

Owner's Manual

Abstract—This study examined the effects of a 12-week, supervised, low-impact aerobically and resistance training program on the physical fitness and health-related quality of life of sedentary, middle-aged women. The program was designed to improve cardiovascular fitness, muscular strength, and flexibility. The program was evaluated using a pretest and posttest design. The results of the study showed that the program had a significant positive effect on the physical fitness and health-related quality of life of the women. The program was well tolerated and the women enjoyed the program. The results of the study suggest that a supervised, low-impact aerobically and resistance training program can be an effective means of improving the physical fitness and health-related quality of life of sedentary, middle-aged women.



Roland Sc 8820 Owners Manual

Christian G. Meyer



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