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GOALS Core Strength Training: Build A Strong Upper Body

© 2005 Blackwell Publishing Ltd, *Journal of Internal Medicine* 258: 111–119

Regular Position



Observations:
 1. The plant is a small, upright, bushy shrub.
 2. The leaves are small, dark green, and glossy.
 3. The flowers are small, white, and tubular.



Abstract



1000000



1.20

Wide Position

[illegible]

DISCUSSION

Close Position

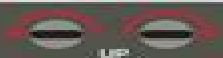


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Modified Workouts

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Knee Position

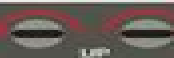


Abstract
 The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of aerobic and resistance training. The control group did not exercise. Physical fitness was measured by a 12-minute step test, and health was measured by blood pressure, heart rate, and body weight. The results showed that the exercise group had significantly higher physical fitness and lower blood pressure, heart rate, and body weight than the control group after 12 weeks of training.



00000000

Chair Position



11. *Journal of the American Medical Association*, 275: 1005-1006, 1996.

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Perfect Pushup Workout Guide

Brendan G. Carr

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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