

Abstract

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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male students. The program included aerobic, strength, and flexibility exercises. The results showed that the program had a significant positive effect on the students' physical fitness, as measured by heart rate, blood pressure, and body mass index. The program also had a significant positive effect on the students' self-reported physical activity levels. The results suggest that a 12-week training program can be an effective way to improve the physical fitness of male students.

Abstract

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