

EFFECT OF AEROBIC TRAINING AND ISOTONIC EXERCISES

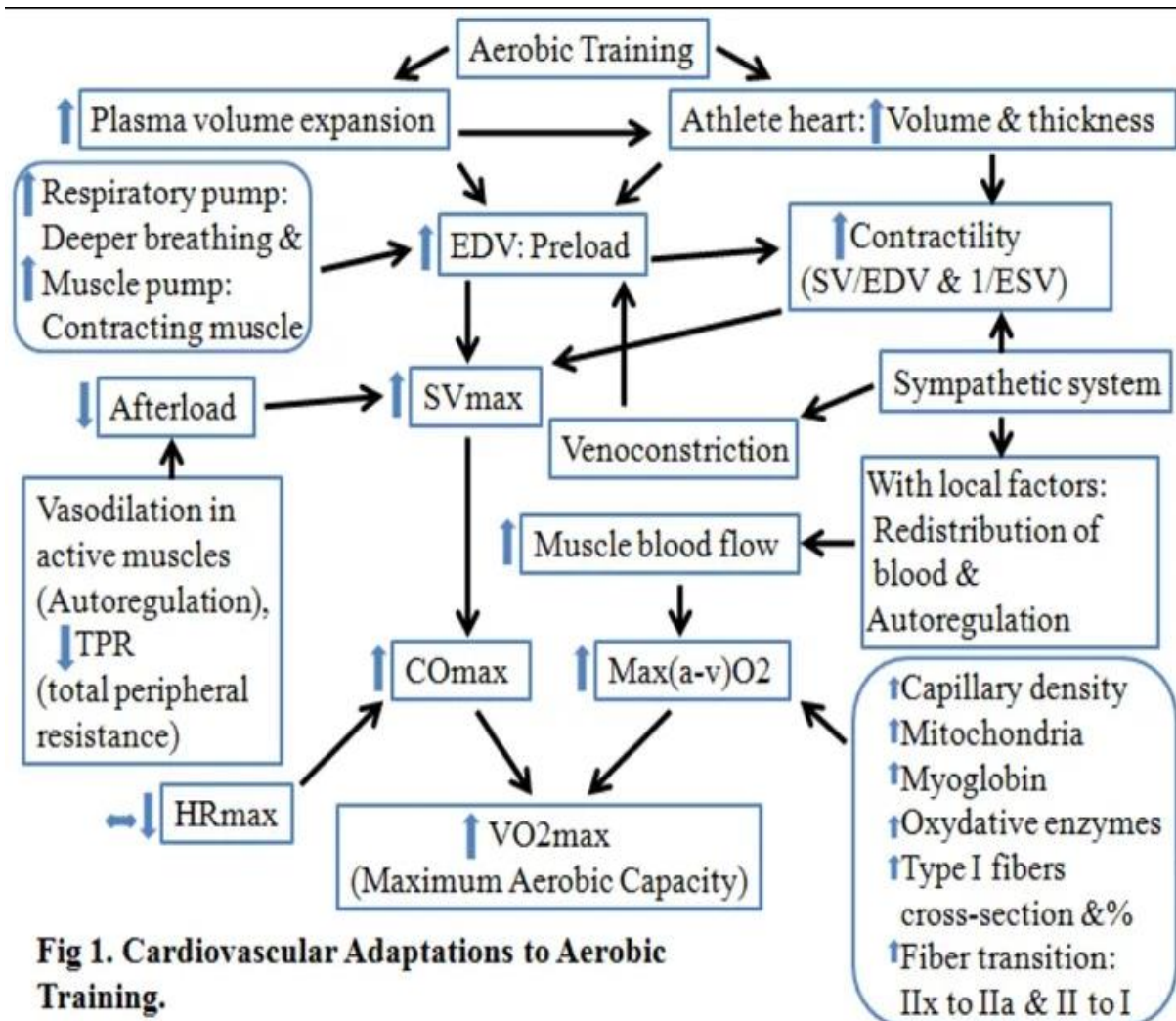


Fig 1. Cardiovascular Adaptations to Aerobic Training.

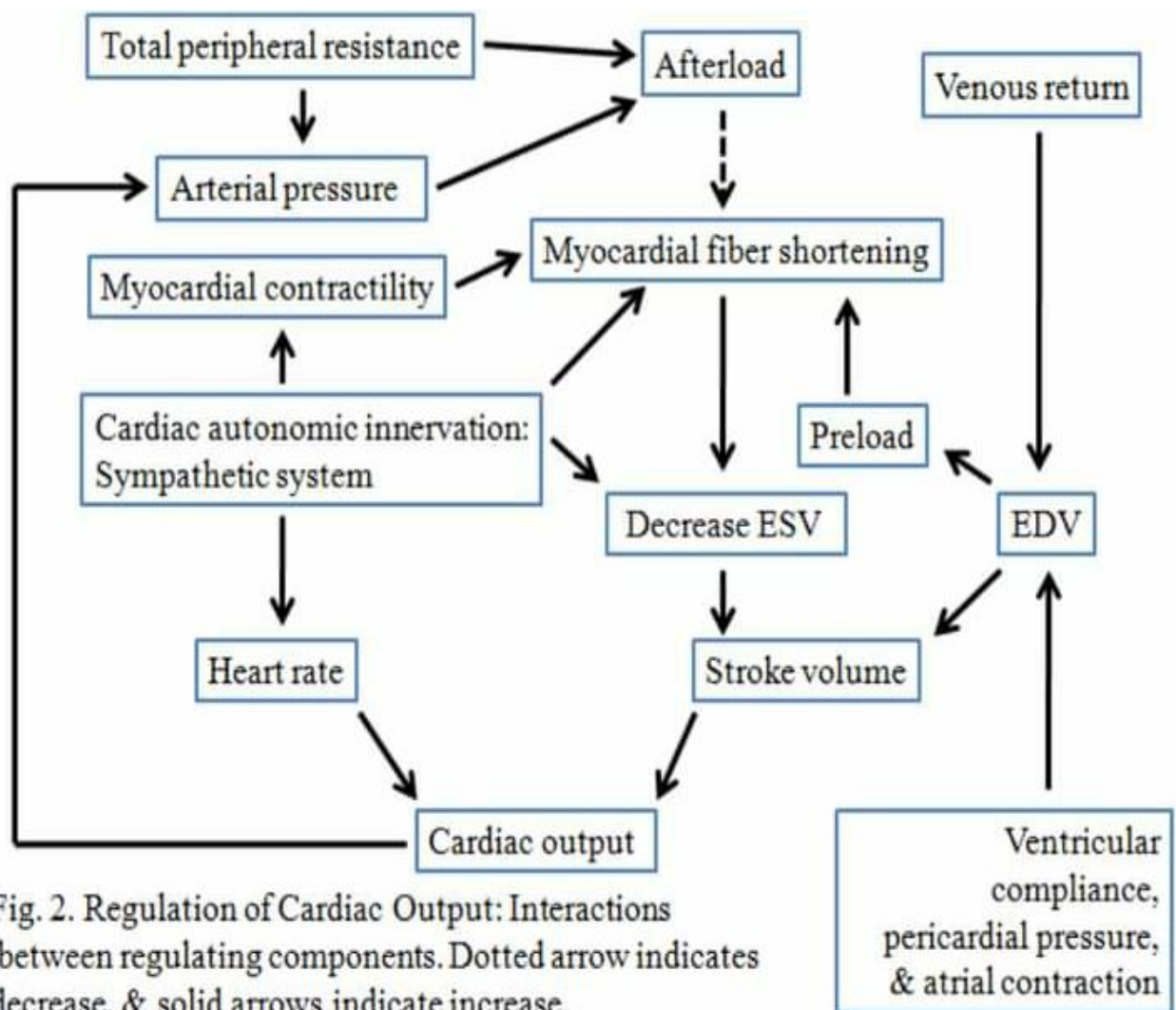


Fig. 2. Regulation of Cardiac Output: Interactions between regulating components. Dotted arrow indicates decrease, & solid arrows indicate increase.

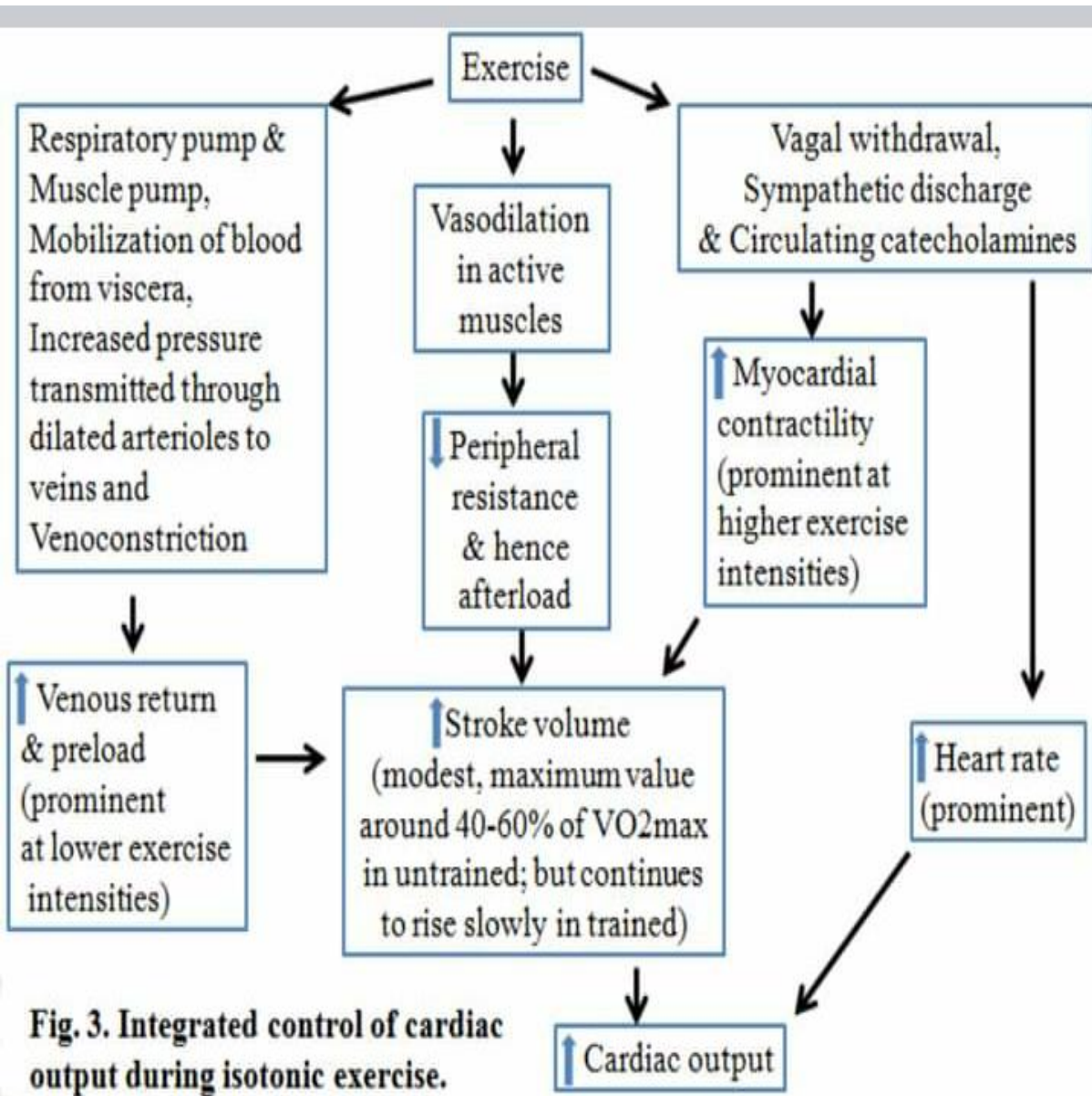


Fig. 3. Integrated control of cardiac output during isotonic exercise.