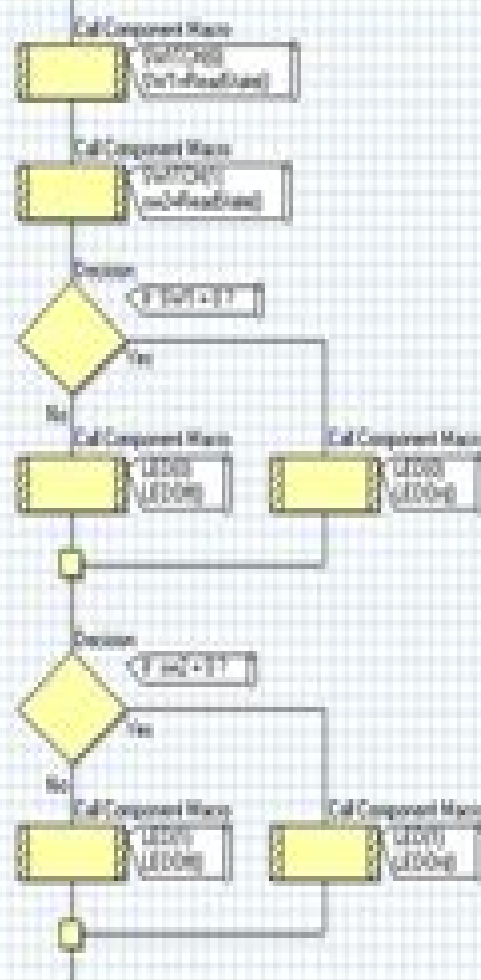


Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The study was conducted in a laboratory setting. The subjects were 12 young women, aged 18-25, who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program, while the control group remained sedentary. The physical characteristics measured were body mass index (BMI), body fat percentage, and heart rate. The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly lower BMI, body fat percentage, and heart rate compared to the control group. Additionally, the experimental group had significantly lower anxiety and depression levels and higher self-esteem levels compared to the control group. The findings suggest that a 12-week training program can effectively improve the physical and psychological characteristics of young women.

FLOWCODE 5
 #W1=LED1 #W2=LED2



Item	Value	Icon
Lap 1	1	Icon
Lap 2	2	Icon
Lap 3	3	Icon
Lap 4	4	Icon
Lap 5	5	Icon
Lap 6	6	Icon
Lap 7	7	Icon
Lap 8	8	Icon
Lap 9	9	Icon
Lap 10	10	Icon
Lap 11	11	Icon
Lap 12	12	Icon
Lap 13	13	Icon
Lap 14	14	Icon
Lap 15	15	Icon
Lap 16	16	Icon
Lap 17	17	Icon
Lap 18	18	Icon
Lap 19	19	Icon
Lap 20	20	Icon

Parameter	Value
id	Panel
color	RGB, 307
rotation	25, 96
	Panel
background	☐ scrollable
image	
code	Center
size	8, 8
	True
	True

Guide Pratique Flowcode V5

AN Whitehead



Guide Pratique Flowcode V5:

Guide Pratique Flowcode V5 Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Guide Pratique Flowcode V5**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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