

# O O bet365

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, brisk walking, cycling, swimming, rowing, skating, and elliptical training&lt;  
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t;Heart rate method Dr. Luks says you can get a rough estimate of your own h  
eart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtractin  
g your age (in years) from 220 gives you a ballpark estimate of your max HR. Zon  
e 2 is &lt;span&gt;around 65-75% of your max HR&lt;/span&gt;.&lt;/div&gt;&lt;/di  
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