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div>>>div>>>div>>>That means zone 2 cardio can be running

, brisk walking, cycling, swimming, rowing, skating, and elliptical training<

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oECAEQBg" href=""{href}"></div>Zon

e 2 Cardio Training: What Is It, Benefits, Examples - Women's Health</spa

n></div></div>womenshealthmag : fitness

: zone-2-cardio</div></div></div></div>

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div></div>Heart rate method Dr. Luks says you can get a rough estima

te of your own heart rate cutoff for zone 2 if you know your max heart rate (max) Tj T* BT

your max HR. Zone 2 is around 65-75% of your max HR.<

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; href=""{href}"></div>Zone 2 Heart Rat

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lt;/span></div>blog.insidetracker : zone-2-heart-rate-train

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