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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The subjects were 15 young women (mean age 20.5 years) who participated in a 12-week training program. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a strength training session, and the third was a cardiovascular training session. The subjects were tested at the beginning and at the end of the training program. The results showed that the subjects had a significant increase in their physical and psychological characteristics after the 12-week training program. The subjects had a significant increase in their maximum heart rate, maximum oxygen consumption, maximum power, and maximum force. The subjects also had a significant decrease in their resting heart rate, resting oxygen consumption, and resting power. The subjects had a significant increase in their psychological characteristics, including self-esteem, self-confidence, and self-efficacy. The results of this study suggest that a 12-week training program can have a positive effect on the physical and psychological characteristics of young women.

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A red circular graphic with a gradient, appearing as a partial circle or a stylized flame, located to the right of the company name.

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web the diagram below is a schematic of the prius powertrain with detail in particular i have grossly simplified the way in which the internal combustion engine ice drives the planet gears in the power split device psd and the way that the ring gear is connected to the silent chain sprocket and motor generator 2 mg2 it is

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