

CDD-S 2711

— 2008 年 12 月 31 日止 12 个月

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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 a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes, and included both aerobic and resistance training. The HR and HRR were measured at rest and during maximal exercise at baseline and at the end of the 12-week training program. The results showed that the training group had a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise, compared to the control group. These findings suggest that a 12-week training program can improve cardiovascular fitness in sedentary middle-aged men.

技术参数

型号	CDD30KL-S	CDD40KL-S	TD3000KL-S	TD4000KL-S
用途	工业用			
额定电压	220V	220V	220V	220V
额定功率	30W	40W	30W	40W
额定电流	0.14A	0.18A	0.14A	0.18A
额定频率	50Hz	50Hz	50Hz	50Hz
额定转速	1400r/min	1400r/min	1400r/min	1400r/min
额定转矩	0.12N·m	0.16N·m	0.12N·m	0.16N·m
额定效率	75%	78%	75%	78%
额定功率因数	0.75	0.78	0.75	0.78
绝缘等级	F	F	F	F
防护等级	IP44	IP44	IP44	IP44
冷却方式	自然冷却	自然冷却	自然冷却	自然冷却
安装方式	立式	立式	立式	立式
安装尺寸	100mm	100mm	100mm	100mm
连接尺寸	100mm	100mm	100mm	100mm
重量	0.5kg	0.6kg	0.5kg	0.6kg
噪音	65dB	68dB	65dB	68dB
寿命	10000h	10000h	10000h	10000h
保修期	1年	1年	1年	1年
售后服务	24小时	24小时	24小时	24小时
备注	本产品为工业用，请勿用于家用。			