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Table 1 Mean number of correct responses and standard error of the mean (SEM) for each condition

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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 randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 10-week training program consisting of three sessions per week. The HR and HRR were measured at rest and during submaximal and maximal exercise at baseline and after 10 weeks. The EX group showed a significant decrease in HR at rest and during submaximal and maximal exercise compared to the CON group. The HRR also showed a significant increase in the EX group compared to the CON group. The results of this study suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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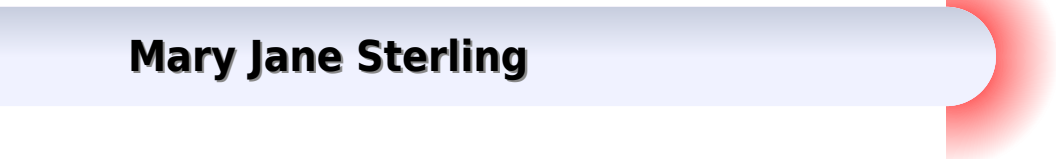
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