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MAY 06 2010
NMOCD ARTESIA

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Abstract: The purpose of this study was to determine the effect of a 12-week resistance training program on the strength and endurance of the lower extremities in healthy young adults. The subjects were 15 male and 15 female college students, aged 18-25, who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group performed no exercise. The subjects were tested at baseline and at 12 weeks for strength and endurance. The results showed that the resistance training group had significantly greater strength and endurance than the control group at 12 weeks. The findings suggest that a 12-week resistance training program can improve the strength and endurance of the lower extremities in healthy young adults.

Andreas, 1989; 1990; 1991; 1992; 1993; 1994; 1995; 1996; 1997; 1998; 1999; 2000; 2001; 2002; 2003; 2004; 2005; 2006; 2007; 2008; 2009; 2010; 2011; 2012; 2013; 2014; 2015; 2016; 2017; 2018; 2019; 2020; 2021; 2022; 2023; 2024; 2025; 2026; 2027; 2028; 2029; 2030; 2031; 2032; 2033; 2034; 2035; 2036; 2037; 2038; 2039; 2040; 2041; 2042; 2043; 2044; 2045; 2046; 2047; 2048; 2049; 2050; 2051; 2052; 2053; 2054; 2055; 2056; 2057; 2058; 2059; 2060; 2061; 2062; 2063; 2064; 2065; 2066; 2067; 2068; 2069; 2070; 2071; 2072; 2073; 2074; 2075; 2076; 2077; 2078; 2079; 2080; 2081; 2082; 2083; 2084; 2085; 2086; 2087; 2088; 2089; 2090; 2091; 2092; 2093; 2094; 2095; 2096; 2097; 2098; 2099; 2100; 2101; 2102; 2103; 2104; 2105; 2106; 2107; 2108; 2109; 2110; 2111; 2112; 2113; 2114; 2115; 2116; 2117; 2118; 2119; 2120; 2121; 2122; 2123; 2124; 2125; 2126; 2127; 2128; 2129; 2130; 2131; 2132; 2133; 2134; 2135; 2136; 2137; 2138; 2139; 2140; 2141; 2142; 2143; 2144; 2145; 2146; 2147; 2148; 2149; 2150; 2151; 2152; 2153; 2154; 2155; 2156; 2157; 2158; 2159; 2160; 2161; 2162; 2163; 2164; 2165; 2166; 2167; 2168; 2169; 2170; 2171; 2172; 2173; 2174; 2175; 2176; 2177; 2178; 2179; 2180; 2181; 2182; 2183; 2184; 2185; 2186; 2187; 2188; 2189; 2190; 2191; 2192; 2193; 2194; 2195; 2196; 2197; 2198; 2199; 2200; 2201; 2202; 2203; 2204; 2205; 2206; 2207; 2208; 2209; 2210; 2211; 2212; 2213; 2214; 2215; 2216; 2217; 2218; 2219; 2220; 2221; 2222; 2223; 2224; 2225; 2226; 2227; 2228; 2229; 2230; 2231; 2232; 2233; 2234; 2235; 2236; 2237; 2238; 2239; 2240; 2241; 2242; 2243; 2244; 2245; 2246; 2247; 2248; 2249; 2250; 2251; 2252; 2253; 2254; 2255; 2256; 2257; 2258; 2259; 2260; 2261; 2262; 2263; 2264; 2265; 2266; 2267; 2268; 2269; 2270; 2271; 2272; 2273; 2274; 2275; 2276; 2277; 2278; 2279; 2280; 2281; 2282; 2283; 2284; 2285; 2286; 2287; 2288; 2289; 2290; 2291; 2292; 2293; 2294; 2295; 2296; 2297; 2298; 2299; 2300; 2301; 2302; 2303; 2304; 2305; 2306; 2307; 2308; 2309; 2310; 2311; 2312; 2313; 2314; 2315; 2316; 2317; 2318; 2319; 2320; 2321; 2322; 2323; 2324; 2325; 2326; 2327; 2328; 2329; 2330; 2331; 2332; 2333; 2334; 2335; 2336; 2337; 2338; 2339; 2340; 2341; 2342; 2343; 2344; 2345; 2346; 2347; 2348; 2349; 2350; 2351; 2352; 2353; 2354; 2355; 2356; 2357; 2358; 2359; 2360; 2361; 2362; 2363; 2364; 2365; 2366; 2367; 2368; 2369; 2370; 2371; 2372; 2373; 2374; 2375; 2376; 2377; 2378; 2379; 2380; 2381; 2382; 2383; 2384; 2385; 2386; 2387; 2388; 2389; 2390; 2391; 2392; 2393; 2394; 2395; 2396; 2397; 2398; 2399; 2400; 2401; 2402; 2403; 2404; 2405; 2406; 2407; 2408; 2409; 2410; 2411; 2412; 2413; 2414; 2415; 2416; 2417; 2418; 2419; 2420; 2421; 2422; 2423; 2424; 2425; 2426; 2427; 2428; 2429; 2430; 2431; 2432; 2433; 2434; 2435; 2436; 2437; 2438; 2439; 2440; 2441; 2442; 2443; 2444; 2445; 2446; 2447; 2448; 2449; 2450; 2451; 2452; 2453; 2454; 2455; 2456; 2457; 2458; 2459; 2460; 2461; 2462; 2463; 2464; 2465; 2466; 2467; 2468; 2469; 2470; 2471; 2472; 2473; 2474; 2475; 2476; 2477; 2478; 2479; 2480; 2481; 2482; 2483; 2484; 2485; 2486; 2487; 2488; 2489; 2490; 2491; 2492; 2493; 2494; 2495; 2496; 2497; 2498; 2499; 2500; 2501; 2502; 2503; 2504; 2505; 2506; 2507; 2508; 2509; 2510; 2511; 2512; 2513; 2514; 2515; 2516; 2517; 2518; 2519; 2520; 2521; 2522; 2523; 2524; 2525; 2526; 2527; 2528; 2529; 2530; 2531; 2532; 2533; 2534; 2535; 2536; 2537; 2538; 2539; 2540; 2541; 2542; 2543; 2544; 2545; 2546; 2547; 2548; 2549; 2550; 2551; 2552; 2553; 2554; 2555; 2556; 2557; 2558; 2559; 2560; 2561; 2562; 2563; 2564; 2565; 2566; 2567; 2568; 2569; 2570; 2571; 2572; 2573; 2574; 2575; 2576; 2577; 2578; 2579; 2580; 2581; 2582; 2583; 2584; 2585; 2586; 2587; 2588; 2589; 2590; 2591; 2592; 2593; 2594; 2595; 2596; 2597; 2598; 2599; 2600; 2601; 2602; 2603; 2604; 2605; 2606; 2607; 2608; 2609; 2610; 2611; 2612; 2613; 2614; 2615; 2616; 2617; 2618; 2619; 2620; 2621; 2622; 2623; 2624; 2625; 2626; 2627; 2628; 2629; 2630; 2631; 2632; 2633; 2634; 2635; 2636; 2637; 2638; 2639; 2640; 2641; 2642; 2643; 2644; 2645; 2646; 2647; 2648; 2649; 2650; 2651; 2652; 2653; 2654; 2655; 2656; 2657; 2658; 2659; 2660; 2661; 2662; 2663; 2664; 2665; 2666; 2667; 2668; 2669; 2670

[illegible]

AMENDED X

AMENDED X

APR Number 30-015-372/3	Post Code 50470 50443	Post Name Quabada Ridge, SE (Delaware)
Property Code 306407	Property Name JAMES E. PANCH UNIT	Well Name 10811
Owner No 260737	Operator Name BOHANNON	Division 5289

AMENDED X

Dist. from the	Section	Location	Height	Foot top	Feet from the	South/South side	Feet from the	East/West side	County
C	1	23.5	50.1		940	NORTH	2000	WEST	FLOR

AMENDED X

Permit No.	Section	Traverse	Elevation	Latitude	Longitude	North/South line	East/West line	Area (sq. ft.)	Remarks
0	2	1-3	30.7		632	NORTH	330	44.57	10/10

[illegible]

NO ALLOWANCE BE BE ASKED TO THIS COMMISSION UNTIL ALL REPORTS HAVE BEEN CONSOLIDATED ON A COMMON STANDARD UNIT HAS BEEN APPROVED BY THE COMMISSION.

632	OF PAID CERTIFICATION I hereby certify that the information furnished by me is true and correct and that the same is true and correct as far as the same is known by me. Signature: <i>Gay L. Corbett</i> Printed Name: <u>Gay L. Corbett</u>
2022	SUBVYOR CERTIFICATION I hereby certify that the information furnished by me is true and correct and that the same is true and correct as far as the same is known by me. Signature: <i>Gay L. Jones</i> Printed Name: <u>Gay L. Jones</u>
2022	OF PAID CERTIFICATION I hereby certify that the information furnished by me is true and correct and that the same is true and correct as far as the same is known by me. Signature: <i>Gay L. Jones</i> Printed Name: <u>Gay L. Jones</u>

101 - N 32°25'22" E
 102 - W 03°51'25" E
 103 - N 48°21'09" E
 104 - E 68°41'50" E
 105 - S 11°

[illegible]

DECEMBER 7, 1977
 Vol. 8 No. 32
 1977 - 803567-1037
 ISSN 0014-1801
 (ISSN 833)

SURFACE LOCATIONS
01 N 32°20'15 46'
02 W 103°50'10 37
03 N 1273210
04 E 694862 6
(140 83)



Survey Certification for surface location only

DAVID C. PERRY

REFERENCE SHEET FOR
UNDESIGNATED WELLS

	Fm	Pm	N	Pc

paragraph

	1. Date <u>8/13/10</u>
2. Type of Well: 	
Oil.	☒ Gas
3. County: 	

4.	Operator <u>>> BOPCO LP</u>	API NUMBER <u>30 - 015 - 37273</u>
5	Address of Operator <u>>> PO BOX 2760</u> <u>>> MIDLAND TX 79702</u>	
6	Lease name or Unit Agreement Name <u>>> JAMES RAUCH UNIT</u>	7 Well Number <u># - 108H</u>
8	Well Location	
Unit Letter <u>C/D</u>	feet from the <u>940/632</u> line and <u>N</u> feet from the <u>2080/330</u> line <u>W</u>	
Section <u>1/2</u>	Township <u>23S</u>	Range <u>30E</u>

9 Completion Date <u>3/24/10</u>	11. Perfs <u>7747</u>	Top <u>14033</u>	Bottom <u>14087</u>	TD <u>14087</u>
10 Name of Producing Formation(s) <u>DECAWALE</u>	12 Open Hole Casing shoe	Bottom	PBD	

13. C-123 Filed	Date	15	Name of Pool Requested or temporary Wildcat designation. <u>QUAHADA RIDGE; NE; SOUTHEAST</u>	Pool ID num <u>50443</u>
Y ☐ N ☒ XX				
16 Remarks. <u>EXTEND</u>				

TO BE COMPLETED BY DISTRICT GEOLOGIST		
17 Action taken <u>EXTEND</u>	18. Pool Name <u>QUAHADA RIDGE; NE; SOUTHEAST</u>	Pool ID num <u>50443</u>
T 23 S, R 30 E SEC 2 N/2		

19 Advertised for HEARING	20 Case Number
21. Name of pool for which was advertised	
22 Placed in Pool	
23 By order number <u>R-</u>	