

RESPONSE

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ABSTRACT

was 26.25 beats/min. Exploration and uses revealed that the workload during the training

The impact of resistance training on the cardiovascular system is well documented. The intensity of the training is a key factor in determining the cardiovascular response. The present study examined the cardiovascular response to resistance training in a group of individuals who had previously experienced a cardiovascular event. The study was conducted over a period of 12 weeks. The participants were divided into two groups: a control group and an exercise group. The exercise group performed resistance training three times per week. The control group did not exercise. The study found that the exercise group had a significantly lower heart rate during the training compared to the control group. This suggests that resistance training can help to improve cardiovascular health in individuals who have previously experienced a cardiovascular event.

Key word

resistance training, cardiovascular response, heart rate, fitness

Resistance training is a form of exercise that involves using weights or resistance to build strength and muscle mass. It is a common form of exercise for people who want to improve their physical fitness and health. Resistance training can also help to improve cardiovascular health. This is because resistance training increases the heart rate, which in turn increases the heart's output of blood. This increased blood flow helps to improve the health of the cardiovascular system. The present study examined the cardiovascular response to resistance training in a group of individuals who had previously experienced a cardiovascular event. The study was conducted over a period of 12 weeks. The participants were divided into two groups: a control group and an exercise group. The exercise group performed resistance training three times per week. The control group did not exercise. The study found that the exercise group had a significantly lower heart rate during the training compared to the control group. This suggests that resistance training can help to improve cardiovascular health in individuals who have previously experienced a cardiovascular event.