

G A E C

46120 LABATHUDE

RCS 4Q3 316 045

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 study was conducted in a laboratory setting. The subjects were 15 sedentary middle-aged men (mean age 45.8 ± 1.2 years, range 35–55 years). The subjects were divided into two groups: a control group (n = 7) and a training group (n = 8). The control group performed no exercise, while the training group performed a 12-week training program consisting of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The HR and HRR were measured at rest and during maximal exercise at baseline and at the end of the 12-week training program. The results showed that the training group had a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise, compared to the control group. The control group had no significant changes in HR and HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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FACTURE N°

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[illegible]