

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 randomly divided into two groups: a control group and an exercise group. The control group was instructed to maintain their current level of physical activity, while the exercise group was instructed to perform a 10-week training program consisting of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and at the end of the 10-week training program. 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. These findings suggest that a 10-week training program can improve cardiovascular fitness in sedentary middle-aged men.

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