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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](#)

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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.

[Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...](#)

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Fogo Livre? -- Free Fire!

- Fogo Livre-Wiki*
- Fogo Livre, - - "..."

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