

## Heart rate of women in case of regular fitness classes

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### Abstract

The objective of the study was to investigate the characteristics of the reaction of heart rate of women doing fitness to performance of standardized muscular load. Women of 22 to 35 years of age, having different fitness experience (frequency of classes - Three times a week) were involved in the study. The total number of subjects was 55 people, including 29 women, regularly engaged in tracing (one of the varieties of fitness) for 1 year, and 26 - beginners engaged in the given direction of fitness. Women regularly practicing tracing had heart rate indicators varying slightly during muscular exercise and restored much faster on completion of exercise than women in the reference group. Therefore, regular tracing classes greatly contribute to improving cardiac functional capacity.

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### Keywords

Fitness, Heart rate, Regular classes, Women