

[illegible][illegible][illegible]

Average table for males A (B.D.C.C.A.)						
TYPE OF FLOOR PLAN	Room	Area (m ²)	Surface Area (m ²)	Volume (m ³)	Ratio of Volume to Surface Area	Ratio of Volume to Area
1ST FLOOR PLAN	Room 1	10.0	10.0	10.0	1.0	1.0
	Room 2	10.0	10.0	10.0	1.0	1.0
	Room 3	10.0	10.0	10.0	1.0	1.0
	Room 4	10.0	10.0	10.0	1.0	1.0
	Room 5	10.0	10.0	10.0	1.0	1.0
	Room 6	10.0	10.0	10.0	1.0	1.0
2ND FLOOR PLAN	Room 7	10.0	10.0	10.0	1.0	1.0
	Room 8	10.0	10.0	10.0	1.0	1.0
	Room 9	10.0	10.0	10.0	1.0	1.0
	Room 10	10.0	10.0	10.0	1.0	1.0
	Room 11	10.0	10.0	10.0	1.0	1.0
	Room 12	10.0	10.0	10.0	1.0	1.0
3RD FLOOR PLAN	Room 13	10.0	10.0	10.0	1.0	1.0
	Room 14	10.0	10.0	10.0	1.0	1.0
	Room 15	10.0	10.0	10.0	1.0	1.0
	Room 16	10.0	10.0	10.0	1.0	1.0
	Room 17	10.0	10.0	10.0	1.0	1.0
	Room 18	10.0	10.0	10.0	1.0	1.0
4TH FLOOR PLAN	Room 19	10.0	10.0	10.0	1.0	1.0
	Room 20	10.0	10.0	10.0	1.0	1.0
	Room 21	10.0	10.0	10.0	1.0	1.0
	Room 22	10.0	10.0	10.0	1.0	1.0
	Room 23	10.0	10.0	10.0	1.0	1.0
	Room 24	10.0	10.0	10.0	1.0	1.0

Factor	Q10	Q100	TOTAL AREA
WATER PROOFING	$0.05 \times 0.20 \times 0.1$	0.001	0.01
	$0.10 \times 0.20 \times 0.1$	0.002	
TRUCK & ROAD DRAIN	$0.10 \times 0.20 \times 0.1$	0.002	0.01
	$0.05 \times 0.20 \times 0.1$	0.001	
	$0.10 \times 0.10 \times 0.1$	0.001	
	$0.10 \times 0.10 \times 0.1$	0.001	
	$0.10 \times 0.10 \times 0.1$	0.001	
	$0.10 \times 0.10 \times 0.1$	0.001	
	$0.10 \times 0.10 \times 0.1$	0.001	
	$0.10 \times 0.10 \times 0.1$	0.001	
TOTAL		0.008	0.04

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	NOTES: PROPOSED REDEVELOPMENT OF APARTMENT BUILDING AT 2700 40TH AVENUE, NEAR 15TH AVENUE, IN THE CITY OF DENVER, COLORADO, LOCATED WITHIN THE BLAUGRETT VILLAGE, NORTHEAST CORNER, 2700 40TH AVENUE. PROJECT: SINGLE-UNIT PLANS & SITE PLAN DATE: 1
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Abstract: The purpose of this study was to investigate the effects of a 12-week training program on the physical fitness and health status of a group of sedentary, middle-aged men. The study was conducted in a laboratory setting and involved a group of 20 men who were randomly selected from a local community. The men were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program consisting of three sessions per week, each lasting 45 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any training program. The physical fitness of the men was measured at the beginning and end of the 12-week period. The health status of the men was assessed using a series of questionnaires. The results of the study showed that the experimental group had significantly higher levels of physical fitness and better health status than the control group at the end of the 12-week period. The findings of this study suggest that a 12-week training program can improve the physical fitness and health status of sedentary, middle-aged men.

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TEST CODE	NAME	CRITERION TYPE	CRITICAL VALUE	CRITICAL TYPE	No. of Subjects	No. of Exceeded
TEST CODE PL-01	PL-01-1	PL-01-1	80.00	PL-01-1	10	5
	PL-01-2	PL-01-2	80.00	PL-01-2	10	5
	PL-01-3	PL-01-3	80.00	PL-01-3	10	5
	PL-01-4	PL-01-4	80.00	PL-01-4	10	5
	PL-01-5	PL-01-5	80.00	PL-01-5	10	5
TEST CODE PL-02	PL-02-1	PL-02-1	11.11	PL-02-1	9	0
	PL-02-2	PL-02-2	10.00	PL-02-2	9	0
	PL-02-3	PL-02-3	10.00	PL-02-3	9	0
	PL-02-4	PL-02-4	10.00	PL-02-4	9	0
	PL-02-5	PL-02-5	10.00	PL-02-5	9	0
	PL-02-6	PL-02-6	10.00	PL-02-6	9	0
	PL-02-7	PL-02-7	10.00	PL-02-7	9	0
	PL-02-8	PL-02-8	10.00	PL-02-8	9	0
	PL-02-9	PL-02-9	10.00	PL-02-9	9	0
	PL-02-10	PL-02-10	10.00	PL-02-10	9	0
TOTAL	-	-	70.00	TOTAL	81	10

L'Espresso Testi per i libri A B C D K L						
Libro	Autore	Titolo	Coll. A	Coll. B	Coll. C	Coll. D
PUBBLICAZIONE PUBBLICAZIONE	Libro 1	Libro 1	15,00	15,00	15,00	11
	Libro 2	Libro 2	15,00	15,00	15,00	11
	Libro 3	Libro 3	15,00	15,00	15,00	11
	Libro 4	Libro 4	15,00	15,00	15,00	11
	Libro 5	Libro 5	15,00	15,00	15,00	11
PUBBLICAZIONE PUBBLICAZIONE	Libro 6	Libro 6	15,00	15,00	15,00	11
	Libro 7	Libro 7	15,00	15,00	15,00	11
	Libro 8	Libro 8	15,00	15,00	15,00	11
	Libro 9	Libro 9	15,00	15,00	15,00	11
	Libro 10	Libro 10	15,00	15,00	15,00	11

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NOTES:
PROPOSED RESIDENTIAL APARTMENT BUILDING AT STAGGAS
KATHA NGUYEN'S QUIGLEY ROAD, MEALS & PRODUCE STORE,
BALABAC TRAIL, KUNTHIA HILL, BANGALORE ROAD NO.249

SHEET# **GROUND FLOOR PLAN & BASINMENT FLOOR PLAN**

SCALE: 2



