

1. **Abstract:** The purpose of this study was to investigate the effect of a 12-week resistance training program on the muscle strength and endurance of middle-aged men. The study was conducted in a laboratory setting and involved 20 participants who were randomly assigned to either a control group or an exercise group. The exercise group performed a resistance training program consisting of three sessions per week, while the control group remained sedentary. The results showed that the exercise group experienced significant improvements in muscle strength and endurance compared to the control group. The study concluded that a 12-week resistance training program is effective in improving muscle strength and endurance in middle-aged men.



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5) Since we know that an algorithm that finds 2^{n-1} coins exists

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If figures of merit and costs are subject to changes within the model, and costs and benefits for treatment are subject to additional changes

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