

Operator's Manual

Dumpers

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1. **Introduction**

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. 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 of aerobic exercise. The HR and EE were measured at baseline and at the end of the 10-week training program. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The results of this study suggest that a 10-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

Robert M. Roberts, Richard A. Hays, and Robert A. Giacalone

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Abstract

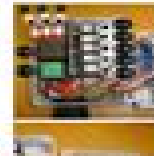
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Year	Percentage
0	0.00%
1	0.00%
2	0.00%
3	0.00%
4	0.00%
5	0.00%
6	0.00%
7	0.00%
8	0.00%
9	0.00%



Time	Session duration (h)	Participant count
0-2	10-15	10-15
2-3	10-15	10-15
3-4	10-15	10-15
4-5	10-15	10-15
5-6	10-15	10-15
6-7	10-15	10-15
7-8	10-15	10-15



Inventory (mg) Date	Pharmacological
0 7 10 12	Start on 10 mg
0 10	First review 10 mg
0 12	Second review
0 15	Start withdrawing the dose
0 17	Complete stop
0 18	Following clinical day
0 19	Stop study
0 20	Follow up after study
0 21	Start second day

Neuson 10 Ton Dumper Operator Manual

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