

Abstract: The purpose of this study was to determine the effect of a 12-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 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and BP were measured at baseline and at the end of the 12-week period. 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 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 or BP. These findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

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