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;div><div>That means zone 2 cardio can be running, brisk wa
lking, cycling, swimming, rowing, skating, and elliptical training.
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gt;<div><a💯 data-ved="2ahUKEwj4qKmp_8yDAxWvE0QIHYbeBdoQFno
ECAEQBg" href="{href}"><div>Zone
 2 Cardio Training: What Is It, Benefits, Examples - Women's Health</div><div>womenshealthmag : fitness
: zone-2-cardio</div></div></div></d
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><div>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 rat
e (max HR). Subtracting your age (in years) from 220💯 gives you a ballpa
rk estimate of your max HR. Zone 2 is around 65-75% of your max HR&l
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one💯 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...&l
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ing-bottom:12px;padding-top:0px"><div><div><div><di
v><div><div><div><div>Call of Duty 3 is a 2006 first-person shoo
ter video game developed by Treyarch and published by🍐 Activision. It is
 the third major installment in the Call of Duty series.</div></div>
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