

# O O bet365

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div&gt;&lt;div&gt;&lt;div&gt;That means zone 2 cardio can be &lt;span&gt;running

, brisk walking, cycling, swimming, rowing, skating, and elliptical training&lt;

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e 2 Cardio Training: What Is It, Benefits, Examples - Women&#39;s Health&lt;/spa

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t;Heart rate method Dr. Luks says you can get a rough estimate of your own h

eartrate 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 &lt;span&gt;around 65-75% of your max HR&lt;/span&gt;.&lt;/div&gt;&lt;/di

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