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EL AJUSTAMIENTO CONSTITUCIONAL DE ATOYAC
INGRESOS ORDINARIOS, INGRESOS EXTRAORDINARIOS Y APORTACIONES FEDERALES
CIERRE DE EJERCICIO 2017

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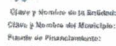
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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The children were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic, strength, and flexibility exercises. The physical fitness of the children was measured at the beginning and end of the training program using a series of tests. The results of the study showed that the experimental group had significantly higher levels of physical fitness than the control group at the end of the training program. The study suggests that a 12-week training program can improve the physical fitness of 10-year-old children.



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Hoja: 8 de 8 2 de 2

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