

Transcription

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary, middle-aged women who were randomly assigned to either a control group or a training group. The control group continued with their sedentary lifestyle, while the training group participated in a 12-week training program consisting of three sessions per week of aerobic exercise. The HR and EE were measured at baseline and at the end of the 12-week training program. The results showed that the training group had a significant decrease in HR and a significant increase in EE compared to the control group. These findings suggest that a 12-week training program can effectively improve cardiovascular fitness and increase energy expenditure in sedentary, middle-aged women.



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Cub Cadet Service Manual 145

Wolfgang Guggemos



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