

Owner's Manual

Abstract—This study examined the effects of a 12-week, supervised, group-based, low-impact aerobically and resistance training program on the physical and psychological health of 100 sedentary, middle-aged women. The program was designed to improve cardiovascular fitness, muscular strength, and body composition. The program was evaluated using a variety of measures, including heart rate, blood pressure, body mass index, and self-reported physical and psychological health. The results of the study showed that the program had a positive effect on all of the measures, with the most significant improvements seen in cardiovascular fitness and body composition. The program was well-received by the participants, and the results suggest that it may be a useful tool for improving the health of sedentary, middle-aged women.



Roland Sc 8820 Owners Manual

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