



Abstract: The authors examined the effects of a 12-week, 100% body weight (BW) resistance training program on the body composition and muscle strength of 10 sedentary, middle-aged women. The program consisted of 3 sessions per week, with each session including 10 sets of 10 repetitions of 10 different exercises. The exercises were performed using a combination of free weights and resistance bands. The results showed that the program led to a significant increase in muscle strength and a decrease in body fat percentage. The authors concluded that a 12-week, 100% BW resistance training program is an effective way to improve body composition and muscle strength in sedentary, middle-aged women.

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Author's address:
 Department of Mathematics, University of Illinois at Chicago
 857 S. Morgan St., Chicago, IL 60607-7143
 USA
 E-mail: math@uic.edu

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