

30-015-28914

Ogaid - 14049
Property - 6497
Pool - 28509

11-5-96

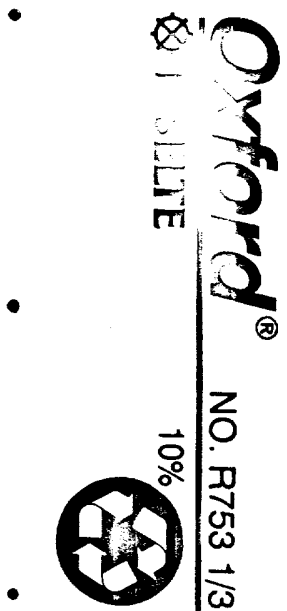
Dunk Lot.

200 - 4563

Neutron

1500 - 4561

NSB-Dist
9-5-96



Geol. Tops per /BGA

Queen	1864
Grayburg	2342
San Andres	2690
Glorieta	4015

MARBOB ENERGY CORP. 23-17S-29E
Burch Keely Unit #258 Ut. B NW NE

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 10-week training program consisting of 3 sessions per week. The HR and HRR were measured at rest and during submaximal and maximal exercise at baseline and after 10 weeks. The results showed that the EG had a significant decrease in HR at rest and during submaximal and maximal exercise compared to the CG. The HRR also showed a significant increase in the EG compared to the CG. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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Figure 1. The effect of the initial concentration of the monomer on the polymerization of α -methylstyrene initiated by SnCl_4 in CH_2Cl_2 at -78°C . The polymerization was carried out in the presence of 0.01 mole-% of SnCl_4 and 0.01 mole-% of $\text{SnCl}_4 \cdot 2\text{H}_2\text{O}$ in the case of CH_2Cl_2 and CH_2Br_2 , respectively. The polymerization was carried out in the presence of 0.01 mole-% of SnCl_4 and 0.01 mole-% of $\text{SnCl}_4 \cdot 2\text{H}_2\text{O}$ in the case of CH_2Cl_2 and CH_2Br_2 , respectively. The polymerization was carried out in the presence of 0.01 mole-% of SnCl_4 and 0.01 mole-% of $\text{SnCl}_4 \cdot 2\text{H}_2\text{O}$ in the case of CH_2Cl_2 and CH_2Br_2 , respectively.

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