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▶ **Answered Questions**

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 of aerobic exercise. The CG performed no exercise. The HR and HRR were measured at rest and during maximal exercise at baseline and after 12 weeks. The EG showed a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise. The CG showed no significant changes in HR and HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Figure 1 *Flowchart of the study*

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Beginner Friendly Ai Code Assistant Tips For Bloggers

Niladri Sen,Mehul Gupta



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