slotscharm casino

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lt;div>That means zone 2 cardio can be running, brisk walking, cy
cling, swimming, rowing, skating, and elliptical training.</div&
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v><a data-ved="2ahUKEwj4qKmp_8yDAxWvE0QIHYbeBdoQFnoECAEQBg" href
="{href}"><div>Zone 2 Cardio Training
: What Is It, Benefits, Examples - Women's Health</div>&l
t;/span><div>womenshealthmag : fitness : zone-2-cardio&lt
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lt;div><div><a data-ved="2ahUKEwj4qKmp_8yDAxWvE0QIH
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><div><div><div><div><div><div>Heart rate
 method□□ Dr. Luks says you can get a rough estimate of your own heart rate cu
toff for zone 2 if you know your max heart rate (max HR). Subtracting your age () Tj T*□□BT /F1 12 Tf

pan>around 65-75% of your max HR.</div></div></di
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;<div>Zone 2 Heart Rate Training: A Way to Enhance
 Endurance and Promote ...</div><
div>blog.insidetracker : zone-2-heart-rate-training-endurance-and-longevity&
lt;/div></div></div></div><div&gt
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