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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 blood pressure (BP) 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 aerobic and resistance exercises. The control group remained sedentary. HR and BP were measured at baseline and at the end of the 12-week period. The exercise group showed a significant decrease in both HR and BP compared to the control group. The results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.



Padi Rescue Diver Manual French

Patrick Vollmar



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