Sample Student Response:

There appears to be a significant difference between the distributions of the heart rates for the two groups. The mean heart rate for the control group looks like it is lower than the experimental group. The range of the data is also smaller for the control group.

I would recommend that males aged 40 – 45 use the traditional treadmill if they want to hit the target heart rate of 175 beats per minute. The mean results for the treadmill machine appears to be closer to 175 than the mean results for the elliptical machine.

Because data was only collected at this one gym, results cannot be generalized to all males aged 40 - 45. The results of this study can only be applied to this particular gym.