aposta ganha casino

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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
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hy Zone 2 Training is the Secret to Unlocking Peak Performance</
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gt;</div><div class="hwc kCrYT" style="padding-bottom:12
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gt;<div><div>The definition of Zone 2 is a hazardous area classified
 as an atmosphere 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 does occur, will persist for a short period only.</div&gt
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gt;<a data-ved="2ahUKEwjYtuC198mDAxVIke4BHSh1CDwQFnoECAEQDQ" href=&
quot;{href}"><div>Zone 2 Definition - What
 is Zone 2 hazardous area? (ATEX 1999/92/EC)</div></span&g
t;<div>pyroban : library : guide-to-legislation : what-is-z
one-2</div></div></div></div><
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