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Figure 1. The effect of the number of trials on the number of correct responses. The number of correct responses was significantly higher than the number of incorrect responses for all groups. The number of correct responses was significantly higher than the number of incorrect responses for all groups. The number of correct responses was significantly higher than the number of incorrect responses for all groups.

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1. The first step is to identify the problem. In this case, the problem is that the system is not working properly.

Abstract. The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-volume exercise program on the physical fitness of sedentary, middle-aged women. The program was designed to be a safe and effective means of increasing physical activity for women who were previously sedentary. The program consisted of three sessions per week, each lasting 30 minutes. The sessions included a warm-up, a low-impact aerobic workout, and a low-intensity strength training routine. The results of the study showed that the program had a positive effect on the physical fitness of the women, with significant improvements in cardiovascular fitness, muscular strength, and body composition. The program was well-tolerated by the women, and they reported a high level of adherence. The findings of this study suggest that a low-intensity, low-impact, and low-volume exercise program can be an effective means of increasing physical activity for sedentary, middle-aged women.

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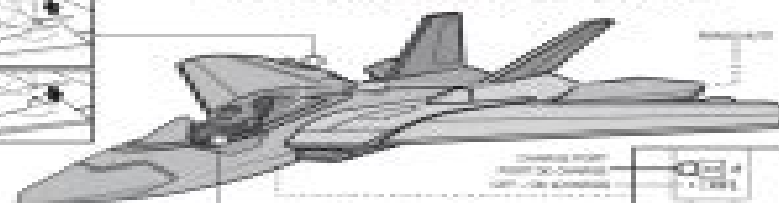
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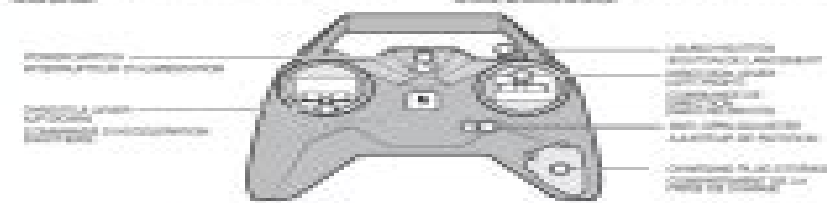
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