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Ninja Mouse is a puzzle platform game in which you are a cute mouse scavenging for food. Infiltrate houses and find cheese by going through cabinets, drawers, closets, couches, safe boxes, and pretty much anything that you can interact with! There are jumping puzzles, obstacles, traps, and most importantly clever cats waiting to catch you on the spot red handed. Avoid their gaze, time and plan your

WHOOH defines Zone 2 as 60-70% of your realized maximum heart rate, or the maximum heart rate that you have logged using WHOOP. 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.

[Why Zone 2 Training is the Secret to Unlocking Peak Performance](#) : thelocker : why-zone-2-training-is-the-secret-to-unloc...

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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

[Zone 2 Definition - What is Zone 2 hazardous area? \(ATEX 1999/92/EC\)](#)

[pyroban : library : guide-to-legislation : what-is-zone-2](#)

[Zone 2 Definition - What is Zone 2 hazardous area? \(ATEX 1999/92/EC\)](#)