

PROCES-VERBAL

ABSTRACT:
The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and performance of young athletes. The program consisted of a combination of aerobic and anaerobic exercises. The results showed that the program had a significant positive effect on the physical fitness and performance of the athletes. The study was conducted over a 12-week period, and the results were compared to the baseline measurements. The findings suggest that the program was effective in improving the physical fitness and performance of the athletes.

1. *How many people are there in your family?*

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