

Table 1. Control and trained groups resting baseline data

	CON	WHG	WLK	HG
Age (yrs)	21.3 ± 2.0	20.0± 0.5	20.9 ± 2.0	20.7 ± 1.6
Body Mass (Kg)	69.2±12.5	68.8±10.4	64.0±8.9	66.9±8.8
Height (m)	177.4±7.0	181.3±6.9	172.2±4.2	176.6±6.7
BMI (kg/m ²)	22.1±0.8	21.0±0.7	21.7±0.6	21.6±0.6
RHR (bpm)	67.4±2.7	67.8±1.7	66.0±3.1	65.5±3.1
RSBP (mmHg)	127.9±4.2	127.8±4.5	126.7±3.7	127.1±4.0
RDBP (mmHg)	77.0±1.8	77.2±2.8	77.7±3.0	76.3±3.3
RMAP (mmHg)	94.0±2.2	94.1±2.7	94.0±3.0	93.3±3.1

Values are means ± SD (CON group n=12; WHG group n=12; WLK group n=12; HG group n=12). BMI, Body mass index; RHR, resting heart rate; RSBP, resting systolic blood pressure; RDBP, resting diastolic blood pressure; RMAP, resting mean arterial pressure.

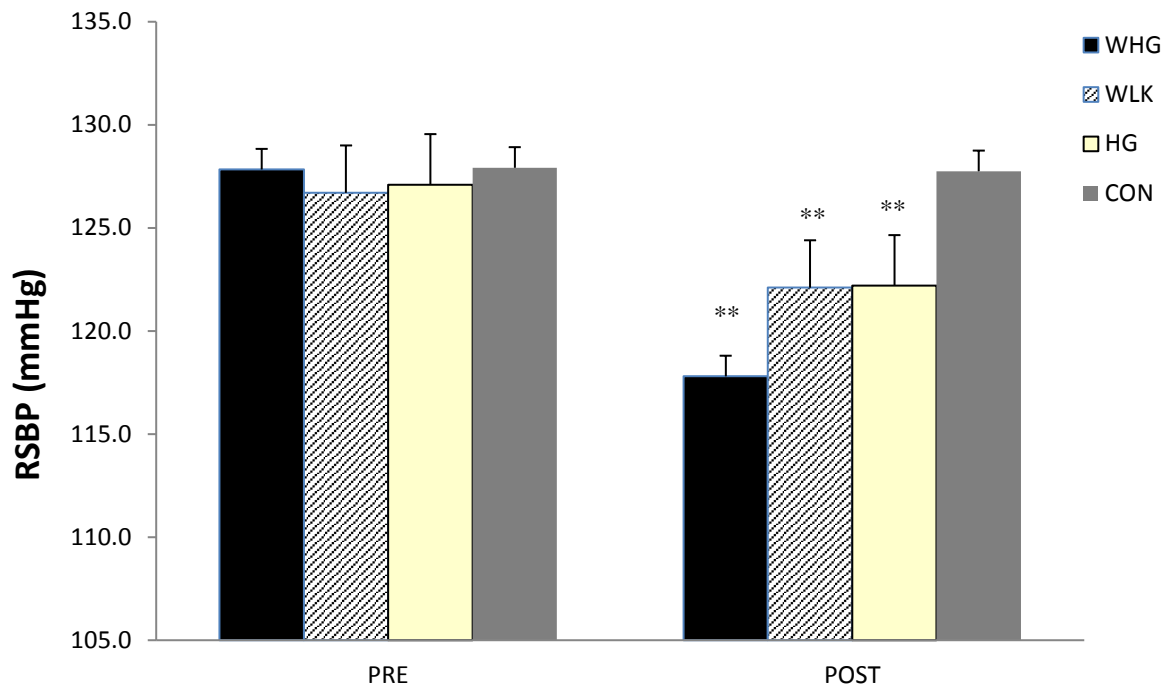


Figure 1. Resting systolic blood pressure (RSBP) for simultaneous walking & handgrip (WHG), walking (WLK), handgrip (HG) and control (CON) groups at pre, mid and post training. ** Pre to Post changes significantly different (P value <0.01).

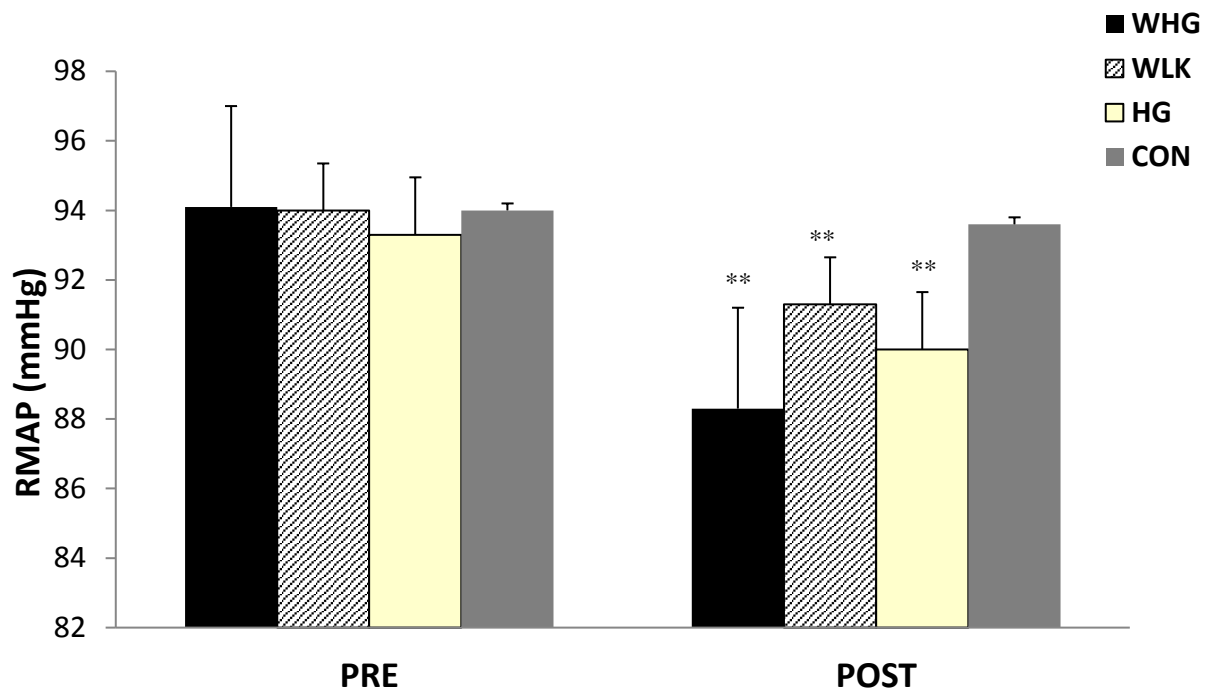


Figure 2. Resting mean arterial pressure (RMAP) for the simultaneous walking & handgrip (WHG), walking (WLK), handgrip (HG) and control (CON), groups at pre, mid and post training. ** Pre to Post changes significantly different (P value <0.01).