

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of 100 sedentary, middle-aged men. The program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The results showed that the participants experienced significant improvements in cardiovascular fitness, muscle strength, and flexibility. Additionally, there was a significant reduction in body mass index (BMI) and blood pressure. The study concluded that a 12-week training program can effectively improve the physical fitness and health of sedentary, middle-aged men.

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