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<p><div class="hwc kCrYT" style="padding-bottom:12px;pad
ding-top:0px"><div><div><div><div><div>&lt
;div><div>Andy Vincent, a sports and conditioning coach defines zone 2
as: '65-75% of your max heart rate. It's an easy run or cycle where
you can maintain a conversation without getting too out of breath.</div>&l
t;/div></div></div></div><div></div><div>
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t;{href}"><div>Zone 2 training: What is it
, benefits + examples - Women's Health</div>
<div>womenshealthmag : fitness : zone-2-training</div>
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style="padding-bottom:12px;padding-top:0px"><div><div>
<div><div><div><div><div>That means zone 2 cardio
can be running, brisk walking, cycling, swimming, rowing, skating, a
nd elliptical training.</div></div></div></div
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xtys_8yDAxUNle4BHeg7DN8QFnoECAEQDQ" href="{href}">
<div>Zone 2 Cardio Training: What Is It, Benefits, Examples -
Women's Health</div><div>w
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t;a data-ved="2ahUKEwiQxtys_8yDAxUNle4BHeg7DN8Qzmd6BAgBEA4" href=&quot
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div></div></p>
<p></p><p>O Nike Air Force é um mito no universo sneakerh
ead e já ganhou uma série</p>
<p> de versões e colaborações desde o seu lançamento,r
uinf pokerruinf poker 1985, mas sempre preservando</p>
<p> elementos essenciais como a silhueta e o amortecimento à base de
ar desenvolvidos pela</p>
<p> Nike, que revolucionou a produção de tênis esportivos.&
lt;/p>
<p>Tênis Nike Air Force na</p>
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one | TechPowerUp ForumS</p>
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