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Parkour is not a crime & Parkour is legal in public, so long as you are not causing damage or disturbing the peace. If you are on private property, however, you may be asked to leave. Failure to do so is trespassing.

[Why Train Parkour? - Fight or Flight Academy](#)

[fightorflightacademy : why-train-parkour](#)

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Going to the gym

to run on the treadmill for 1 hour everyday can be a good way to maintain cardiovascular fitness, especially if it fits well with your busy schedule.

[Is it okay](#)

[to only go to the gym for running on the treadmill for 1 hour ...](#)

[Is-it-okay-to-only-go-to-the-gym-for-running-on-the-tr...](#)

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skinny: Como usar Sala quando ele