






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 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 participate in any exercise program. The HR and HRR were measured at the beginning and end of the 12-week period. The results showed that the exercise group had a significant increase in HR and HRR compared to the control group. The HR increased from 72 to 80 beats per minute, and the HRR increased from 28 to 36 beats per minute. The control group showed no significant change in HR and HRR. The findings suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Abstract

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中韓進出口貿易總額佔中國進出口貿易總額的 10.2%，佔韓國進出口貿易總額的 10.2%。

1994年12月22日，在“中国环境与发展”高层论坛上，中国环境与发展国际合作委员会主席、中国科学院院长周光召指出，中国环境与发展问题的关键，在于如何使中国走上可持续发展的道路。周光召指出，中国环境与发展问题的关键，在于如何使中国走上可持续发展的道路。

供本集團之成員或關聯公司。受託人須與本集團董事會訂立書面委任合約。

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標記號碼、產品名稱(標記)、服務項目及售價等應於下列欄位填報：

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