

[illegible][illegible]



VIRAL B. PATEL
 ARCH. : INDIA/ARCH/0003470
 C.O.N. : AINDA/COW/100836
 ENGINEER : C.O.W.
 DEVELOPER
 03.08.2024
 970012100836
 K.A.H.

1. OWNER
 2. DESIGNER
 3. ENGINEER
 4. CONTRACTOR
 5. INSURER
 6. FINANCER
 7. REGULATOR
 8. OPERATOR
 9. MAINTENANCE
 10. REPAIR
 11. REPLACE
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Final Plan boundary and Adjacent Final plot is Subject to Variation by Town Planning Officer

Owner is fully responsible for obtaining Space and Road front Location.

The permission is valid only in the 100% residents unincorporated area. The permission shall not be used for any other purpose. There is a charge in \$1750 with reference to the land under reference.

[illegible]

DISPATCH BY

[Signature]

Assistant Town Planner

Ahemmedabad Urban Development Authority

Amnedsabad,

Senior Town Planner

[Signature]

Ahemmedabad Urban Development Authority

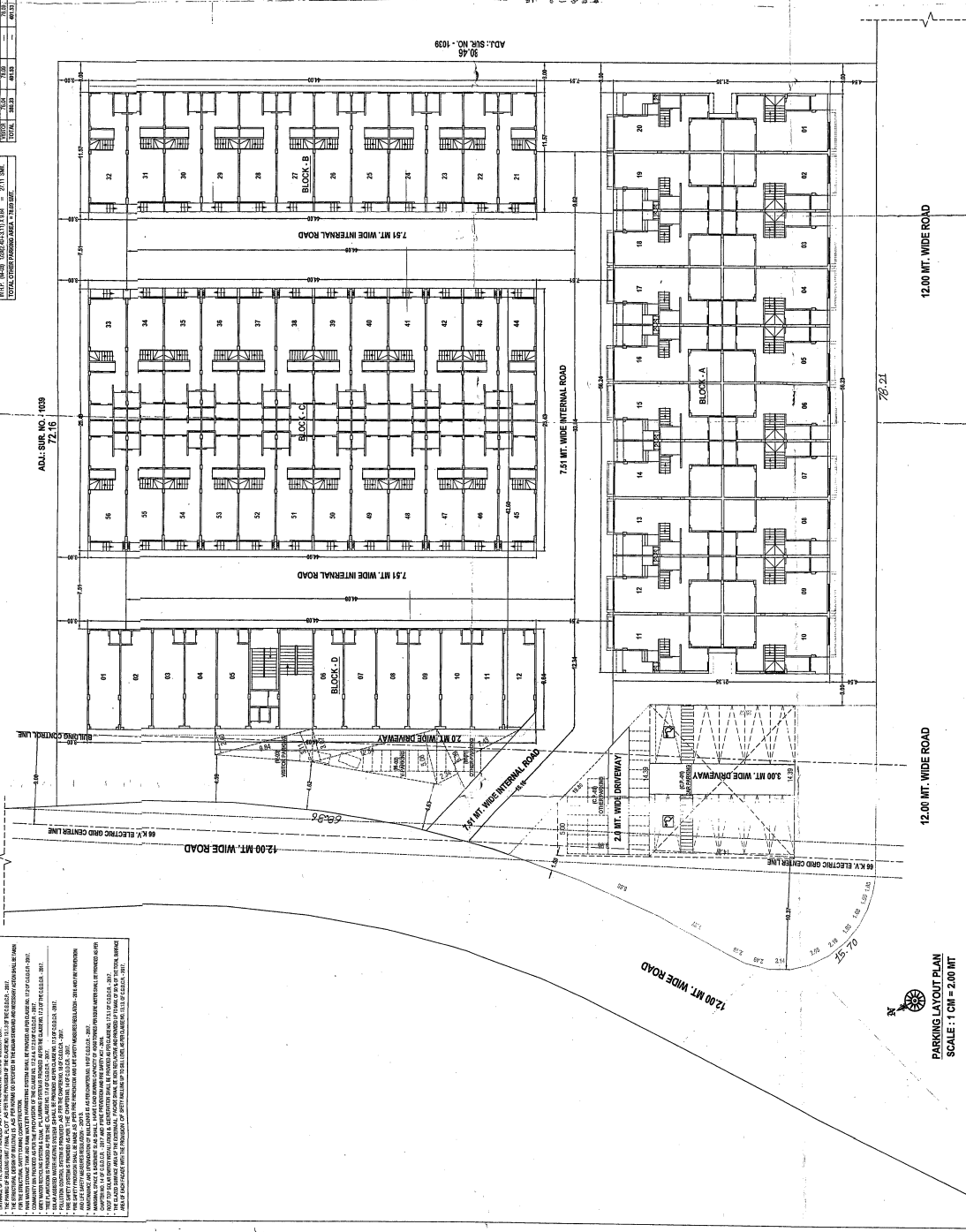
Amnedsabad,

ATTORNEY

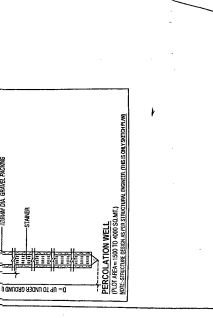
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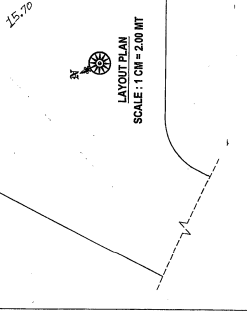
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Abstract The effect of a 12-week resistance training program on the development of the muscular system in adolescent girls was evaluated by means of a 10-week follow-up study. The subjects were 16 girls, 15.1 ± 0.2 years old, who were randomly assigned to a 12-week resistance training program or a control group. The training program consisted of three sessions per week, with exercises for the upper and lower extremities and the trunk. The control group performed no specific training. The results showed that the training program had a significant effect on the development of the muscular system in the girls. The girls in the training group showed a significant increase in muscle strength and endurance, as well as in the number of muscle fibers and the cross-sectional area of the muscle fibers. The girls in the control group showed no significant changes in these variables. The results of this study suggest that a 12-week resistance training program can be an effective way to improve the muscular system in adolescent girls.

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12.00 MT. WOODS



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