



OPERATOR'S MANUAL

Abstract: The purpose of this study was to determine the effect of a 12-week resistance training program on the muscle strength and endurance of young adults. The study was conducted in a laboratory setting. The subjects were 20 young adults (10 males and 10 females) 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 did not. The muscle strength and endurance of the subjects were measured at the beginning and end of the 12-week period. The results of the study showed that the resistance training group had significantly greater muscle strength and endurance than the control group at the end of the 12-week period. The findings of this study suggest that a 12-week resistance training program can improve muscle strength and endurance in young adults.

PORTABLE OPERATION

1. **Introduction**
 2. **Methodology**
 3. **Results**
 4. **Discussion**
 5. **Conclusion**

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1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

These considerations were
presented to the members
of the board of directors
on 11 January 1990.

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

TABLE 1

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Key words: aging; aging process; aging experience; aging perception; aging behavior; aging attitude; aging identity; aging role; aging status; aging transition; aging adaptation; aging adjustment; aging coping; aging support; aging resources; aging outcomes; aging quality of life; aging well-being; aging satisfaction; aging happiness; aging health; aging vitality; aging activity; aging participation; aging engagement; aging involvement; aging contribution; aging legacy; aging wisdom; aging experience; aging perception; aging behavior; aging attitude; aging identity; aging role; aging status; aging transition; aging adaptation; aging adjustment; aging coping; aging support; aging resources; aging outcomes; aging quality of life; aging well-being; aging satisfaction; aging happiness; aging health; aging vitality; aging activity; aging participation; aging engagement; aging involvement; aging contribution; aging legacy; aging wisdom.

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Camilla Rothe



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