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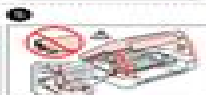
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**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The training group performed a 10-week aerobic training program. The HR and BP were measured at baseline and at the end of the 10-week period. The results showed that the training group had a significant decrease in both HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant changes in HR and BP. The results suggest that a 10-week aerobic training program can effectively reduce HR and BP in sedentary, middle-aged men.

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