

FORMULARIO SC

Nº 50 0279025

1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not participate in any physical activity during the study. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at the beginning and end of the study. The results showed that the training group had a significantly higher HR and HRR at the end of the study compared to the control group. The HR increased from 140 to 150 beats per minute, and the HRR increased from 10 to 15 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 10-week training program can improve the HR and HRR of sedentary middle-aged men.

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4.1. Order-Preserving

1: Inversión Extranjera Directa 2: Inversión Subregional 3: Inversión Neutra 4: Inversión de extranjeros calificada como Nacional

TOTAL

800,00

NOTA: EL PRESENTE FORMULARIO NO SE ACEPTARÁ CON ENMENDADURAS O TACHONES

AÑO				MES		DÍA	

POLIGRÁFICA C.A. - Resolución: 0231 - 27 / 03 / 02

FIRMA DEL REPRESENTANTE LEGAL