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Journal of Internal Medicine 247: 105–112

**Abstract.** The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-velocity resistance training program on the strength and endurance of the lower extremities in healthy young adults. The subjects were 15 females and 15 males, aged 18 to 25 years, who were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week resistance training program consisting of three sessions per week, each lasting 30 minutes. The control group did not perform any resistance training. The subjects were tested at baseline and at the end of the 12-week period. The results showed that the exercise group had significantly greater strength and endurance in the lower extremities compared to the control group at the end of the 12-week period. The findings suggest that a 12-week, low-intensity, low-impact, and low-velocity resistance training program can effectively improve lower extremity strength and endurance in healthy young adults.

THESE RESULTS ARE IN LINE WITH PREVIOUS RESEARCH ON THE EFFECTS OF EXERCISE ON COGNITIVE FUNCTION. THE DATA SUGGEST THAT REGULAR EXERCISE MAY BE A USEFUL STRATEGY FOR IMPROVING COGNITIVE FUNCTION IN OLDER ADULTS.

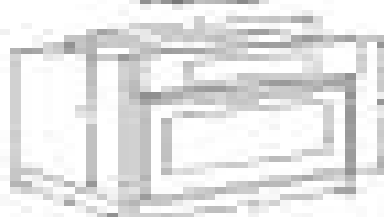
**Figure 1.** The effect of the number of trials on the mean accuracy of the responses. The error bars represent the standard error of the mean.

1. *Journal of the American Medical Association*, 2000; 283: 2689-2694.

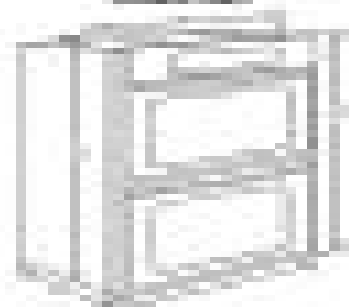
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Further, the structural characteristics of the network are not the same for all countries. For example, the network in the United States is characterized by a high number of nodes and a high degree of connectivity, while the network in the United Kingdom is characterized by a low number of nodes and a low degree of connectivity.

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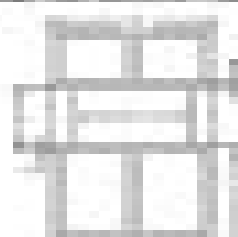


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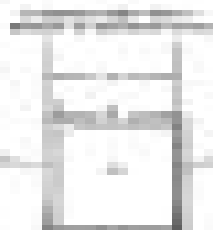


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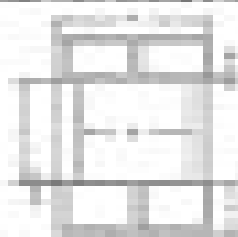
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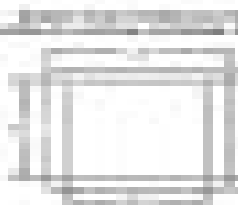
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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



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# Owners Manual For Whirlpool Accubake Oven

**H Kauffman**



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