

## **Effect of Heart Rate Reserve Method Intensity Training on Weight Loss and Cardiorespiratory Fitness Among Overweight Sedentary Men**

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The purpose of the study was to examine the effect of heart rate reserve method intensity training on weight loss and cardio-respiratory fitness among overweight sedentary men. To achieve the purpose, 100 overweight men were selected as subjects, who were working in the private garment sector in Sri Lanka in addition, all participants were classified at baseline as sedentary, which was defined as reporting exercising less than three days per week for less than 20 minutes a day over the previous 6 months. Their age ranged between 21 and 35 years. They were divided into two equal groups based on their BMI scores as experimental group and control group. Before the experimental period, both the Exercise group and the control group were tested on their BMI and cardio-respiratory fitness. The experimental group underwent 12 months of cardiorespiratory endurance training based on heart rate reserve method intensity. The experimental group underwent 30 minutes of exercise, 3 days per week, with an intensity of 70% of THR (heart rate Reserve method) for 12 months. The control group underwent no specific training. After the experimental period, both the exercise group and control group were tested on their BMI and cardio-respiratory fitness. The collected data were analyzed statically by using the T ratio and the results showed that there was a significant difference between the experimental group and control group on BMI and cardio-respiratory fitness 0.05 level of significance. It was concluded that heart rate reserve method intensity training reduces body weight and improves cardiorespiratory fitness in overweight, sedentary men.

**Keywords:** *BMI, Cardio-Respiratory Fitness, Heart Rate Reserve Method Intensity Training*