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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 randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week of aerobic exercise. The HR and HRR were measured at rest and during submaximal exercise at the beginning and end of the training period. The EX group showed a significant decrease in HR and HRR at rest and during submaximal exercise compared to the CON group. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.



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