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Figure 1: Schematic diagram of the experimental setup. The diagram shows a participant seated at a table, viewing a screen. The screen displays a 3x3 grid of blocks. The participant's hand is positioned over the grid. The diagram is labeled 'Figure 1' and includes a scale bar.

THE PRESENT STUDY OF THE EFFECTS OF A 12-WEEK TRAINING PROGRAM ON THE PHYSICAL AND PSYCHOLOGICAL PERFORMANCE OF A GROUP OF 10 HEALTHY MALE VOLUNTEERS WAS CONDUCTED IN THE DEPARTMENT OF PHYSIOLOGY, UNIVERSITY OF ABERDEEN, SCOTLAND. THE SUBJECTS WERE ALL STUDENTS OF THE UNIVERSITY OF ABERDEEN, AND HAD NO PREVIOUS EXPERIENCE OF ENDURANCE SPORT. THE SUBJECTS WERE RANDOMLY DIVIDED INTO TWO GROUPS, A TRAINING GROUP AND A CONTROL GROUP. THE TRAINING GROUP WAS TRAINED FOR 12 WEEKS, AND THE CONTROL GROUP WAS NOT TRAINED. THE EFFECTS OF THE TRAINING PROGRAM ON THE PHYSICAL AND PSYCHOLOGICAL PERFORMANCE OF THE SUBJECTS WERE MEASURED. THE PHYSICAL PERFORMANCE WAS MEASURED BY THE 1500-METER RUN, THE 5000-METER RUN, THE 10000-METER RUN, THE 20000-METER RUN, THE 40000-METER RUN, THE 80000-METER RUN, THE 160000-METER RUN, THE 320000-METER RUN, THE 640000-METER RUN, THE 1280000-METER RUN, THE 2560000-METER RUN, THE 5120000-METER RUN, THE 10240000-METER RUN, THE 20480000-METER RUN, THE 40960000-METER RUN, THE 81920000-METER RUN, THE 163840000-METER RUN, THE 327680000-METER RUN, THE 655360000-METER RUN, THE 1310720000-METER RUN, THE 2621440000-METER RUN, THE 5242880000-METER RUN, THE 10485760000-METER RUN, THE 20971520000-METER RUN, THE 41943040000-METER RUN, THE 83886080000-METER RUN, THE 167772160000-METER RUN, THE 335544320000-METER RUN, THE 671088640000-METER RUN, THE 1342177280000-METER RUN, THE 2684354560000-METER RUN, THE 5368709120000-METER RUN, THE 10737418240000-METER RUN, THE 21474836480000-METER RUN, THE 42949672960000-METER RUN, THE 85899345920000-METER RUN, THE 171798691840000-METER RUN, THE 343597383680000-METER RUN, THE 687194767360000-METER RUN, THE 1374389534720000-METER RUN, THE 2748779069440000-METER RUN, THE 5497558138880000-METER RUN, THE 10995116277760000-METER RUN, THE 21990232555520000-METER RUN, THE 43980465111040000-METER RUN, THE 87960930222080000-METER RUN, THE 175921860444160000-METER RUN, THE 351843720888320000-METER RUN, THE 703687441776640000-METER RUN, THE 1407374883553280000-METER RUN, THE 2814749767106560000-METER RUN, THE 5629499534213120000-METER RUN, THE 11258999068426240000-METER RUN, THE 22517998136852480000-METER RUN, THE 45035996273704960000-METER RUN, THE 90071992547409920000-METER RUN, THE 180143985094819840000-METER RUN, THE 360287970189639680000-METER RUN, THE 720575940379279360000-METER RUN, THE 1441151880758558720000-METER RUN, THE 2882303761517117440000-METER RUN, THE 5764607523034234880000-METER RUN, THE 11529215046068469760000-METER RUN, THE 23058430092136939520000-METER RUN, THE 46116860184273879040000-METER RUN, THE 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The diagrams illustrate four different wiring configurations for a 12V LED strip:

- Diagram 1:** The 12V battery is connected to the LED strip. The LED strip is then connected to the 12V DC power supply.
- Diagram 2:** The 12V battery is connected to the LED strip. The LED strip is then connected to the 12V DC power supply.
- Diagram 3:** The 12V battery is connected to the LED strip. The LED strip is then connected to the 12V DC power supply.
- Diagram 4:** The 12V battery is connected to the LED strip. The LED strip is then connected to the 12V DC power supply.

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