

**Table 1)** Comparison of mean systolic and diastolic blood pressure before exercise, and immediately after exercise, and in the recovery stage, in two control and experimental groups

<b>Variables</b>	<b>Control Group</b>	<b>Experimental Group</b>
<b>Systolic Blood Pressure</b> (Millimeters of Mercury)		
Before Exercise	104.44±10.48	107.22±6.18
Immediately after Exercise	133.33±5.70	*148.33±7.90
Recovery Stage	105.33±7.50	101.55±5.05
<b>Diastolic Blood Pressure</b> (Millimeter of Mercury)		
Before Exercise	72.22±10.03	71.66±7.90
Immediately After Exercise	88.98±11.39	84.11±7.47
Recovery Stage	72.44±9.35	70.33±7.54

\*Significant difference with Control Group at Significance Level 0.05

**Table 2)** Comparison of mean values of electrocardiograms before exercise, immediately after exercise and at the recovery stage in two groups of control and experimental groups

<b>Variables</b>	<b>Control Group</b>	<b>Experimental Group</b>
<b>R Wave (Millivolt)</b>		
Before Exercise	0.7±0.02	0.65±0.01
Immediately after Exercise	0.48±0.01	0.55±0.01
Recovery Stage	0.64±0.10	0.66±0.08
<b>T Wave (Millivolt)</b>		
Before Exercise	0.155±0.019	0.124±0.006
Immediately after Exercise	0.232±0.049	0.230±0.015
Recovery Stage	0.202±0.026	0.172±0.010
<b>R-R Interval (Millisecond)</b>		
Before Exercise	0.171±0.022	0.164±0.045
Immediately after Exercise	0.122±0.011	0.120±0.006
Recovery Stage	0.165±0.009	0.159±0.033
<b>Q-T Interval (Millisecond)</b>		
Before Exercise	0.117±0.026	0.104±0.022
Immediately after Exercise	0.089±0.022	0.087±0.006
Recovery Stage	0.117±0.023	0.112±0.030