

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 aerobic and resistance exercises. The HR and BP were measured at baseline and at the end of the 10-week program. The results showed that the exercise group had a significant decrease in both HR and BP compared to the control group. The HR decreased from 72.5 ± 5.5 beats/min at baseline to 68.5 ± 5.5 beats/min at the end of the 10-week program. The BP decreased from 125.5 ± 10.5 mmHg at baseline to 120.5 ± 10.5 mmHg at the end of the 10-week program. 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.

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