

PREFACE

First, praise and gratitude to the God Almighty, for His blessings, so that the author can complete the academic writing entitled **“COMPARATIVE ANALYSIS OF PHYSIOLOGICAL RESPONSES IN AEROBIC VS. ANAEROBIC EXERCISES USING HEART RATE AND OXYGEN CONSUMPTION METRICS”**.

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The author realizes that this final project still has errors. Therefore, the author hopes for suggestions to help this research better and the author hopes that this final project can give benefit to the reader.

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