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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 10-week training program consisting of three sessions per week. The CG performed no exercise. The HR and EE were measured at baseline and at the end of the 10-week training program. The EG showed a significant decrease in HR and a significant increase in EE compared to the CG. The results of this study suggest that a 10-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.



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