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<div class="hwc kCrYT" style="padding-bottom:12px;padding-top:
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lt;div>That means zone 2 cardio can be running, brisk walking, cy
cling, swimming, rowing, skating, and elliptical training.</div&
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v><a data-ved="2ahUKEwj4qKmp_8yDAxWvE0QIHYbeBdoQFnoECAEQBg" href
="{href}"><div>Zone 2 Cardio Training
: What Is It, Benefits, Examples - Women's Health</div>&l
t;/span><div>womenshealthmag : fitness : zone-2-cardio&lt
;/div></div></div></div><div>&
lt;div><div><a data-ved="2ahUKEwj4qKmp_8yDAxWvE0QIH
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YT" style="padding-bottom:12px;padding-top:0px"><div>&lt
;div><div><div><div><div><div>Heart rate method
□□ Dr. Luks says you can get a rough estimate of your own heart rate cutoff fo
r zone 2 if you know your max heart rate (max HR). Subtracting your age (in year) Tj T*□□BT /F1 12 Tf

around 65-75% of your max HR.</div></div></div>&l
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an><div>Zone 2 Heart Rate Training: A Way to Enhance Endura
nce and Promote ...</div><div>
blog.insidetracker : zone-2-heart-rate-training-endurance-and-longevity</div
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<p></p><p>Jogue 8 Ball Pool no PC seguindo os passos: 1 Baixe
MEmu, instale e inicie-o. 2 Entre</p>
<p> Google Play Store 🌞 instalar o jogo. 3 Divirta-se jogando o