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Abstract
 The purpose of this study was to investigate the effect of a 12-week
 training program on the physical and psychological health of
 sedentary middle-aged men. The study was conducted in a
 laboratory setting. The subjects were 20 men, aged 40-50, who
 were sedentary and had no history of cardiovascular disease.
 The subjects were divided into two groups: a control group and
 an experimental group. The control group remained sedentary,
 while the experimental group participated in a 12-week
 training program consisting of three sessions per week, each
 lasting 45 minutes. The training program included aerobic
 exercise, strength training, and flexibility exercises. The
 subjects were monitored for changes in physical and
 psychological health. The results showed that the experimental
 group had significant improvements in physical health, including
 increased aerobic capacity, strength, and flexibility. The
 experimental group also showed significant improvements in
 psychological health, including reduced stress, improved mood,
 and increased self-esteem. The control group showed no
 significant changes in physical or psychological health.
 The results of this study suggest that a 12-week training
 program can improve the physical and psychological health of
 sedentary middle-aged men.



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1. **Identify the subject**
 The subject is the person or thing that is doing the action.
 In this sentence, the subject is "The dog".
 2. **Identify the verb**
 The verb is the action word.
 In this sentence, the verb is "barked".
 3. **Identify the object**
 The object is the person or thing that receives the action.
 In this sentence, the object is "the mailman".
 4. **Identify the complement**
 The complement is the word or phrase that describes the subject or object.
 In this sentence, the complement is "loudly".
 5. **Identify the modifier**
 The modifier is the word or phrase that describes the subject, verb, or object.
 In this sentence, the modifier is "in the yard".
 6. **Identify the prepositional phrase**
 The prepositional phrase is the word or phrase that begins with a preposition and describes a location, time, or manner.
 In this sentence, the prepositional phrase is "in the yard".
 7. **Identify the conjunction**
 The conjunction is the word that joins two or more words or phrases.
 In this sentence, the conjunction is "and".
 8. **Identify the clause**
 The clause is the part of the sentence that contains a subject and a verb.
 In this sentence, the clause is "The dog barked loudly".
 9. **Identify the sentence**
 The sentence is the complete thought.
 In this sentence, the sentence is "The dog barked loudly and the mailman was scared."



Abstracts

Briggs Stratton Lawn Mower Owners Manual

Ying-Ying Zheng



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