

O O bet365

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ode WiPC hard</p>
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<div></div></div></div>That means zone 2 cardio can be running
, brisk walking, cycling, swimming, rowing, skating, and elliptical training<
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oECAEQBg" href="{href}"></div>Zon
e 2 Cardio Training: What Is It, Benefits, Examples - Women's Health</spa
n></div></div>womenshealthmag : fitness
: zone-2-cardio</div></div></div></div>

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t;Heart rate method Dr. Luks says you can get a rough estimate of your own h
eart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtractin
g your age (in years) from 220 gives you a ballpark estimate of your max HR. Zon
e 2 is around 65-75% of your max HR</div></di
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y to Enhance Endurance and Promote ...</div></div>
</div>blog.insidetracker : zone-2-heart-rate-training-endurance-an
d-longevity</div></div></div></div>
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