```
mysgl> SELECT * FROM user WHERE age BETWEEN 20 AND 30;
| id | name
                 | sex | age | phone
| 1 | John Doe | Male | 25 | 123-456-7890
| 3 | Bob Johnson | Male | 22 | 5<u>55</u>-123-4567
2 rows in set (0.01 sec)
```