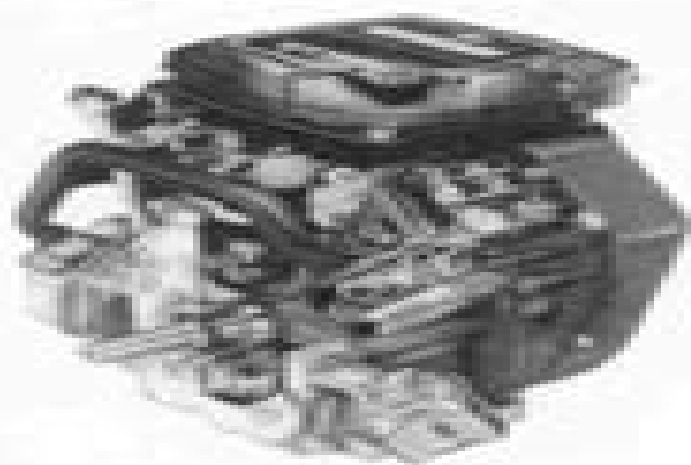


Instructor's Guide

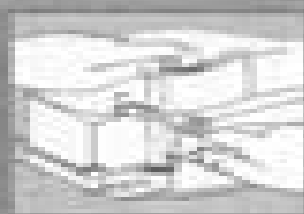


Abstract: The purpose of this study was to determine the effect of a 12-week resistance training program on the strength and endurance of the lower extremities in healthy young adults. The subjects were 15 male and 15 female college students, aged 18-25, who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group performed no exercise. The subjects were tested at baseline and at 12 weeks for strength and endurance. The results showed that the resistance training group had significantly greater strength and endurance than the control group at 12 weeks. The findings suggest that a 12-week resistance training program can improve the strength and endurance of the lower extremities in healthy young adults.



Abstracts of Presentations

1000



Small Engines Workbook Answer Key

Xiang Xie



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