

impulsión óptica interna de 9.5 milímetros para el ordenador portátil

DVD Writer Drive compatible con todos los formatos de DVD grabables y regrabables existentes es el más común para ordenadores de sobremesa y portátiles. También hay una unidad de DVD-ROM, unidad de BD-ROM, unidad combinada de disco Blu-Ray (BD-ROM/DVD $\pm$ RW/CD-RW), y disco Blu-ray Disc Writer.

Este DVD con el modelo no. UJ870A es un producto muy popular que cabe en la mayoría de los modelos de las marcas de fábrica usando 9,5 mm.

	E-sun Technology group Co.,Ltd	
Model	UJ870A	
Type	DVDRW / DVD RW / DVD Burner	
Interface	SATA	
Thickness	12.7mm	
Style	Internal	
Load type	Tray load	
Buffer size	2MB	
Specification	Size(L*W*H)	128*9.5 *129mm
	Weight	300g
System requirement	Windows XP sp2 or sp3(update software is coming with the product),Win vista, Win 7, Mac OS8.6 or more high	
Working parameters	Reading speed: DVD-ROM:Max 8X CD-ROM :Max 24X Writing speed: CD-R :Max.24X CD-RW :16X DVD-R :Max.8X DVD-R DL :Max.4X DVD-RW :Max.6X DVD+R :Max.8X DVD+R DL :Max.4X DVD+RW :Max.8X DVD-RAM :3X-5X PCAV (4.7GB)	





Model No. UJ870A

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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary, middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The physical fitness and health of the subjects were measured at the beginning and end of the 12-week period. The results showed that the exercise group had significantly higher levels of physical fitness and health than the control group at the end of the 12-week period.	Keywords Physical fitness, Health, Sedentary, Middle-aged men, Training program.
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DO NOT OPEN THE DOOR
NO OPEN FLAMES OR
SERVICABLE PARTS INSIDE
DO NOT PULL DOWN

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MANUFACTURED: JUNE 2008
SERIAL NO. 8FAVA00006 BEJ2-A

SAMPLE

Model No. UJ870A

POWER SUPPLY: DC5V

COMP. SET WITH PCA ADAPTATION PERFORMANCE STANDARDS PT 048 830000000-1

PowerLite Communications Co., Ltd.

1-82-4 Chongqing Minsheng Electronics Co., Ltd.

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