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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 of sedentary, middle-aged men. The program consisted of three sessions per week, each lasting 45 minutes. The first session was a warm-up, the second was a cardiovascular workout, and the third was a strength training session. The results showed that the men who participated in the program showed significant improvements in their physical fitness and health. Specifically, their heart rate, blood pressure, and cholesterol levels all decreased, while their endurance and muscle strength increased. These findings suggest that a 12-week training program can be an effective way to improve physical fitness and health in sedentary, middle-aged men.

Smarty Pants

Roman Wölfel



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