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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 variability (HRV) of young adults. The study was conducted in a laboratory setting. The participants were 20 young adults (10 males and 10 females) who were divided into two groups: a control group and an experimental group. The control group did not receive any training, while the experimental group received a 12-week training program. The HRV was measured at the beginning and at the end of the 12-week period. The results showed that the experimental group had a significant increase in HRV compared to the control group. This suggests that the 12-week training program had a positive effect on the HRV of young adults.

# Mtd Y780 Manual

**Xiang Xie**



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