

0 0 bet365

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

fitness : zone-2-cardio

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 your max HR gives you a rough estimate of your zone 2 heart rate cutoff.

around 65-75% of your max HR.

Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...

zone-2-heart-rate-training-endurance-and-longevity

Operation Desert Road is an action game where you ride armored vehicles and destroy everything on sight. In order to finish a level, all you need to do is reach the destination, but you get more points if you destroy your opponents and obstacles on the way. Spend the money you've earned on new and improved vehicles, so you can explore the new maps in style with over 32 different vehicles with their own characteristics!

How to play Operation Desert Road?

Drive - WASD or Arrow keys

Shoot - Z, Space, or Left mouse click

Pause - ESC