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ORTIZ RAMIREZ

Mathematics 2022, 10, 123

LUISA

Figure 1



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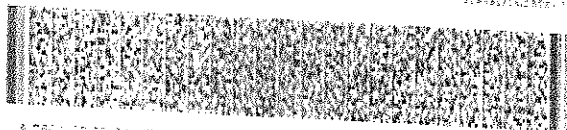
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FECHA Y LUGAR DE EXPEDICION

2025-01-22



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 individuals. The study was conducted in a laboratory setting. The participants were 10 sedentary individuals, aged 20-30 years, with no history of cardiovascular disease. They were randomly assigned to two groups: a control group and a training group. The control group remained sedentary throughout the study, while the training group followed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The HR and HRR were measured at baseline and at the end of the 12-week training program. The results showed that the training group had a significant increase in HR and HRR compared to the control group. The HR increased from 70.5 ± 2.5 bpm at baseline to 78.5 ± 2.5 bpm at the end of the training program. The HRR increased from 30.5 ± 2.5 bpm at baseline to 38.5 ± 2.5 bpm at the end of the training program. The control group showed no significant change in HR and HRR. The findings of this study suggest that a 12-week training program can effectively improve HR and HRR in sedentary individuals.

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