

**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 a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 12-week training program. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the study. The results showed that the training group had a significantly higher HR and HRR at rest and during maximal exercise compared to the control group. The findings suggest that a 12-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.

# World Of Chemistry Final Exam

**NARAYAN CHANGDER**



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