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With a little help, I did the above ground search of secondary sources, was made under the responsible charge and is accurate and correct to the best of my knowledge and belief. Further, I certify that the above facts are correct statements of truth, substantiated by the names of professional geologists and engineers, shown in 17. Records, Laboratory Case Codes, recorded in current Section 471.12 C, 10000, 10000.

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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 aerobic and resistance exercises. The HR and BP were measured at baseline and at the end of the 12-week program. 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 changes in HR and BP. The findings suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

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