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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 randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 12-week training program consisting of 3 sessions per week. The CG did not perform any exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and after 12 weeks. The EG showed a significant decrease in HR and HRR at rest and during the maximal exercise test compared to the CG. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.



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David Kirk



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