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That means zone 2 cardio can be running, brisk walking, cycling, swimming, rowing, skating, and elliptical training.

[Zone 2 Cardio Training: What Is It, Benefits, Examples - Women's Health](#) : fitness : zone-2-cardio

[Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...](#) : zone-2-heart-rate-training-endurance-and-longevity

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Heartrate method Dr. Luks says you can get a rough estimate of your own heart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtracting your age (in years) from 220 gives you a ballpark estimate of your max HR. Zone 2 is around 65-75% of your max HR.

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time de Futebol argentino Club Atltico Independiente, sediado na cidade de Avellaneda,

conquistou um recorde de sete campeonatos. Em bet365 com app download & #127989; 2024, o clube de beisebol brasileiro

Flamengo venceu esta competição pela terceira vez. Copa Libertadores: títulos do

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Campeão

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