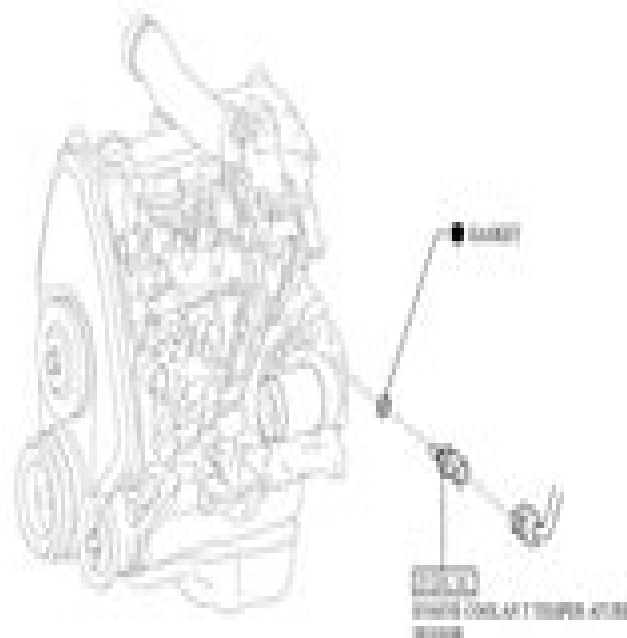




Abstract *—* The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 12-week training program consisting of three sessions per week of aerobic and resistance exercise. The CG performed no exercise. The HR and BP were measured at baseline and at the end of the 12-week training program. The EG showed a significant decrease in HR and BP compared to the CG. The results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

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