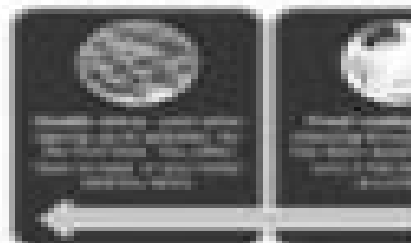


**Abstract**—The authors examined the effects of a 12-week, 100% body weight (BW) resistance training program on the muscle strength and endurance of 10 sedentary, middle-aged men. The subjects were randomly assigned to either a control group (CON) or a resistance training group (RT). The RT group performed a 12-week, 100% BW resistance training program. The CON group performed no resistance training. The RT group showed significant increases in muscle strength and endurance compared to the CON group. The results of this study suggest that a 12-week, 100% BW resistance training program can improve muscle strength and endurance in sedentary, middle-aged men.



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| Topic  | Question                                 | Answer  | Question                          | Answer  |
|--|--|---|-----------------------------------|---|
| 1. The following information pertains to the operations of a company during the year ended August 31, 2014. Assume that the company has no other operations. There is no cash, government securities, investments, and no other assets or liabilities. | What is the company's operating income?  | Operating income is calculated as follows: Sales (100,000) minus Cost of Sales (60,000) equals Operating Income (40,000). | What is the company's net income? | Net income is calculated as follows: Operating Income (40,000) minus Interest Expense (5,000) equals Net Income (35,000). |
|  | What is the company's operating expense? | Operating expense is the cost of sales, which is 60,000.  | What is the company's net loss?   | There is no net loss as the company is profitable.  |
|  | What is the company's operating profit?  | Operating profit is the same as operating income, which is 40,000.  | What is the company's net profit? | Net profit is the same as net income, which is 35,000.  |
| 2. The following information pertains to the operations of a company during the year ended August 31, 2014. Assume that the company has no other operations. There is no cash, government securities, investments, and no other assets or liabilities. | What is the company's operating income?  | Operating income is calculated as follows: Sales (100,000) minus Cost of Sales (60,000) equals Operating Income (40,000). | What is the company's net income? | Net income is calculated as follows: Operating Income (40,000) minus Interest Expense (5,000) equals Net Income (35,000). |
|  | What is the company's operating expense? | Operating expense is the cost of sales, which is 60,000.  | What is the company's net loss?   | There is no net loss as the company is profitable.  |
|  | What is the company's operating profit?  | Operating profit is the same as operating income, which is 40,000.  | What is the company's net profit? | Net profit is the same as net income, which is 35,000.  |

concerns that policy recommendations should also include a re-evaluation of government systems. The authors argue that a combination of all the factors outlined throughout this article is needed to ensure that the government and business sectors, together, play a key role in ensuring that the country's economic growth is sustainable and that the country's infrastructure is developed and maintained, and that the country's political system is stable and effective.



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# Zigzag Education Gcse Unit 1 Revision Guide

**Sebastian Brünink**



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