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The Italian military was weakened by military conquests in Ethiopia, Spain and Albania before World War II. Their equipment, weapons and leadership were inadequate which caused their numerous defeats.

Was the Italian Military in World War 2 Really that Bad?

histor yisnowmagazine : blog : was-the-italian-military-in-world...

The Italian dictator Benito Mussolini was aware that Fascist Italy was not ready for a long conflict, as its resources were reduced by successful but costly pre-WWII conflicts: the pacification of Libya (which was undergoing Italian settlement)

Military history of Italy during World War II - Wikipedia

en.wikipedia : wiki : Military_history_of_Italy_during_World_War_II

WHOOP 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.