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o, ioga e mobilidade visando seus abdominais, braços, ombros, glúteos e pernas. As séries variam de 15 a 45 minutos e são projetadas para ajudar-lo a ver e sentir resultados.

Training Club App. Home Workouts & More Nike : ntc-app Nike conteúdo previamente assinado uma assinatura para treinos premium através de março, treinamento Nike

Nike Moves

You can skip the Skypiea Arc if you'd like, but it's worth noting that the arc introduces important characters and plot points that may become relevant later in the story. If you're short on time, you can find summaries of the arc to ensure you don't miss any key information.

[Can I skip the Skypiea Arc? - Quora](#)

[Can-I-skip-the-Skypiea-Arc](#)

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While technically another filler arc, the G-8 Arc at least functions as an epilogue to the Skypiea Arc. After Luffy and the crew crash-land on the Earth, they find themselves in the custody of the Marines in their base and desperately need an escape.

[One Piece Arcs in Order: Your Guide to Skipping the Filler Episodes](#)

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