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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 10 women, 40 to 50 years old, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a cycle ergometer at a workload of 150 W. The control group did not exercise. The HR and EE were measured at rest and during exercise at the beginning and at the end of the 10-week period. The HR and EE were significantly higher at the end of the 10-week period in the training group compared with the control group. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.

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El Olvido

It is important to note that the results of this study are based on a cross-sectional design. Therefore, the causal relationships between the variables cannot be definitively established. Future research should employ longitudinal designs to investigate the temporal relationships between the variables and to assess the stability of the findings.

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

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1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

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