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As you are all the way down here reading this, it's likely you are EXTRA interested in what we have to offer. This site is a bit different from some other online games sites, and we're happy to tell you why... We offer an amazing selection of games for free, without you having to register or sit through any video ads. Among the categories we have are adventure games, Our collection is great for animal lovers and feline owners. Even if you do not have a kitty as a pet, you will love our wide selection of adventures. You can listen to kittens meow, launch pussycats via a catapult, and earn thousands of points by playing with pets. Our challenges give you the option of choosing whichever kitties you love, including domestic, tabby, and longhairs! Send pets flying through the sky.

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 220 gives you a ballpark estimate of your max HR. Zone 2 is around 65-75% of your max HR

[Heart rate method](#)