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;rie com Mendez sendo um dos</p>

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adeiras francas Alex</p>

<p>iro madreiro David MASON e Harper. Comentários: Call of Duty: Blac

k Ops 📉 II - IMDb imdb</p>

<p>título. comentários Muitos acreditam Call Of Duty Blackops

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<p>Ramificação</p>

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div><div><div>That means zone 2 cardio can be 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</spa

n></div><div>womenshealthmag : fitness

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

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t;<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 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.</div

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iv><a data-ved="2ahUKEwj4qKmp_8yDAXWvEOQIHUYbeBdoQFn

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ining: A Way to Enhance Endurance and Promote ...</div></s

pan><div>blog.insidetraacker : zone-2-heart-rate-training-e

ndurance-and-longevity</div></div></div>

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