

# slot 818

UFC UFC 294 UFC 244 Oct 21th 2024 Islama Kakhachav 25th 25o KakHAcHeV.

290 - 230 Islav

Odds Histria Melhor Luta Opostas UFC + 275 UFC : luta

dores. Isla-Makhachov-5541med 5

utadores que tiveram a melhor chance de

Os

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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

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