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**Abstract:** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life of sedentary, middle-aged men. The study was a randomized, controlled trial. The participants were divided into two groups: a training group and a control group. The training group performed a 12-week program of aerobic and resistance training. The control group remained sedentary. Physical fitness was measured using a variety of tests, including a 10-minute step test, a 1-mile walk test, and a 1-mile run test. Health-related quality of life was measured using the SF-36 questionnaire. The results of the study showed that the training group had significantly higher levels of physical fitness and health-related quality of life than the control group at the end of the 12-week program. The findings of this study suggest that a 12-week training program can improve physical fitness and health-related quality of life in sedentary, middle-aged men.

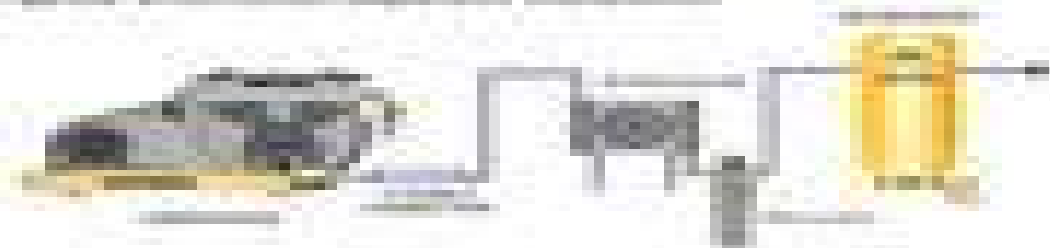
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with the building, the company's first business  
was to build a bridge over the river. The  
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Year	Number of Students	Number of Teachers	Number of Classrooms	Number of Libraries	Number of Sports Fields
1990	100	10	10	10	10
1991	110	11	11	11	11
1992	120	12	12	12	12
1993	130	13	13	13	13
1994	140	14	14	14	14
1995	150	15	15	15	15
1996	160	16	16	16	16
1997	170	17	17	17	17
1998	180	18	18	18	18
1999	190	19	19	19	19
2000	200	20	20	20	20
2001	210	21	21	21	21
2002	220	22	22	22	22
2003	230	23	23	23	23
2004	240	24	24	24	24
2005	250	25	25	25	25
2006	260	26	26	26	26
2007	270	27	27	27	27
2008	280	28	28	28	28
2009	290	29	29	29	29
2010	300	30	30	30	30
2011	310	31	31	31	31
2012	320	32	32	32	32
2013	330	33	33	33	33
2014	340	34	34	34	34
2015	350	35	35	35	35
2016	360	36	36	36	36
2017	370	37	37	37	37
2018	380	38	38	38	38
2019	390	39	39	39	39
2020	400	40	40	40	40
2021	410	41	41	41	41
2022	420	42	42	42	42
2023	430	43	43	43	43
2024	440	44	44	44	44
2025	450	45	45	45	45
2026	460	46	46	46	46
2027	470	47	47	47	47
2028	480	48	48	48	48
2029	490	49	49	49	49
2030	500	50	50	50	50

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Read the following passage and answer the question that follows. The passage is taken from a book by a famous author. The author is a well-known writer of children's books. The author is a well-known writer of children's books. The author is a well-known writer of children's books.

1999

100

1. **Author(s):** [Name]  
 2. **Title:** [Title]  
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# Kaeser Aftercooler Manual

**Tom Scanlan**



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