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o HIIT. MetCons tambem incluem exercicios pesados, enquanto o s exercicios HIIT se  
exercicios cardio e peso corporal. Portan to, os treinos HIITE podem ser  
siderados MetConfins, mas os MetCONS n podem serem considerados como exercicios de  
T. O Metcon vs HIOT Workout - Power Gym-ie : metconwork-out.

To cast to Chromecast / Android TV: Make sure both your TV and your phone are connected to the same Wi-Fi network. To cast from your iOS device, go to Settings & Prime Video and toggle the Local Network ON. Tap on the Cast icon. You'll find the button on the bottom-right corner on your mobile device.

How Do I Cast Prime Video to My TV? - Amazon Customer Service

amazon : help : customer : display

Prime Video is available as part of the Amazon Prime membership, which costs \$14.99 per month or \$139 annually for an individual. Prime has all your entertainment and streaming needs in a single membership.

Everything you need to know about Prime Video

aboutamazon : news : entertainment : what-you-need-to-know-...

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