



RABON SUECIA UNIVERSITATINA MACHADO PALADINEZ CAR. LYON

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SUPPLEMENTARY TABLE 1

11. **REFERENCES** 2000 100 **THE ASSOCIATION** 2000 100 **THE ASSOCIATION** 2000 100

PLC: AC100V 50/60Hz

UNITED STATES DEPARTMENT OF COMMERCE

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and the ALE (ALE) D-ABC of 100% OF activation.

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 10 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. The subjects were randomly assigned to either a control group or a training group. The control group consisted of 5 women who continued with their sedentary lifestyle, and the training group consisted of 5 women who participated in a 10-week training program. The training program consisted of 30 minutes of aerobic exercise, 3 times per week, at a heart rate of 150 to 160 beats per minute. The subjects were monitored for HR and EE during the 10-week training program. The results of the study showed that the training group had a significant increase in HR and EE compared to the control group. The HR of the training group increased from 145 to 155 beats per minute, and the EE of the training group increased from 1,800 to 2,200 kcal per day. The HR of the control group remained at 145 beats per minute, and the EE of the control group remained at 1,800 kcal per day. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.

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