

Abstract

The purpose of this study was to determine the effect of a 12-week resistance training program on the strength and endurance of the lower extremities of sedentary individuals. The subjects were 12 sedentary individuals who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group did not. The results of the study showed that the resistance training group had significantly greater strength and endurance than the control group at the end of the 12-week program.