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Solved] A capital da Argentina é _____ . - Testbook testbook : pergunta-resposta

limitado pelo Chile ao sul e oeste, Bolívia e Paraguai ao norte, e Brasil, e o Oceano Atlântico ao leste. Argentina História, Mapa, Bandeira, População

- Britannica

Argentina. 44.6 Brasil Argentina

That means zone 2 cardio can be running, brisk walking, cycling, swimming, rowing, skating, and elliptical training.

Zone 2 Cardio Training: What Is It, Benefits, Examples - Women's Health

fitness : zone-2-cardio

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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 years) from 220 gives you a ballpark estimate of your max HR. Zone 2 is around 65-75% of your max HR.

Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...

blog.insidetracker : zone-2-heart-rate-training-endurance-and-longevity

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