



Ethics Approval of Research

This is to certify that the research project entitled ‘**The effect of 12 weeks of multicomponent exercises (VIVIFRIL) on some factors of physical fitness and functional capacity of the elderly with frailty syndrome**’ provided by **Mrs. Afsaneh Shemshaki** has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code **IR.SSRI.REC.1401.1706**

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