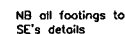


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PLANNING
DEPARTMENT

NO: N6 2005 / 1517 / FF

DATE/DRAWN

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of 30 minutes of aerobic exercise, 3 times per week. The control group did not exercise. The HR and BP were measured at baseline and at the end of the 10-week training program. The results showed that the exercise group had a significant decrease in HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR and BP. The results suggest that a 10-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

WELWYN

North & South Elevations - Sides

DRAWN MPP

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REVISION