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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The subjects were 15 young women (mean age 20.5 years) who participated in a 12-week training program. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a strength training session, and the third was a cardiovascular training session. The subjects were tested at the beginning and at the end of the training program. The results showed that the subjects had a significant increase in their physical and psychological characteristics after the 12-week training program. The subjects had a significant increase in their maximum heart rate, maximum oxygen consumption, maximum power, and maximum force. The subjects also had a significant decrease in their resting heart rate, resting oxygen consumption, and resting power. The subjects had a significant increase in their psychological characteristics, including self-esteem, self-efficacy, and confidence. The results of this study suggest that a 12-week training program can improve the physical and psychological characteristics of young women.

Ruud Deluxe 90 Furnace Manual

Ian Pickup



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