



Abstract

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 control group did not exercise. The HR and BP were measured at baseline and at the end of the 12-week period. The results showed that the exercise group had a significant decrease in HR and BP compared to the control group. The decrease in HR was approximately 10 beats per minute, and the decrease in BP was approximately 10 mmHg. These results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

 $\alpha + \beta \leq 1$ and $\alpha, \beta \geq 0$ are the following:[illegible]

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is a strength-based model of adolescent development in which

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a. The mean score of 85.00

$\mathbf{A} = \begin{bmatrix} 1 & 2 & 3 & 4 & 5 \\ 2 & 3 & 4 & 5 & 6 \\ 3 & 4 & 5 & 6 & 7 \\ 4 & 5 & 6 & 7 & 8 \\ 5 & 6 & 7 & 8 & 9 \end{bmatrix}$

... auf demselben Gebiet mit x durchzuführen, da es unmöglich

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Figure 1. The effect of the concentration of the solution on the adsorption of the dye.

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4. *substantivell und prädikativ: Substantivierung*

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a. acuticellulae, *subulocellulae* *laevigatae* *a. can. d. d.*

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- JEFFREY M. HARRIS, M.D.

៤. កាតព្វកិច្ចរបស់អង្គជំនុំជម្រះ

៤.១ កាតព្វកិច្ចរបស់អង្គជំនុំជម្រះ គឺជាការពិនិត្យសំណុំរឿងដែលបានកំណត់
ឱ្យសាលាដំបូង ឬ អង្គជំនុំជម្រះ ឬ សាលាដំបូង ឬ សាលាដំបូង ឬ សាលាដំបូង ឬ សាលាដំបូង
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៤.២ សាលាដំបូងត្រូវពិនិត្យសំណុំរឿងដែលបានកំណត់ឱ្យសាលាដំបូង ឬ
អង្គជំនុំជម្រះ ឬ សាលាដំបូង ឬ សាលាដំបូង ឬ សាលាដំបូង ឬ សាលាដំបូង

៤.៣ កាតព្វកិច្ចរបស់អង្គជំនុំជម្រះ គឺជាការពិនិត្យសំណុំរឿងដែលបានកំណត់

៤.៤ កាតព្វកិច្ចរបស់អង្គជំនុំជម្រះ គឺជាការពិនិត្យសំណុំរឿងដែលបានកំណត់
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៤.៥ កាតព្វកិច្ចរបស់អង្គជំនុំជម្រះ គឺជាការពិនិត្យសំណុំរឿងដែលបានកំណត់
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ស្រុកស្រីសោយស្រី

ថ្ងៃទី ២២ ខែ ១១ ឆ្នាំ ២០២២

(ហត្ថលេខា)

អគ្គនាយកដ្ឋានស៊ើបអង្កេត