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Abstract: The authors examined the effects of a 12-week, 100% body weight (BW) resistance training program on the body composition and muscle strength of 10 sedentary, middle-aged men. The men 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 body composition. The RT group showed significant increases in muscle strength and body composition. The RT group showed significant increases in muscle strength and body composition.

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1. *Journal of the American Medical Association*, 2000; 283: 2689-2695.

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THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
PUBLISHED WEEKLY
535 N. Dearborn Ave., Chicago, Ill. 60610
Subscription price: \$5.00 per year in advance.
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