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THESE RESULTS WERE OBTAINED FROM A STUDY OF THE EFFECTS OF A 12-WEEK TRAINING PROGRAM ON THE PHYSICAL FITNESS OF A GROUP OF 100 MALE AND FEMALE ADULTS. THE PROGRAM WAS DESIGNED TO IMPROVE CARDIORESPIRATORY FITNESS, MUSCULAR STRENGTH, AND FLEXIBILITY. THE RESULTS SHOWED THAT PARTICIPANTS WHO COMPLETED THE PROGRAM EXPERIENCED SIGNIFICANT IMPROVEMENTS IN ALL THREE AREAS OF FITNESS. SPECIFICALLY, CARDIORESPIRATORY FITNESS, MEASURED BY MAXIMAL OXYGEN UPTAKE ($\dot{V}O_{2\max}$), INCREASED BY 20% IN MALES AND 15% IN FEMALES. MUSCULAR STRENGTH, MEASURED BY ONE-REPMAX BENCH PRESS AND SQUAT, INCREASED BY 10% IN MALES AND 8% IN FEMALES. FLEXIBILITY, MEASURED BY SITTING REACH, INCREASED BY 5% IN MALES AND 3% IN FEMALES. THESE RESULTS SUGGEST THAT A 12-WEEK TRAINING PROGRAM CAN EFFECTIVELY IMPROVE PHYSICAL FITNESS IN ADULTS.

Hesston M 1300 Manual

R Sanford



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