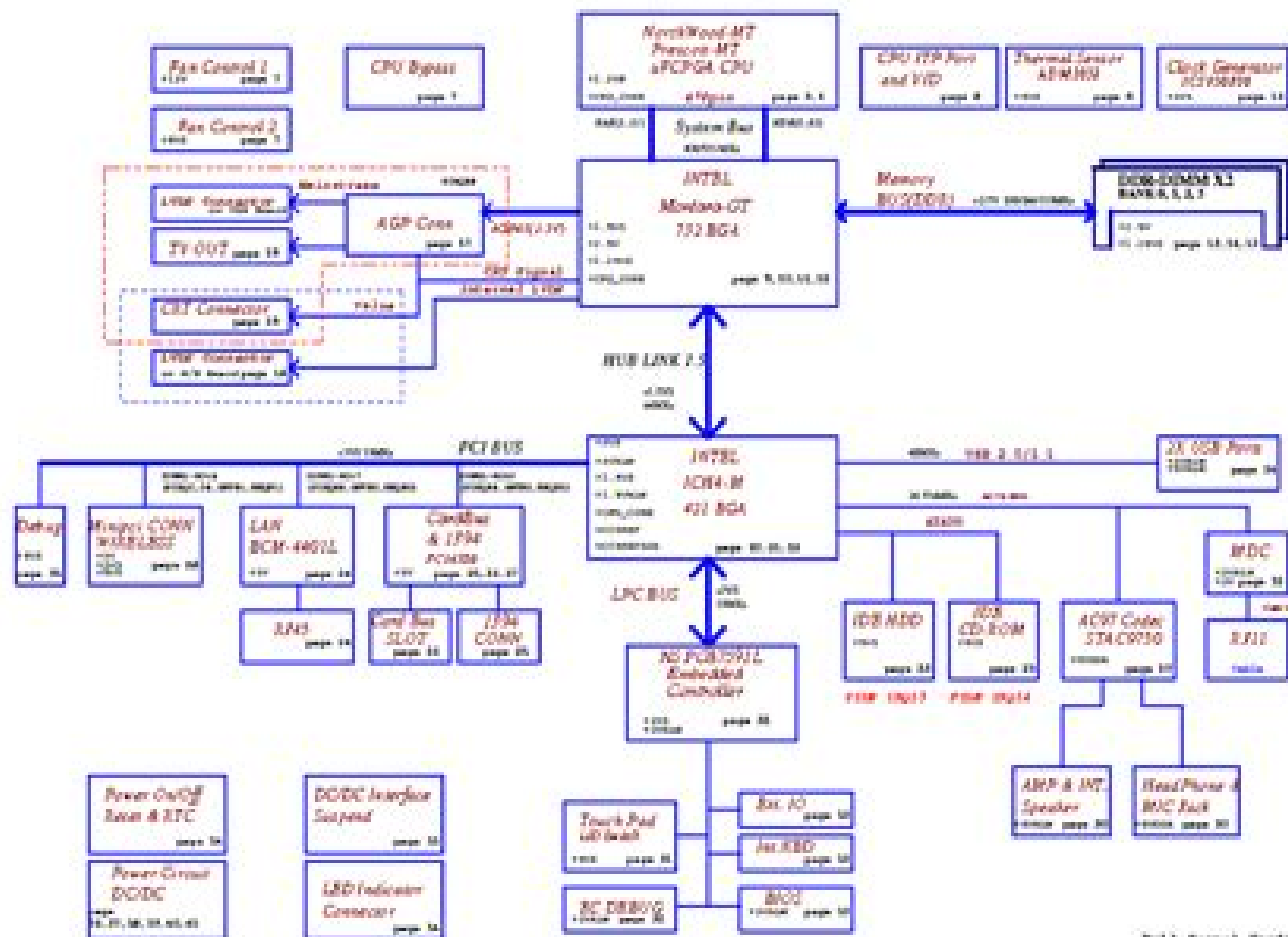


Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The study was a randomized controlled trial. The participants were divided into two groups: a control group and an intervention group. The intervention group received a 12-week training program consisting of aerobic and resistance exercises. The control group did not receive any training. The physical fitness and health of the participants were measured at baseline and at the end of the 12-week training program. The results showed that the intervention group had significantly higher levels of physical fitness and health than the control group at the end of the 12-week training program. The findings suggest that a 12-week training program can improve the physical fitness and health of sedentary middle-aged men.



Inspiron 5150 Repair Manual

Marcel A. Müller



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