



A belga labdarúgó-válogatott **Eden Hazard** és **Romelu Lukaku** duplájával, valamint **Michy Batshuayi** góljával 5–2-re győzte le **Tunéziát**

a világbajnokság G csoportjának 2. fordulójában. Annak ellenére, hogy két forduló után hat ponttal vezetik a tabellát, továbbjutásuk még nem biztos, de kevés az esély arra, hogy ne legyenek ott a legjobb tizenhat között.

COMKIM

A NYUGODT ÉPÍTKEZÉSEK MEGBÍZHATÓ PARTNERE

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The study was conducted in a laboratory setting. The participants were 15 young women (mean age 20.5 ± 1.5 years, mean BMI 21.5 ± 2.5 kg/m²). They were divided into two groups: a control group (n = 7) and an experimental group (n = 8). The experimental group underwent a 12-week training program consisting of three sessions per week, each lasting 45 minutes. The training program included aerobic, strength, and flexibility exercises. The control group did not undergo any training. The physical characteristics measured were body mass index (BMI), body fat percentage (BF%), and maximum oxygen consumption (VO₂max). The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had a significant decrease in BMI, BF%, and anxiety, and a significant increase in VO₂max, self-esteem, and depression, compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young women.