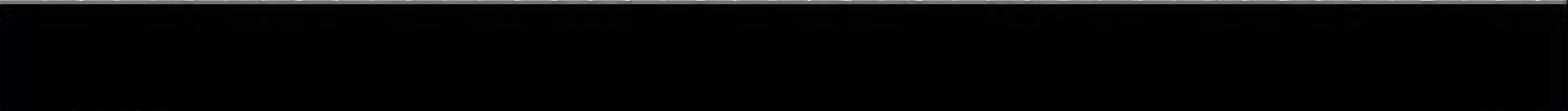


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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of middle-aged men. The study was conducted in a laboratory setting. The participants were 20 middle-aged men (mean age 45.5 years, range 40-55 years) who were divided into two groups: a control group (n=10) and a training group (n=10). The training group underwent a 12-week training program consisting of three sessions per week, each lasting 45 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any training program. The physical fitness and health of the participants were measured at the beginning and end of the 12-week period. The measurements included heart rate, blood pressure, body mass index (BMI), and body fat percentage. The results of the study showed that the training group had significantly lower heart rate, blood pressure, BMI, and body fat percentage at the end of the 12-week period compared to the control group. These findings suggest that a 12-week training program can improve the physical fitness and health of middle-aged men.



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