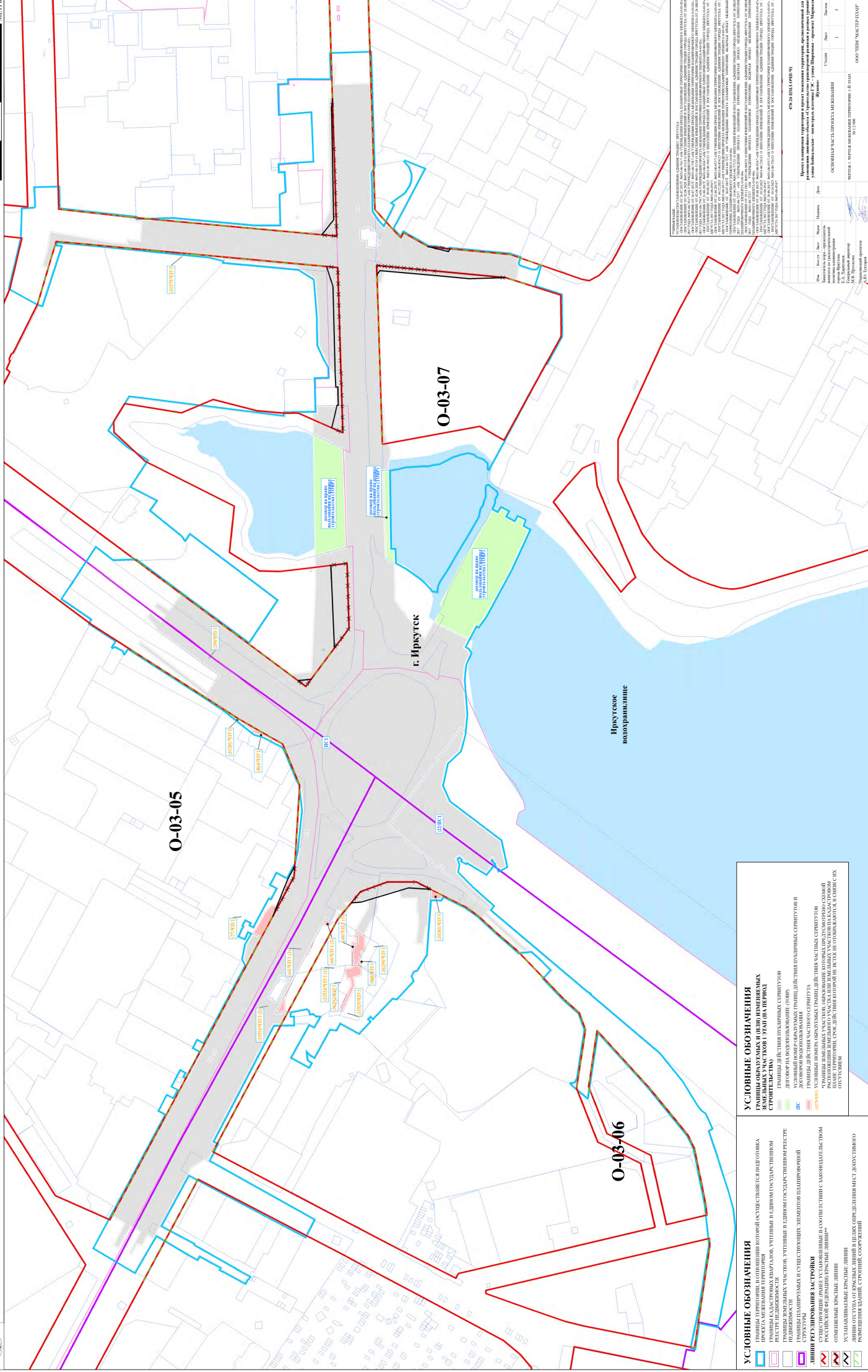




ПРОЕКТ ПЛАНИРОВКИ ТЕРРИТОРИИ И ПРОЕКТ МЕЖЕВАНИЯ ТЕРРИТОРИИ, ПРЕДНАЗНАЧЕННОЙ ДЛЯ РАЗМЕЩЕНИЯ ЛИНЕЙНОГО ОБЪЕКТА «СТРОИТЕЛЬСТВО ТРАНСПОРТНОЙ РАЗВЯЗКИ В РАЗНЫХ УРОВНЯХ: УЛИЦА БАЙКАЛЬСКАЯ – МАГИСТРАЛЬ ПЛОТИНЫ ГЭС – УЛИЦА ШИРЯМОВА – ПРОСПЕКТ МАРШАЛА ЖУКОВА»

ЧЕРТЕЖ 1. ЧЕРТЕЖ МЕЖЕВАНИЯ ТЕРРИТОРИИ. 1-Й ЭТАП. М 1:2 000



Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-velocity resistance training program on the strength and endurance of the lower extremities of sedentary, middle-aged women. The subjects were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week, low-intensity, low-impact, and low-velocity resistance training program. The control group performed no exercise. The exercise group showed significant improvements in strength and endurance of the lower extremities compared to the control group. The exercise group also showed significant improvements in body composition, including a decrease in body fat percentage and an increase in lean body mass. The exercise group also showed significant improvements in cardiovascular fitness, including a decrease in resting heart rate and an increase in maximal heart rate. The exercise group also showed significant improvements in bone density, including an increase in bone mineral density. The exercise group also showed significant improvements in mood, including a decrease in depression and an increase in happiness. The exercise group also showed significant improvements in quality of life, including an increase in physical function and a decrease in pain. The exercise group also showed significant improvements in health-related quality of life, including an increase in physical function and a decrease in pain. The exercise group also showed significant improvements in health-related quality of life, including an increase in physical function and a decrease in pain. The exercise group also showed significant improvements in health-related quality of life, including an increase in physical function and a decrease in pain.

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