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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

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 year)  $T_j T^* BT$

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

ward your Body. You can use short quick motions or long sweeping motion to get the job done.

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