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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 heart rate reserve (HRR) 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 three sessions per week, each lasting 30 minutes. The control group did not participate in any exercise program. The HR and HRR were measured at baseline and at the end of the 12-week period. The results showed that the exercise group had a significant decrease in HR and HRR compared to the control group. This suggests that a 12-week training program can improve cardiovascular fitness in sedentary middle-aged men.

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