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[Zone 2 Cardio Training : What Is It, Benefits, Examples - Women's Health](#)

womenshealthmag : 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 year) $T_j T^* BT$

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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are on mean city streets or international battlegrounds, your fate is in your hands. If you want to join the mafia, complete all sorts of illegal missions for the Don. Or, join the armed forces, and use your tactical skills to outlast opponents during World War II! You can even fight zombies in the most extreme adventures.

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