



Both R1 and R2 must be variable resistors. Typical values of R1 and R2 for a frequency of about 10Hz are mentioned.  
Increasing R1 or R2 will reduce the output oscillation frequency.  
To adjust the frequency first increase R1 to get closer to the desired frequency then increase R2 for a more precise result.

Simple Schmitt Trigger with equal UTP and LTP

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