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[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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Heart rate 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 year) $T_j T^* BT$

around 65-75% of your max HR

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Flamenco

Telegram

Telegram

uma plataforma de mensagens extremamente popular que permite a cria

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blico faz simples: basta pesquisa-lo e se juntar! Entretanto: Se o Grupo for privado co