

# **The cardiovascular system adaptation during exercise**

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## **Abstract**

The adaptation reactions of the body during exercise include nervous and humoral-type cardiovascular respiratory and endocrine mechanisms, which aim to ensure a high level of muscle energy potential as needed by the body. The cardiovascular parameters assessed during exercise are the cardiac output, the blood pressure and the maximal oxygen consumption. The double product of blood pressure and heart rate is correlated with the oxygen consumption and the coronary blood flow. The functional optimization of the cardiovascular system during exercise has three stages according to the training duration and intensity.

**Keywords:** exercise, cardiac output, blood pressure, maximal oxygen consumption, training