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### GOALS Core Strength Training Build A Strong Upper Body

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### Regular Position



**Observations:**  
 Female slightly larger than male, darker, with more  
 than 100 eggs in oviducts.  
 Male smaller, more slender, about 100 eggs.



**Abstract**

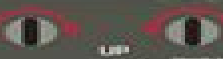
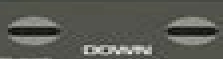


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### Wide Position

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**DISCUSSION**



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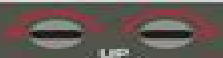
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### Close Position

## Modified Workouts

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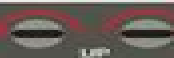
### Knee Position



**Abstract**  
 The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of aerobic and resistance training. The control group did not exercise. The results showed that the exercise group had significant improvements in physical fitness and health compared to the control group. The exercise group had significantly lower body mass index (BMI), waist circumference, and blood pressure. They also had significantly higher heart rate, stroke volume, and cardiac output. The exercise group had significantly lower levels of total cholesterol, triglycerides, and low-density lipoprotein (LDL) cholesterol. They also had significantly higher levels of high-density lipoprotein (HDL) cholesterol. The exercise group had significantly lower levels of fasting glucose and insulin resistance. They also had significantly lower levels of C-reactive protein (CRP) and interleukin-6 (IL-6). The exercise group had significantly higher levels of nitric oxide (NO) and endothelial function. The exercise group had significantly lower levels of anxiety and depression. The exercise group had significantly higher levels of self-esteem and quality of life. The results of this study suggest that a 12-week training program can improve physical fitness and health in sedentary middle-aged men.



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### Chair Position

**► Power & Politics**

[illegible]

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# Perfect Pushup Workout Guide

**Bobbie Wright**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

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