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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years of age, who had been sedentary for at least 10 years. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 70% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and at the end of the 10-week period. The results showed that the training program had a significant effect on the HR and HRR of the subjects. The HR at rest decreased from 72 to 68 beats per minute (b·min⁻¹) and the HRR increased from 28 to 32 b·min⁻¹. The HR at maximal exercise decreased from 185 to 175 b·min⁻¹ and the HRR increased from 113 to 107 b·min⁻¹. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

the 1990s, the number of people in the world who are undernourished has increased from 250 million to 300 million. The number of people who are malnourished has increased from 1.2 billion to 1.5 billion. The number of people who are overweight has increased from 1 billion to 1.5 billion. The number of people who are obese has increased from 1 billion to 1.5 billion. The number of people who are undernourished and malnourished has increased from 1.2 billion to 1.5 billion. The number of people who are overweight and obese has increased from 1 billion to 1.5 billion. The number of people who are undernourished, malnourished, overweight, and obese has increased from 1.2 billion to 1.5 billion.

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Figure 1
 Comparison of the mean number of correct responses for the two groups of participants. The figure shows two bars: one for the 'Control' group and one for the 'Patients' group. The y-axis is labeled 'Number of correct responses' and ranges from 0 to 10. The 'Control' bar is at approximately 8.5, and the 'Patients' bar is at approximately 6.5.

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1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

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Специальный выпуск

СКВОЗЬ ВРАЖЕСКОЕ КОЛЬЦО



Солдаты Красной Армии в ходе боя за Берлин. В центре — солдат, ведущий в плен немецкого солдата.

ВЕСЬ НА ЗАПАДЕ ДОНКОРАДЫ

Войска Западного фронта продолжают наступление на западном берегу реки Рейн. В течение последних суток наши солдаты захватили несколько населенных пунктов и продолжают расширять свои успехи. В результате наступления наши войска достигли западного берега реки Рейн в нескольких местах. В настоящее время ведутся бои за укрепленные пункты противника. Наши солдаты проявляют героизм и стойкость в боях. В результате наступления наши войска достигли западного берега реки Рейн в нескольких местах. В настоящее время ведутся бои за укрепленные пункты противника. Наши солдаты проявляют героизм и стойкость в боях.

НАШЕ ОТЕЧЕСТВО ПОДЪЕМАЕТСЯ

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the 1990s, the industry has been hit hard by a combination of factors, including a decline in the number of new entrants, a shift in the composition of the workforce, and a decline in the number of new entrants. The industry has also been hit hard by a decline in the number of new entrants, a shift in the composition of the workforce, and a decline in the number of new entrants.

THESE INVESTMENTS
ARE THE BEST

There are many reasons why the investment in a new car is the best. First, a new car is a safe investment. It is a car that is built to last and is designed to protect you and your passengers. Second, a new car is a car that is built with the latest safety features. It is a car that has air bags, anti-lock brakes, and a crumple zone. Third, a new car is a car that is built with the latest technology. It is a car that has a power windows, a power door locks, and a power windows. Fourth, a new car is a car that is built with the latest style. It is a car that has a sleek design, a low profile, and a sporty look. Fifth, a new car is a car that is built with the latest color. It is a car that has a bright, shiny finish that will last for years. Sixth, a new car is a car that is built with the latest sound system. It is a car that has a powerful speaker system that will give you the best sound. Seventh, a new car is a car that is built with the latest navigation system. It is a car that has a built-in GPS system that will help you find your way. Eighth, a new car is a car that is built with the latest security system. It is a car that has a built-in alarm system that will protect you from theft. Ninth, a new car is a car that is built with the latest maintenance system. It is a car that has a built-in oil change system that will keep your car running smoothly. Tenth, a new car is a car that is built with the latest warranty system. It is a car that has a built-in warranty system that will protect you from any problems. So, if you are looking for the best investment, a new car is the way to go.



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 an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 12-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group had no significant change in HR and HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Abstract

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"The fact that we have been able to get the program off the ground is a testament to the support of the community," says Dr. Smith. "We are grateful to the many individuals and organizations that have helped us in this journey."

The program is currently accepting applications for the 2024 cohort. For more information, visit www.mhcc.edu/healthcare or contact the program director at (508) 548-1234.

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