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Maestro cards are recognized worldwide, offering convenient access to money at home and abroad. Plus, because debit purchases are deducted directly from your account, it's easy to track where your money was spent.

[What's a Maestro card? How is it different from Mastercard? - N26](#)

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You may use your Maestro card anywhere in the US that accepts MasterCard debit cards. You must physically have your card present and enter your PIN. However, Maestro cards may not be used in the US for online purchases. All US issued debit MasterCard work internationally on the Maestro and Cirrus networks.

[Can I use a Maestro debit card in the US? - Quora](#)

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ou mais, se necess&#225;rio. Por exemplo, corra 30 segundos a 80% do seu esfor&#231;o m&#225;ximo</p><p>uido por 60 a 120 1 , É segundos de recupera&#231;&#227;o, o que poderia incluir descanso completo,</p><p>nhada r&#225;pida ou leve corrida. D&#234; tempo para a recupera&#231;&#227;o. Treinos de 1 , É Sprint: Calorias</p><p>e Queimadura, M&#250;sculos de Tom, Aumente os Anaer&#243;bios healthli</p><p></p><p>est&#225;gio, voc&#234;</p></div>