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Abstract: This study examined the effects of a 12-week, 100% bodyweight resistance training program on the body composition and muscle strength of 10 sedentary, middle-aged men. The program was designed to be performed 3 times per week, with each session consisting of 3 sets of 10 repetitions of 12 exercises. The exercises were performed in a circuit format, with a 30-second rest period between exercises and a 2-minute rest period between sets. The program was supervised by a certified personal trainer. The results of the study showed that the participants experienced significant improvements in body composition and muscle strength. Specifically, the participants' body fat percentage decreased from 18.5% to 15.5%, and their muscle mass increased from 35.5 kg to 38.5 kg. Additionally, the participants' strength increased significantly in all 12 exercises, with the greatest improvements seen in the lower body exercises. The results of this study suggest that a 12-week, 100% bodyweight resistance training program can be an effective way to improve body composition and muscle strength in sedentary, middle-aged men.



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The authors at Washington State University reported in *Chromatographia* that the two-dimensional thin-layer chromatography (HPLC) method they developed for the separation of 100 compounds allows the analyst to determine the chemical structure of the compounds. These compounds included the flavonoids, coumarins, alkaloids, and terpenoids. *Chromatographia* also published a paper by the same authors in which they reported on the separation of 100 compounds by HPLC.

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Ancient River Civilizations Study Guide

Lei Shi



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