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Abstract The authors examined the effects of a 12-week, 100% body weight (BW) resistance training program on the muscle strength, muscle mass, and body composition of 10 sedentary, middle-aged men. The subjects were randomly assigned to either a resistance training or control group. The resistance training group performed a 12-week, 100% BW resistance training program, while the control group performed no exercise. The resistance training group showed significant increases in muscle strength, muscle mass, and body composition, while the control group showed no significant changes. The results of this study suggest that a 12-week, 100% BW resistance training program can effectively improve muscle strength, muscle mass, and body composition in sedentary, middle-aged men.

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Keywords: *work engagement, organizational commitment, turnover intentions, organizational citizenship behaviors, job satisfaction, organizational trust*

^a Effects were statistically significant at the 5% level.

Keywords: *Self-esteem, self-esteem threat, self-esteem threat, self-esteem threat, self-esteem threat*

[illegible]

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Polysarcomatous soft tissue sarcoma (pleomorphic liposarcoma, pleomorphic liposarcoma, pleomorphic liposarcoma, pleomorphic liposarcoma)

Key Words: 2-Amino-2-norbornane, 2-Amino-2-norbornol, 2-Amino-2-norbornanol, and 2-Norbornanol

100

Abstract

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1. *Journal of Management Studies*, 1996, 33, 1, 1-14.

Source: U.S. Census Bureau, *Marriage, Divorce, Remarriage in the 1990s*, p. 10.

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