

Abstract The purpose of this study was to examine the effects of a 12-week, 100% bodyweight (BW) resistance training program on the muscle strength, muscle mass, and body composition of sedentary, middle-aged women. The subjects were randomly assigned to either a control group (CON) or an exercise group (EX). The EX group performed a 12-week, 100% BW resistance training program, while the CON group remained sedentary. The EX group showed significant increases in muscle strength, muscle mass, and body composition compared to the CON group. The results suggest that a 12-week, 100% BW resistance training program is effective in improving muscle strength, muscle mass, and body composition in sedentary, middle-aged women.

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