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o HIIT. MetCons tamb#233;m incluem exerc#237;cios pesados, enquanto o s exerc#237;cios Hlit se

o 0 bet3650 0 bet365 exerc#237;cios cardio e peso corporal. Portan to, 3 , E os treinos HIET podem ser

iderados MetConfins, mas os Metcons n#227;o podem serem considerados c omo treino HIITE. O

tCON vs HIOT Workout 3 , E - Power Gym- use powergym.ie : metconwork-out

Como t#234;nis de

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The Sun facts

Equator circumference:

4,379,000km.

Radius: 695,700km.

Temperature: 5,973C to 15,000,000C.

Average orbital speed around the Milky Way: 720,000km/h (200km/s)

Star type: Yellow dwarf.

Average time taken to rotate on axis: 27 Earth days.

Number of planets: 8.

[www.nhm.ac.uk : discover factfile-the-sun](http://www.nhm.ac.uk/discover/factfile-the-sun)

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