

■■■■■■■ ■ Calahonda

■■■■■■■■■■: R3965998



■■■■■: 3

■■■■■: 3

M²: 205

■■■■: 520 000 €

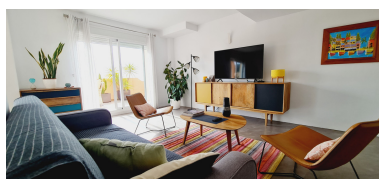
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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not exercise. The HR and HRR were measured at rest and during a submaximal exercise test 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 HRR at rest and during exercise compared to the control group. The findings suggest that a 12-week training program can improve cardiovascular fitness in sedentary middle-aged men.

■■■■ ■■■■■ : 19th

■■■■ 2025



■■■■■■■■■■:PENTHOUSE 3 BEDROOMS SEA VIEW** Magnificent penthouse with 3 bedrooms and 2 bathrooms, plus a guest toilet, at the top of Calahonda, with panoramic sea views, south orientation, all on one floor, 135m2 useful. Island kitchen in the middle of the living room, very spacious dining room, with sea views, a 75 m2 terrace, barbecue area, a 135m2 solarium where a *Chill out* corner could be made. furniture included. It has a parking and a storage room. Very quiet area with 24 hour security Only 5 minutes by car from Luna beach. 2 minutes from the AP7 entrance. 25 minutes from Malaga airport. next to shopping centersº perfect as a second home or for investment.

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