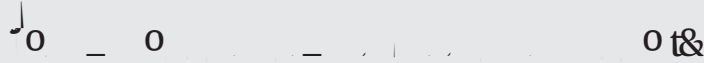


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ABSTRACT

Objectives: To determine the effect of 12-week resistance training on muscle strength and mass in older adults.
Design: Randomized controlled trial.
Methods: 424 older adults (>65 years) were randomized to either a 12-week resistance training group (n = 212) or a control group (n = 212). The resistance training group performed three sessions per week of resistance training. The control group performed no structured exercise. Primary outcomes were changes in muscle strength and muscle mass. Secondary outcomes were changes in endurance and quality of life. Data are presented as mean (SD) or median (IQR).

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23. [Bennett H, Fuller J, DeBenedictis T, et al. The effects of a 12-week periodized training program on the physical fitness of elite soccer players. *Int J Sports Physiol Perform* 2022;17\(5\):761-767.](#)
24. [Bennett H, Fuller J, DeBenedictis T, et al. The effects of a 12-week periodized training program on the physical fitness of elite soccer players. *J Sci Med Sport*](#)