

Exercise Chart

The researchers also used a computer-generated random number table to select 100 subjects from the 1,000. They were then randomly assigned to the two groups. The researchers found that the subjects in the treatment group had significantly higher scores on the Beck Depression Inventory (BDI) than the subjects in the control group. The researchers also found that the subjects in the treatment group had significantly higher scores on the Beck Depression Inventory (BDI) than the subjects in the control group.

Two athletes in blue and orange uniforms are shown in a hurdle drill. They are in a low, powerful starting stance, ready to burst forward over a hurdle.

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