

REPLY TO REVIEW IN “HEMODYNAMIC RESPONSE AFTER CONCURRENT CROSS EXERCISE IN HYPERTENSIVE WOMEN”



ANSWER LETTER
CARTA RESPOSTA
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RESPOSTA PARA A REVISÃO SOBRE “RESPOSTAS HEMODINÂMICAS PÓS-EXERCÍCIO CONCORRENTE CRUZADO EM MULHERES HIPERTENSAS”

RESPUESTA A LA REVISIÓN SOBRE “RESPUESTAS HEMODINÁMICAS POST EJERCICIO CONCORRENTE CRUZADO EN MUJERES HIPERTENSAS”

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We appreciate the considerations of Review In “Hemodynamic Response After Concurrent Cross Exercise In Hypertensive Women” by Letieri et al. In answer, we point out:

1. The objective of the present study was not to verify the concurrent effect, but to verify hypotensive effect and pressure reactivity after concurrent exercise crossed. The literature already has countless published works that study the isolated effects of aerobic exercise and resistance exercise. Thus we focus on the joint effect. In addition, the study verified the presence acute effect after exercise and not chronic effect resulting from physical training, in which the sample performed the exercise session and the control session.
2. The 8 RM protocol is a protocol with internal and external validity and reliability, therefore, the exercise prescription met the intensity of 75% of 8 RM, used by Azevêdo et al., 2017.¹
3. The intense term the treatment we gave to level 14, which is transitional and non-intermediate and that can be consulted in scale with ratio properties the Borg, 1982.² In addition, it was the protocol adopted for prescription of intensity in aerobic exercise. As is indicated by the literature, people with arterial hypertension and medicated with beta-blockers have controlled heart rate rhythm demonstrated by Gascón et al., 1988,³ therefore, to measure it without considering other parameters such as blood pressure can result in bias. We further affirm that in our methodological procedure we do not measure the cardiac frequency during aerobic exercise, we measure together with blood pressure at end of the concurrent exercise session.

All authors declare no potential conflict of interest related to this article

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