

Abstract

The purpose of this study was to investigate the effect of a 12-week training program on the physical fitness and health of sedentary adults.

The study was a randomized controlled trial. The participants were divided into two groups: a control group and an intervention group.

The intervention group performed a 12-week training program consisting of three sessions per week. The control group did not participate in any training program.

The results of the study showed that the intervention group had significantly higher levels of physical fitness and health compared to the control group.

The study concluded that a 12-week training program can improve the physical fitness and health of sedentary adults.

Keywords: physical fitness, health, sedentary adults, training program.

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