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pequeno Unio So Joo 2024, porque nunca devemos esquecer as nossas origens... Real  
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ceu simulado gozam  
That means zone 2 cardio can be , 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 ...  
: zone-2-heart-rate-training-endurance-and-longevity  
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