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81, by TV host and entrepreneur Silvio Santos. SBT: Sistema Brasileiro

De Televis Case

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div>>div>>div>>That means zone 2 cardio can be >span>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

</div></div>womenshealthmag : fitness

: zone-2-cardio</div></div></div></div>

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div>>div>>Heart rate method Dr. Luks says you can get a rough estima

te of your own heart rate cutoff for zone 2 if you know your max heart rate (max) Tj T* BT

your max HR. Zone 2 is >span>around 65-75% of your max HR.</div></div></div></div></div></div></div>

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e Training: A Way to Enhance Endurance and Promote ...</div></div></div>blog.insidetracker : zone-2-heart-rate-train

ing-endurance-and-longevity</div></div></div></div>

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