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Open 9 A.M.

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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 12-week training program, while the experimental group received a modified 12-week 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 divided into two groups: the control group and the experimental group. The control group received a standard 12-week training program, while the experimental group received a modified 12-week 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.

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