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POWER STROKE



OWNER'S GUIDE SUPPLEMENT

SUPER DUTY

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 40 to 50 years of age, who were randomly assigned to a 12-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes, and included a combination of aerobic and resistance exercises. The control group consisted of 12 sedentary women who did not participate in the training program. The HR and EE were measured at rest and during the training sessions. The results showed that the training program had a significant effect on the HR and EE of the subjects. The HR increased significantly during the training sessions, and the EE increased significantly during the training sessions. The control group showed no significant change in HR or EE. The results suggest that a 12-week training program can improve the HR and EE of sedentary, middle-aged women.



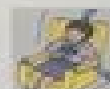
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Little Boats, Run #1 Little Boats, Run #1

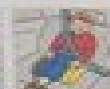
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