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**FLORIDA LIMITED LIABILITY CO.
MA8COLLINS LLC**

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ARTICLES OF ORGANIZATION
OF
MA8COLLINS LLC

FIRST: The name of the Limited Liability Company is MA8COLLINS LLC.

SECOND: The mailing address and street address of the principal office of the Limited Liability Company is 245 Spoonbill Ln. S., Jupiter, FL 33458.

THIRD: The name and street address of the Registered Agent are as follows:

Matthew A. Collins
245 Spoonbill Ln. S.
Jupiter, FL 33458

Having been named as registered agent and to accept service of process for this Limited Liability Company at the place designated in this certificate, I hereby accept the appointment as registered agent and agree to act in this capacity. I further agree to comply with the provisions of all statutes relating to the proper and complete performance of my duties, and I am familiar with and accept the obligations of my position as registered agent as provided for in Chapter 605, F.S.

Matthew A. Collins
MATTHEW A. COLLINS

FOURTH: The Limited Liability Company is to be managed by a Manager and the name and address of the Manager are as follows:

Matthew A. Collins
245 Spoonbill Ln. S.
Jupiter, FL 33458

In accordance with §605.0203(1)(b), F.S., the execution of this document constitutes an affirmation under penalties of perjury that the facts stated herein are true. I am aware that any false information submitted in a document to the Department of State constitutes a third degree felony as provided for in §817.155, F.S.

Matthew A. Collins
MATTHEW A. COLLINS, as Member

Date: January 14, 2022

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 12-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 12-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 12-week period compared to the control group. There was no significant difference in body mass index between the two groups. The study suggests that a 12-week training program can improve the physical fitness of 12-year-old children.

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