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div><div><div>WHOOP defines Zone 2 as 60-70% of your

realized maximum heart rate, or the maximum heart rate that you have logged usin

g WHOOP. This range ensures that you remain at the correct metaboli

c and effort level to gain near-maximum adaptation while mitigating fatigue that

 could hurt future performance.</div></div></div></div>&

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iv>Why Zone 2 Training is the Secret to Unlocking Peak Performanc

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lassified as an atmosphere where a mixture of air and flammable subs

tances in the form of gas, vapour or mist is not likely to occur in normal opera

tion, but if it does occur, will persist for a short period only.&l

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t; href="{href}"><div>Zone 2 Definiti

on - What is Zone 2 hazardous area? (ATEX 1999/92/EC)</div>&l

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