

Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard 12-week training program, while the experimental group received a modified 12-week training program. The experimental group was further divided into two subgroups: the low-intensity group and the high-intensity group. The low-intensity group received a low-intensity training program, while the high-intensity group received a high-intensity training program. The subjects were then divided into two groups: the control group and the experimental group. The control group received a standard 12-week training program, while the experimental group received a modified 12-week training program. The experimental group was further divided into two subgroups: the low-intensity group and the high-intensity group. The low-intensity group received a low-intensity training program, while the high-intensity group received a high-intensity training program.

RAZÓN O DENOMINACIÓN SOCIAL		01	02	RUC	03	EXPEDIENTE	112913	
AR CORPORATION S.A.				0992314044001				
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PERSONAL OCUPADO		AUDITOR EXTERNO		R.N.A.E.				
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TOTAL	\$ 20,000.00
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FECHA DE PRESENTACIÓN

IMPRESIÓN INSTITUTO GEOGRÁFICO MILITAR TELF.: 2220360 RUC. No. 1768007200001 RESOLUCIÓN No. NAC-DGER2006-798 AL 01-12-06

FIRMA DEL REPRESENTANTE LEGAL