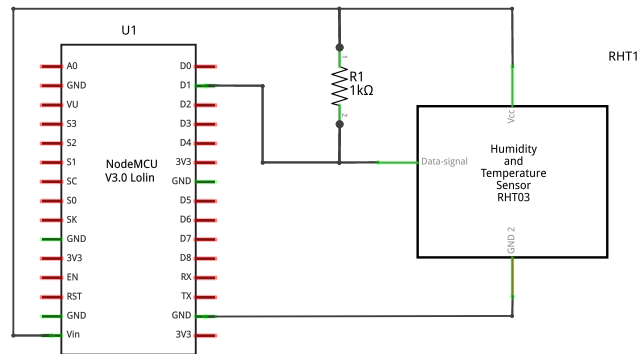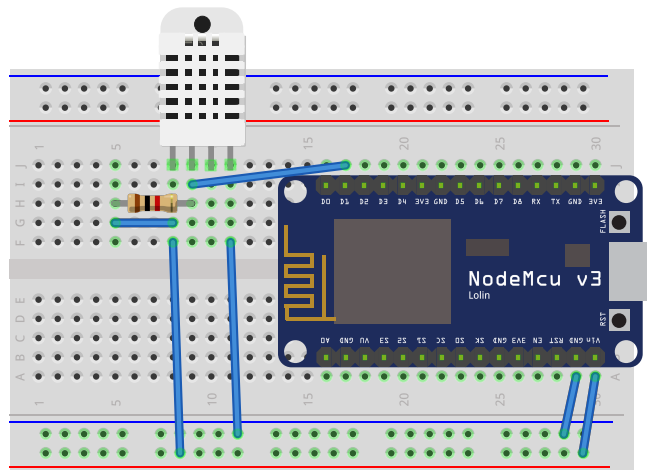
Step 2

- Change sampling frequency