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Abstract—This study examined the effects of a 12-week, 100% body weight (BW) resistance training program on the muscle strength and body composition of 10 sedentary, middle-aged men. The subjects were randomly assigned to either a control or an exercise group. The control group performed no exercise, while the exercise group performed a 12-week, 100% BW resistance training program. The results showed that the exercise group had significantly greater muscle strength and body composition improvements than the control group. The findings suggest that a 12-week, 100% BW resistance training program is an effective means of improving muscle strength and body composition in sedentary, middle-aged men.

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- They investigated the relationship between age and IQ, and whether the change between these groups would
- and all being with three experimental conditions. They were all children in the same class, and with a

Abstract

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Precalculus Hs Mathematics Unit 4 Lesson 1

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