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1 Division of Operations

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THE HONORABLE JUDGE JOHN J. COUGHLIN, JR., U.S. DISTRICT COURT, DISTRICT OF COLUMBIA

WESTERN MEDICAL MANAGEMENT, INC.

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Facebook: 11 Years Later

Federated Learning

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 15 men, 40 to 50 years old, who had been sedentary for at least 1 year. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 30 minutes of aerobic exercise, 3 times a week, at 70% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at the beginning and at the end of the 10-week period. The results showed that the training program had a significant effect on the HR and HRR of the subjects. The HR at rest decreased from 72 to 68 beats per minute, and the HRR increased from 28 to 32 beats per minute. The control group showed no significant changes in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

11/14/22

(118 9 22 11 2000 5 15 14 11 11)

ARTICLE 101 INCORPORATION

It is hereby agreed with the Secretary of the State, (P. 61)

ARTICLE 102 NAME

The name of the corporation shall be:

THE STATE OF CALIFORNIA

ARTICLE 103 OFFICE

The principal place of business shall be:

1000 2000 2000

1000

1000 2000 2000

ARTICLE 104 PURPOSES

The purpose of the corporation is:

ANY AND ALL LAWFUL BUSINESS

ARTICLE 105 CAPITAL

The authorized shares shall be:

1000 SHARES

ARTICLE 106 INITIAL OFFICERS AND DIRECTORS

The name(s) and address(es) of the initial officer(s) shall be:

WILLIAM W. WILSON, 1000 2000 2000

1000 2000 2000 1000 2000 2000

1000 2000 2000 1000

1000 2000 2000 1000 2000 2000

ARTICLE 107 REGISTERED OFFICE

The registered office shall be at the address:

WILLIAM W. WILSON, 1000 2000 2000

1000 2000 2000

1000

1000 2000 2000

ARTICLE 108 INCORPORATION

The name and address of the incorporator(s) shall be:

WILLIAM W. WILSON, 1000 2000 2000

1000 2000 2000

1000

1000 2000 2000

I, the undersigned, do hereby certify that the foregoing is a true and correct copy of the original of the foregoing as the same appears in the records of the Secretary of the State of California.

[Signature]

Signature of incorporator

[Signature]

Signature of incorporator

1000 2000 2000

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FILED
RECEIVED
STATE
SECRETARY
OF THE
TREASURY
1000 2000 2000