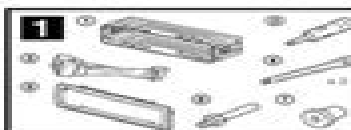


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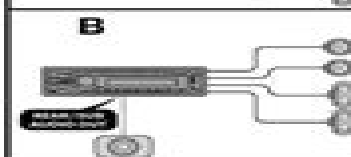
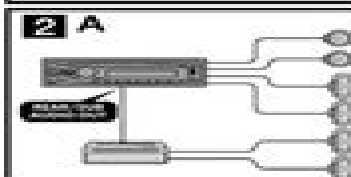
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Prisluškowanie polityczne w sferach publicznych
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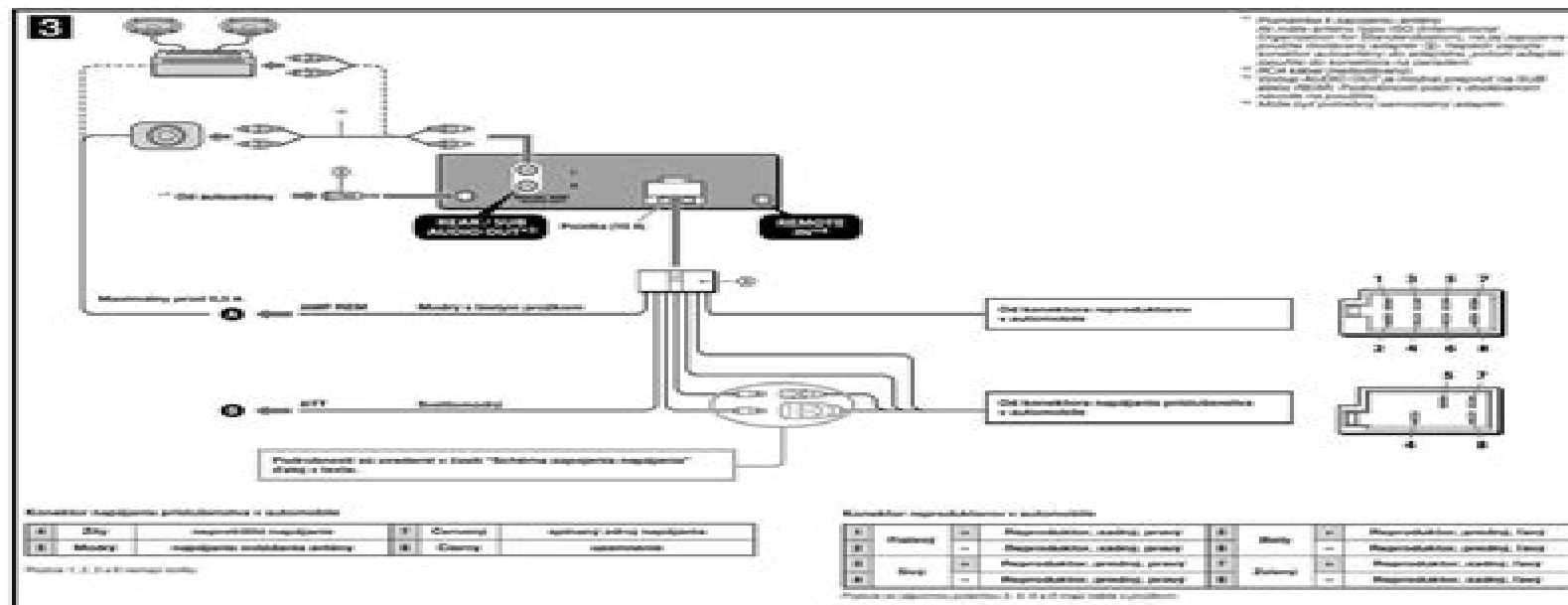


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- Abstract:** The purpose of this study was to determine the effect of a 12-week resistance training program on the muscle strength and endurance of young adults. The subjects were 20 young adults (10 males and 10 females) who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group performed no exercise. The subjects were tested at baseline and at 12 weeks for muscle strength and endurance. The results showed that the resistance training group had significantly greater muscle strength and endurance than the control group at 12 weeks. The findings of this study suggest that a 12-week resistance training program can improve muscle strength and endurance in young adults.

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Lei Huang



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