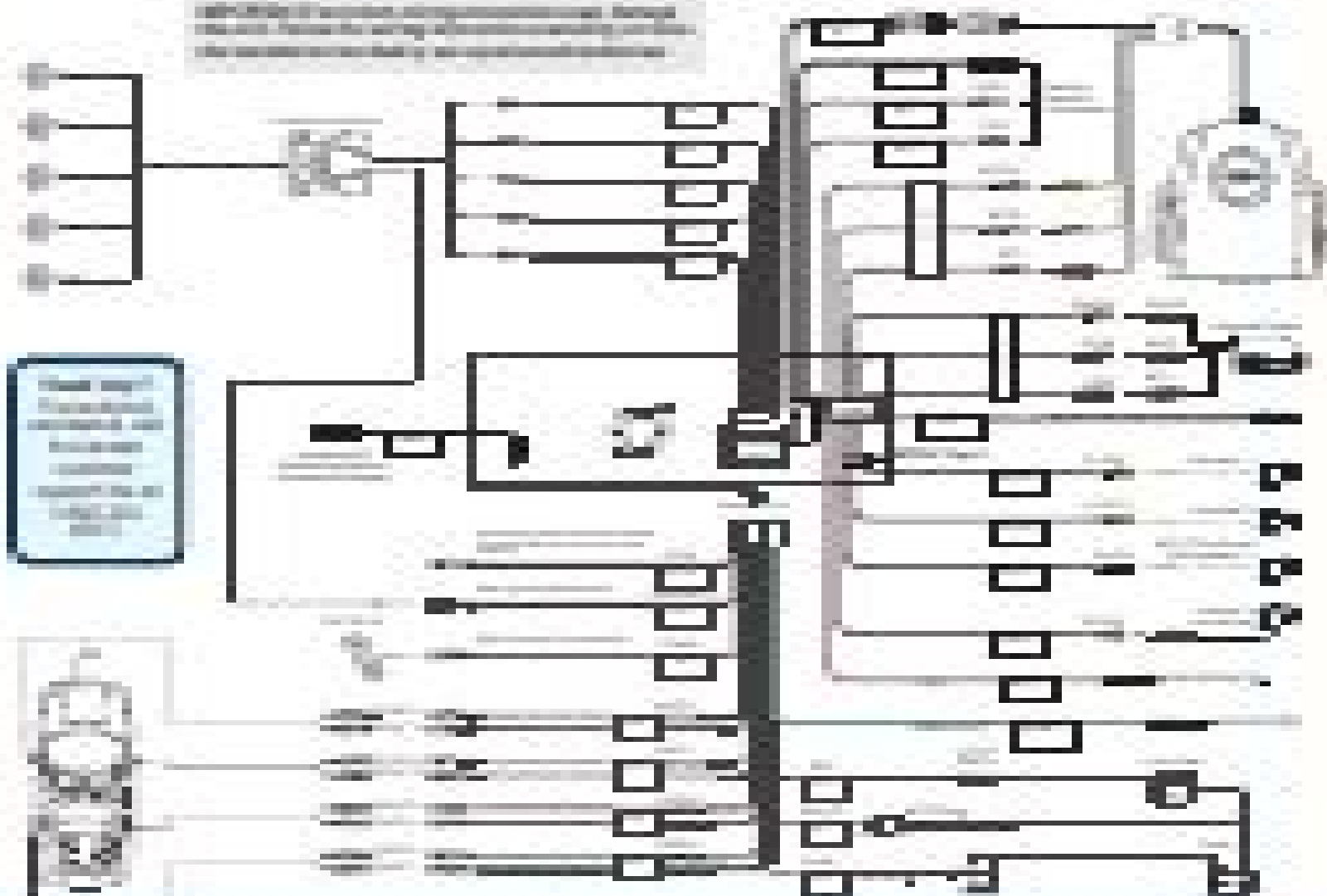




Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 12-week training program. The HR and HRR were measured at rest and during maximal exercise before and after the training program. The results showed that the training program had a significant effect on the HR and HRR of the training group. The HR at rest decreased significantly from 72.5 ± 5.0 to 68.5 ± 4.0 beats/min, and the HRR at rest increased significantly from 27.5 ± 5.0 to 31.5 ± 4.0 beats/min. The HR during maximal exercise decreased significantly from 175.0 ± 10.0 to 165.0 ± 8.0 beats/min, and the HRR during maximal exercise increased significantly from 102.5 ± 10.0 to 112.5 ± 8.0 beats/min. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.



Jensen Vm9312hd Owners Manual

Willys-Overland Motors, Inc



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