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Ecopetrol destaca a nivel mundial por su manejo del agua y compromiso climático, según informe CDP Destacado

Escrito por **Casanare Noticias**

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Ecopetrol ha sido reconocida por segundo año consecutivo como una de las empresas líderes en el sector de petróleo y gas a nivel mundial por su gestión del agua y su compromiso con la acción climática.

El reconocimiento proviene del más reciente informe de CDP Water Security, una organización internacional que evalúa el desempeño ambiental de las compañías en áreas como cambio climático, bosques y seguridad hídrica.

La empresa colombiana obtuvo una calificación de A en seguridad hídrica, ubicándose en el nivel más alto de liderazgo. Este resultado refleja sus avances en la medición de métricas, la evaluación de riesgos y oportunidades relacionados con el agua, y la implementación de políticas ambientales y de gobernanza. Además, Ecopetrol ha trazado una hoja de ruta para alcanzar la meta de agua neutralidad para 2045.

El concepto de agua neutralidad implica equilibrar el agua utilizada en las operaciones con acciones que reduzcan la huella hídrica directa. Esto incluye proyectos como iniciativas de agua y saneamiento para comunidades, plantas de tratamiento de aguas residuales, conservación de ecosistemas y la red de ecorreservas, entre otros.

En cuanto a cambio climático, Ecopetrol recibió una calificación de B, lo que la sitúa en el nivel de gestión según la clasificación de CDP. Este resultado destaca su compromiso con la reducción de emisiones de gases de efecto invernadero (GEI) y su objetivo de alcanzar cero emisiones netas para 2050 en los alcances 1 y 2.

La compañía también ha implementado prácticas para identificar y gestionar riesgos climáticos, fortaleciendo su resiliencia frente a los efectos del cambio climático a largo plazo.

El informe de CDP es considerado el estándar de oro en transparencia ambiental corporativa, respaldado por inversionistas globales que exigen a las empresas divulgar datos sobre sus impactos, riesgos y oportunidades ambientales. Este reconocimiento refuerza la posición de Ecopetrol como una empresa comprometida con la sostenibilidad y la gestión responsable de los recursos naturales.

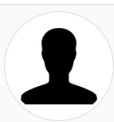
Con estos resultados, Ecopetrol consolida su liderazgo en el sector energético, demostrando que es posible combinar la producción de hidrocarburos con prácticas ambientales responsables y un firme compromiso con el desarrollo sostenible.

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Battle ropes give the impression that it's two ropes at your native fitness center but in reality, it's one lengthy rope that you can seize onto with each hands. You'll start with the handles in entrance of you after which create horizontal waves with the rope. You may need to go to the health club or make a critical setup in your storage or backyard to get this one done but you'll end up with a complete physique exercise very quickly. It is good for creating unilateral upper-body power and bettering your steadiness and the energy and stability of your core.

Progressively return to the starting place and then repeat the motion. You also can change up the resistance just by changing the best way you utilize the ropes normally. Battle ropes were originally designed by a fitness coach named John Brookfield in 2006.

Kettlebells and dumbbells have been round for lots longer and when you take a look at a regular workout program, you'll most probably see lots of them on there.

Preserving healthy shoulders is an absolute should for all athletes, soccer and baseball gamers especially. Battle Ropes are an obvious alternative to prepare for the power and conditioning demands that comes with being a NFL All-Pro linebacker.

The energy curve on a cable is comparatively even, which is why they are so efficient for hypertrophy. The lying cuffed lateral raise could be the ultimate exercise by way of aspect delt isolation because it takes the forearms entirely out of the motion. Since you are lying on a bench, it's almost inconceivable to cheat by utilizing momentum. Nonetheless, it's essential to notice that you can do this exercise standing.

This time, you might be performing squat jumps together with your alternating waves. This is arguably even tougher than the squat jump version as the split squat leap is a unilateral motion. It requires drive production mainly from one side and even more stability because of that. If you wish to construct some good legs and an enormous spherical, powerfully athletic body, that is it. The break up bounce alternating arm waves is as athletic as a movement because it gets. Sure, cable rope shoulder workouts are a good way to construct strong, powerful shoulders.

A battle rope workout or finisher on the end of your exercise will permit you to burn a ton of energy in a short time period.

If you wish to proceed to construct muscle with battle ropes over time, you want to progressively overload your muscles.

To do that, you can lower rest time, improve work time, or make the battle rope exercises harder. While battle ropes are extremely popular, they haven't been round for practically so lengthy as other fitness tools like dumbbells and even kettlebells.

The battle rope concept was invented by a well-known fitness coach named John Brookfield again in 2006.

If you are doing a stand-alone battle rope workout, it could range, however normally not more than half-hour is right.

For a stand-alone workout, you should relaxation about twice as lengthy as your units. As for warm ups, 5 minutes is plenty of time with battle ropes to get the blood pumping.

For this train, you'll be creating drive that generates an arc-style wave down the rope towards the anchor level. Nevertheless, standing up straight and adding the extra rope adjustments the angle the triceps are labored. Coaching those totally different angles is the vital thing to hitting all 3 heads of your tricep. This might require slightly extra setup than traditional cranium crushers.

But what makes this completely different from simply utilizing dumbbells is that the cable keeps constant rigidity on the muscle. Warmth may aggravate an injury, whereas ice works faster to reduce back edema, inflammation, and ache early on. Applying heat is allowed if your damage is continual (older than six weeks).

Joint ache is relieved and tense muscle tissue are relaxed by the increased blood flow.

Deliver your proper arm up, over your head and create a circle in a clockwise movement. Carry Out the same movement in a counter-clockwise movement in your left arm. This portion of the movement is nice for breaking apart lactic construct up in the shoulders.

The identical thing with HIIT workouts, if you have the vitality, then do one, if not, then don't. You wish to avoid overtraining, but you also need to push your self to make vital changes and reach your goals. It depends on what type of exercises you propose to do with the battle ropes, your training targets, and what different exercises you're doing. Then, of course, your higher physique is working because it does with any waves variation. You are going to be shredding by way of high calorie burn and getting a imply pump in your arms, chest, and again. Your core, as all the time, shall be working onerous in tandem together with your lower body to stabilize all of it.

Ligaments that connect to the collarbone and shoulder blade or the bony structure of the shoulder blade would possibly compress this tendon. In second place is any OVERHEAD TRICEPS EXTENSION, whether with an EZ-bar, dumbbell(s), cable, or machine. By beginning every rep from a completely stretched place (elbows up), the long head contracts with extra force and it takes on more work than the other two heads.

If we start at the backside, all three triceps heads connect to a wide tendon connected to the ulna (forearm bone). Selecting a weight at which you fail on the 8-10 rep range is a solid muscle-building option. To target the posterior deltoid, your arms should move instantly again (and downward slightly), nearly parallel to the floor. This unilateral model lets you increase your hand higher and get a longer stretch on the bottom, thereby producing extra work for the posterior deltoid.

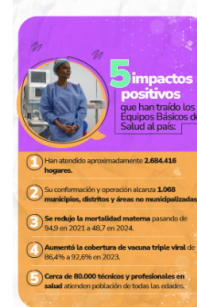
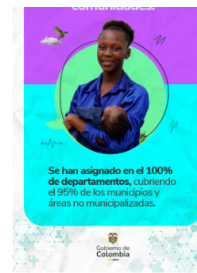
Varying grips allow for a diverse vary of movement, offering different angles of assault on the deltoids. This flexibility in attachments helps you customize your exercises to give attention to specific areas and obtain balanced shoulder development. Cable machine shoulder workouts are simply as effective as dumbbell shoulder workouts. They enhance your vary of movement and allow you to maintain fixed rigidity on the delts all through the entire train, in the course of the concentric and eccentric phases of your reps. The half-kneeling single-arm cable shoulder press train is a good shoulder urgent variation that maximizes the vary of motion in your front deltoids.

Small increases over time can result in significant enhancements. It's a special sort of stimulus, however it's simply as necessary. It's all about progressive overload, challenging your muscular tissues to handle extra. When you're in that 8-12 rep range, really concentrate on the shoulders doing the work. You may even wish to think about using a resistance band for a set or two to actually get the muscle warmed up and able to go.

Many fitness lovers misunderstand tips on how to effectively strengthen their core.

Additionally nice in your 'ceps, that is like lifting weights but this resistance is the burden. Keep your elbow straight and flex your shoulder so your arm is out in entrance of you and parallel to the floor. This muscle is responsible for straightening and rotating the backbone.

Arm circles are a useful train for increasing flexibility and warming up the shoulder joints. Arm circles is often a useful gizmo for releasing shoulder ache and pressure. As you carry out this exercise, hold your hips pointing forward and allow the rotation to begin in your decrease again. Your shoulders' range of motion and adaptability might be improved by this workout. Should you experience shoulder pain that is associated to trauma or if it has lasted longer than two to a few weeks, you may want to contact a well being care provider. Sure shoulder pain causes, similar to frozen shoulder and rotator cuff problems, worsen over time and might have surgery if non-



surgical treatments prove ineffective.

For extra data relating to battle ropes try more articles on the Onnit Academy. If you are a complete beginner to battle ropes you will want to read via Corey Beasley's article, Newbies Guide to Battle Ropes. It is a really comprehensive guide to battle ropes for novices and superior athletes alike. Begin in a half squat position, make positive you are not too far on the balls of your toes, as it will result in ahead tracking of the knee over the toe.

To obtain the results you're in search of, you'll must know tips on how to use this train to your advantage. Understanding the way to add this activity (and other cable arm workouts you need to use) to your exercise routine is the primary step to enhancing your physique.

The cable machine offers you a more managed range of motion, guiding you through the movement from begin to end. In flip, it minimizes the chance of injuring your upper arms and allows for more focused tricep activation. They are easily adjustable and provide guided movement by way of workouts like tricep pushdowns, making them best for various energy ranges. Cable wrist curls supply a range of benefits that contribute to general arm well being and better bodily performance.

It's good for focusing simply on shaping up those shoulders without having lots of different weights or machines. Plus, it may be adjusted easily by changing the weight on the cable machine, making it perfect for both novices and advanced lifters aiming for progressive overload. Maintain your elbow close to your aspect and maintain the cable handle with the hand closest to the machine. Then, rotate your arm in the path of your stomach without transferring other physique parts.

Finally, prioritize handles which may be ergonomic, comfy, and provide a secure grip to forestall slippage and hand fatigue.

Fastidiously contemplating these factors will help you choose battle ropes that greatest suit your wants and enhance your total workout experience. And as I've discovered, this software is MUCH greater than just a way to make you drained and fatigued. When used intelligently, the probabilities are truly countless. A-wave is the other of the V-wave, and it really works the mid back far more than the higher back. One Other train to enhance posture and again power for improved movement, feel, and appears.

Like ANY training tool, getting probably the most out of battle ropes is about pristine execution and aware programming.

Cable workout routines are supposed to isolate the muscle so don't go too heavy on these workouts. Also, keep in mind to focus on each movement you perform during the exercise. Begin the train by moving your arms up whereas keeping your arms straight and pause when your hands are simply above your shoulder height. This exercise is one of the finest cable exercises for the front part of your shoulder. You can utterly isolate your entrance delts with this exercise.

The shoulder blade, hand, arm, and neck could also be impacted. The recommended units and reps for a delt exercise are listed beneath to improve power, size, and endurance. Finally, if you're in search of one more effective cable rear delt exercise, attempt the Incline Bench Cable Rear Delt fly.

If you've been to the park or out of doors area on the gym recently, you've in all probability seen somebody swinging a rope round. After that, you would want to deload or concentrate on different higher or lower physique areas.

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Rest for 1-2 minutes between exercises to permit sufficient recovery.

Shoulder Complement - Choose 1-2 to add to your full physique routine. They do not take up a lot space however still allow you to do lots of different workouts.

Roshan Pillai is an ACSM Licensed Private Coach with greater than 6 years of experience in lifting weights and guiding individuals to get fit. He has labored as a personal trainer in gyms and is the owner and editor of fitnessproworkout.com. He is passionate about fitness and helping people to get in form. Place a bench in between the machine and set the bench at a few 60° angle. Stand at a shoulder-width stance together with your sides going through the cables.

This is an ideal exercise to focus on all muscular tissues of your shoulders.

You can particularly give attention to every arm separately which is great in case you have a muscular imbalance, or if one shoulder is weaker than the opposite.

The different necessary thing to concentrate to is the position of your hands and elbows on the end level of the movement.

As A Substitute, seize it in an underhand grip with your thumbs backward. This gives you the exterior rotation of the shoulder with elevation which is what we would like. You don't need to be doing this, particularly if you do your face pulls as typically as I'm going to recommend you do! You'd be accumulating a lot of repetitions in an internally rotated shoulder place with elevation. One of the commonest errors when performing the face pull is the inaccurate placement of the anchor point of the band or the cable.

Whereas there aren't any magic bullets within the pursuit of health and athleticism, the face pull is as close to 1 as we're going to get! Individuals who properly perform the motion have reported improved posture, elimination of neck, back and shoulder ache in addition to a reduction in chronic headaches. Regardless of your training objectives, you need to maintain your postural muscles healthy, so throw in some face pulls on the end of every workout.

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Edición:

Martha Sánchez
No. Telefónico: 3112251163
Correo electrónico:
marthaelena229@gmail.com

Periodista:

Rosalba Múnera Valencia
No. Telefónico: 3108784705
Correo electrónico:
romu.valencia@gmail.com

Periodista:

Fredy Orlando Gutiérrez
No. Telefónico: 310 3431938
Correo electrónico:
fredyorlando690903@gmail.com

Redactor de contenidos sociales:

Carlos Ospina Corredor
No. Telefónico: 310 7917553