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<div class="hwc kCrYT" style="padding-bottom:12px;padding-top:
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lt;div>WHOOP defines Zone 2 as 60-70% of your realized maximum he
art rate, or the maximum heart rate that you have logged using WHOOP</span&gt
;. This range ensures that you remain at the correct metabolic and effort level
to gain near-maximum adaptation while mitigating fatigue that could hurt future
performance.</div></div></div></div></div><div&
gt;</div><div><a data-ved="2ahUKEwjYtuC198mDAxVIke4BHSh1CDwQ
FnoECAEQBg" href="{href}"><div>W
hy Zone 2 Training is the Secret to Unlocking Peak Performance</
div><div>whoop : thelocker : why-zone-2-trai
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iv><div class="hwc kCrYT" style="padding-bottom:12px;paddin
g-top:0px"><div><div><div><div><div><di
v><div>The definition of Zone 2 is a hazardous area classified as an at
mosphere where a mixture of air and flammable substances in the form
 of gas, vapour or mist is not likely to occur in normal operation, but if it do
es occur, will persist for a short period only.</div></div
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data-ved="2ahUKEwjYtuC198mDAxVIke4BHSh1CDwQFnoECAEQDQ" href="{hre
f}"><div>Zone 2 Definition - What is Zone
2 hazardous area? (ATEX 1999/92/EC)</div><spa
n><div>pyroban : library : guide-to-legislation : what-is-zone-2<
/div></div></div></div><div>&l
t;div><div><span><a data-ved="2ahUKEwjYtuC198mDAxVIke4BHS
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