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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](#)

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 cut off for zone 2 if you know your max heart rate (max HR). Subtracting your age (i) $T_j T^* BT$

around 65-75% of your max HR

[Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...](#)

blog.insidetrapper : zone-2-heart-rate-training-endurance-and-longevity

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Clearing up a misconception, the Activision/Blizzard deal is not about getting more exclusives. TL;DR: A/B deal is about increasing revenue for Xbox, not getting more exclusives. Games like COD or Diablo are never going to be exclusive because they make too much money on other platforms.

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