

DATING IS FLUID

สิ่งที่เกิดขึ้นใน
กินเดอร์ปีที่ผ่านมา
สะท้อนการหาจุดใน
ทศวรรษหน้า

8 2564 - Z 1825

[illegible]

PDF

Age Group	Z (%)	A (%)	B (%)	C (%)
19	19	19	19	19
20-29	32	19	19	19
30-39	19	19	19	19
40-49	19	19	19	19
50-59	19	19	19	19
60-69	19	19	19	19
70-79	19	19	19	19
80+	19	19	19	19

Abstract

The purpose of this study was to investigate the effect of a 12-week resistance training program on the muscle strength and endurance of young adults. The subjects were divided into two groups: control group (CG) and experimental group (EG). The EG performed a 12-week resistance training program consisting of three sessions per week. The CG did not perform any resistance training. The results showed that the EG had significantly higher muscle strength and endurance than the CG after 12 weeks of training.

Keywords: Resistance training, Muscle strength, Muscle endurance, Young adults.

1. 19 31% 15

2. 19 100% 19% 19%

3. 50% 19

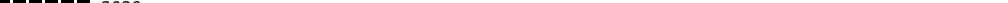
4. 40% Z

5. 19

3

Age Group	Percentage
18-24	23%
25-34	22%
35-44	18%
45-54	15%
55-64	12%
65-74	10%
75-84	8%
85+	5%

Figure 1: Schematic representation of the YPulse algorithm. The diagram shows a sequence of 2563 pulses (black squares) with a 40% duty cycle. A 30-second window is highlighted, containing 2564 pulses. A 2563-pulse window is also shown, with a 54% duty cycle. The YPulse algorithm is indicated by a box labeled 'YPulse'.

YPulse [Finding Love Post-COVID Trend Report](#).  13-39 1

<https://th.tinderpressroom.com/news?item=122507>