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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <title>Background Video</title>
  <style>
    video {
      min-width: 100%;
      min-height: 100%;
      width: auto;
      height: auto;

      position: fixed;
      top: 50%;
      left: 50%;
      transform: translateX(-50%) translateY(-50%);

      z-index: -100;

      background-size: cover;
      opacity: 0.30; /*Transparencia; 1 es sin transparencia y 0 totalmente transparente*/
    }
  </style>
</head>
<body>
  <video autoplay loop>
    <source src="your_video_path.mp4" type="video/mp4">
  </video>

</body>
```

</html>