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Abstract

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UNITED STATES OF AMERICA

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 control group or an experimental group. The experimental group performed a 12-week resistance training program consisting of three sessions per week, while the control group did not. The subjects were then tested for strength and endurance before and after the 12-week period. The results showed that the experimental group had significantly greater strength and endurance than the control group at the end of the 12-week period. The findings suggest that a 12-week resistance training program can effectively improve the strength and endurance of the lower extremities in healthy young adults.

Obtain a ruler from the teacher.

to give agents more discretion

1998

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