

Introduction

The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of sedentary adults. The study was conducted in a laboratory setting and involved a group of 20 participants who were randomly selected from a local community. The participants were divided into two groups: a control group and an experimental group. The control group remained sedentary throughout the study, while the experimental group participated in a supervised exercise program. The program consisted of three sessions per week, each lasting 45 minutes. The sessions included a warm-up, a cardiovascular workout, and a strength training routine. The participants were monitored throughout the study to ensure their safety and to collect data on their physical and psychological health.



Figure 1: Change in heart rate over time for Control and Experimental groups.

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