Figure 1. Systolic, diastolic and mean blood pressure (BP) measures during 24 h after 60% of 10-RM, 10-RM of resistance exercise sessions and control session. *$p \leq 0.05$ vs control session; #$p \leq 0.05$ vs 60% of 10-RM session. 10-RM = ten repetitions maximum. Values are presented as means.