

Tienda
Virtual de
Estado
Colombiano

Número de modificación de la Orden de Compra

NET

Telefons de contact:

Union Transported Eastern - Subground

Modification de la Ordonnance Comptable

Tipe

Justificación de la modificación o de las acciones a realizar

[illegible]

Discussion

Require modification

Letter activities

Permitted and approved without

Finala week-endissimo actual

Community laboratory animal

Sommaire des articles

Abstract The purpose of this study was to determine the effect of a 12-week resistance training program on the muscle strength and endurance of the lower extremities in healthy young adults. The subjects were 15 male and 15 female college students, aged 18 to 25 years, who had no previous experience with resistance training. They were randomly assigned to either a training group or a control group. The training group performed a 12-week resistance training program consisting of three sessions per week, each lasting 45 minutes. The control group did not participate in any resistance training program. The muscle strength and endurance of the lower extremities were measured at the beginning and end of the 12-week period. The results showed that the training group had significantly greater muscle strength and endurance than the control group at the end of the 12-week period. The findings suggest that a 12-week resistance training program can effectively improve the muscle strength and endurance of the lower extremities in healthy young adults.

Measures for the six dimensions

FARMER, JENNIFER / 160

References

1000

[illegible]

[Handwritten signature]

TOTAL \$ 0.00

[Signature]

Forma de pagamento

Cartão Transmissão Semelhante

1607/7/2014

Valor total del IVA en la Orden de Compra.	\$ 1.615.120,89
Valor total del IUT en la Orden de Compra:	\$ 1.110.395,61
Valor total gravámenes adicionales en la Orden de Compra.	\$ 444.150,20
Valor total de la Orden de Compra.	\$ 1.04.114.730,47

INSTITUTO DE CULTURA Y PATRIMONIO DE ANTIOQUIA
SUBDIRECCION ADMINISTRATIVA Y FINANCIERA
REGISTRO PRESUPUESTAL DE COMPROMISO

Vigencia 2015

Compromiso presupuestal No. 1353

Fecha de expedición 25/11/2015

Fecha de aprobación 25/11/2015

Beneficiario 900,787,759.3 UNIÓN TEMPORAL SEISO-SERCONAL

No. contrato

Fecha Contrato

Descripción

Adición contrato No 2493-3 cuyo objeto es Servicio integral de aseo y cafetería.

Certifico que a la fecha de aprobación de este documento se han comprometido \$29,903,485 discriminados en los siguientes rubros:

Rubro 20101010103060009

Disponibilidad Nro. 827

C.Costos: 1255100

9 Otros servicios personales indirectos

101

ARTICULO GENERICO

\$ 29,903,485

\$ 29,903,485

Valor(\$)

29,903,485.00

Total compromiso \$

29,903,485

Total cancelaciones\$

0

Total definitivo\$

29,903,485

Elaboró

YANETH ISLENY BELDOYA SIERRA

Aprobó

JAIRO ALONSO ESCOBAR VELASQUEZ