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Figure 1. A schematic diagram of the experimental design. The subjects were divided into two groups: the control group and the experimental group. The control group received a standard training program, while the experimental group received a modified training program. The experimental group was further divided into two subgroups: the low-intensity group and the high-intensity group. The low-intensity group received a low-intensity training program, while the high-intensity group received a high-intensity training program. The subjects were then subjected to a series of tests to measure their performance and physiological responses.

Page 2



A nicely landscaped lot frames this four bedroom Colonial in Livonia. Spacious living room and family room with fireplace. Charming country kitchen. Conveniently located for rapid transit. \$88,900 Call 261-5080

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This three bedroom, full basement house is in great five living area - open floor plan and studio balcony. Large treed lot across the street from the lake. \$53,500. Ask for Charlene.

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