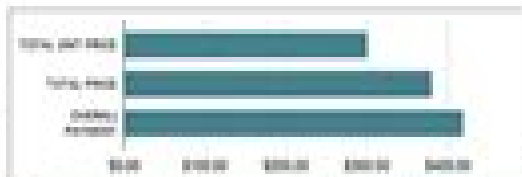


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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no known cardiovascular disease. They were randomly assigned to either a control group or a training group. The training group performed a 12-week program of aerobic exercise, three times per week, for 45 minutes per session. The control group did not exercise. Physical fitness was measured at baseline and at the end of the 12-week program. The training group showed significant improvements in cardiovascular fitness, muscular strength, and body composition compared to the control group. The results suggest that a 12-week training program can improve physical fitness in sedentary middle-aged men.

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Item ID	Item Name	Description	Quantity	Unit Price	Total Price	
00-0001	Brake Pad	Replace brake pads	2	\$	50.00	
00-0002	Oil	Synthetic oil change	1	\$	40.00	
00-0003	Battery	Install new battery	1	\$	120.00	
00-0004	Wheel	Align front wheels	1	\$	80.00	
00-0005	Spark Plug	Replace spark plugs	4	\$	60.00	
					\$	--
					\$	--
					\$	--
					\$	--
					\$	--
					\$	--
					\$	--
SUBTOTAL:					\$	390.00
TAX RATE:					10%	
TAX AMOUNT:					\$	39.00
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