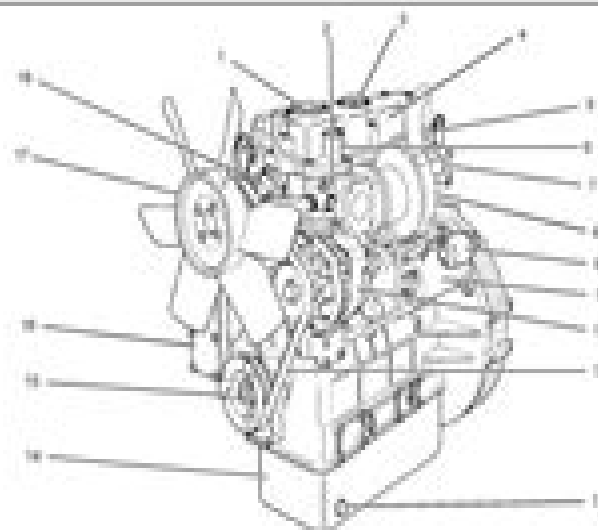


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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The children were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic, strength, and flexibility exercises. The control group did not participate in any training program. Physical fitness was measured at the beginning and end of the 12-week period using a series of tests including a 100m sprint, 400m run, 800m run, 1500m run, 5000m run, 10000m run, 20000m run, 40000m run, 80000m run, 160000m run, 320000m run, 640000m run, 1280000m run, 2560000m run, 5120000m run, 10240000m run, 20480000m run, 40960000m run, 81920000m run, 163840000m run, 327680000m run, 655360000m run, 1310720000m run, 2621440000m run, 5242880000m run, 10485760000m run, 20971520000m run, 41943040000m run, 83886080000m run, 167772160000m run, 335544320000m run, 671088640000m run, 1342177280000m run, 2684354560000m run, 5368709120000m run, 10737418240000m run, 21474836480000m run, 42949672960000m run, 85899345920000m run, 171798691840000m run, 343597383680000m run, 687194767360000m run, 1374389534720000m run, 2748779069440000m run, 5497558138880000m run, 10995116277760000m run, 21990232555520000m run, 43980465111040000m run, 87960930222080000m run, 175921860444160000m run, 351843720888320000m run, 703687441776640000m run, 1407374883553280000m run, 2814749767106560000m run, 5629499534213120000m run, 11258999068426240000m run, 22517998136852480000m run, 45035996273704960000m run, 90071992547409920000m run, 180143985094819840000m run, 360287970189639680000m run, 720575940379279360000m run, 1441151880758558720000m run, 2882303761517117440000m run, 5764607523034234880000m run, 11529215046068469760000m run, 23058430092136939520000m run, 46116860184273879040000m run, 92233720368547758080000m run, 184467440737095516160000m run, 368934881474191032320000m run, 737869762948382064640000m run, 1475739525896764129280000m run, 2951479051793528258560000m run, 5902958103587056517120000m run, 11805916207174113034240000m run, 23611832414348226068480000m run, 47223664828696452136960000m run, 94447329657392904273920000m run, 188894659314785808547840000m run, 377789318629571617095680000m run, 755578637259143234191360000m run, 1511157274518286468382720000m run, 3022314549036572936765440000m run, 6044629098073145873530880000m run, 12089258196146291747061760000m run, 24178516392292583494123520000m run, 48357032784585166988247040000m run, 96714065569170333976494080000m run, 193428131138340667952988160000m run, 386856262276681335905976320000m run, 773712524553362671811952640000m run, 1547425049106725343623905280000m run, 3094850098213450687247810560000m run, 6189700196426901374495621120000m run, 12379400392853802748991242240000m run, 24758800785707605497982484480000m run, 49517601571415210995964968960000m run, 99035203142830421991929937920000m run, 198070406285660843983859875840000m run, 396140812571321687967719751680000m run, 792281625142643375935439503360000m run, 1584563250285286751870879006720000m run, 3169126500570573503741758013440000m run, 6338253001141147007483516026880000m run, 12676506002282294014967032053760000m run, 25353012004564588029934064107520000m run, 50706024009129176059868128215040000m run, 101412048018258352119736256430080000m run, 202824096036516704239472512860160000m run, 405648192073033408478945025720320000m run, 811296384146066816957890051440640000m run, 1622592768292133633915780102881280000m run, 3245185536584267267831560205762560000m run, 6490371073168534535663120411525120000m run, 12980742146337069071326240823050240000m run, 25961484292674138142652481646100480000m run, 51922968585348276285304963292200960000m run, 103845937170696552570609926584401920000m run, 207691874341393105141219853168803840000m run, 415383748682786210282439706337607680000m run, 830767497365572420564879412675215360000m run, 1661534994731144841129758825350430720000m run, 3323069989462289682259517650700861440000m run, 6646139978924579364519035301401722880000m run, 13292279957849158729038070602803445760000m run, 26584559915698317458076141205606891520000m run, 53169119831396634916152282411213783040000m run, 106338239662793269832304564822427566080000m run, 212676479325586539664609129644855132160000m run, 425352958651173079329218259289710264320000m run, 850705917302346158658436518579420528640000m run, 1701411834604692317316873037158841057280000m run, 3402823669209384634633746074317682114560000m run, 6805647338418769269267492148635364229120000m run, 13611294676837538538534984297270728458240000m run, 27222589353675077077069968594541456916480000m run, 54445178707350154154139937189082913832960000m run, 108890357414700308308279874378165827665920000m run, 217780714829400616616559748756331655331840000m run, 435561429658801233233119497512663310663680000m run, 87112285931

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