

100

100



1000

Figure 1. Schematic diagram of the experimental setup.

Table 1 Mean number of correct responses and standard error of the mean (SEM) for each condition

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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 energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 30 to 45 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and a training group. The control group consisted of six women who did not participate in any physical activity during the study. The training group consisted of six women who participated in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a stationary bike at a heart rate of 150 to 160 beats per minute. The HR and EE were measured at the beginning and end of the study. The HR and EE of the training group increased significantly after 12 weeks of training, while the HR and EE of the control group remained unchanged. The results of this study suggest that a 12-week training program can improve the HR and EE of sedentary, middle-aged women.

[illegible]

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- They investigated the relationship between age and IQ, and whether the change between these groups would
- and all being with three experimental conditions. They were all children in the same class, and with a

Abstract

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Hs Mathematics Unit 4 Lesson 1

SB Merriam



Hs Mathematics Unit 4 Lesson 1:

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