Invatamant gimnazial: clasa a VIII-a D,

prof. Miu Lacramioara

1. Exercitii pentru incalzire:
    - https://www.youtube.com/watch?v=jYTnRAc9qFY&list=RDCMUCc02Wj4KUh2Zmv_HBgiWH7A&index=2
    - https://www.youtube.com/watch?v=2OP-VHJlYAA&list=RDCMUCc02Wj4KUh2Zmv_HBgiWH7A&index=3
2. Exercitii pentru brate:
    - https://www.youtube.com/watch?v=1EOhgl6mBCo
    - https://www.youtube.com/watch?v=-cSXsenuppA&feature=youtu.be
3. Exercitii pentru abdomen
    - https://www.youtube.com/watch?v=dkZIev_hzTk&list=RDCMUC9MwqLJGERxD4alBkAa-0zQ&index=6
    - https://www.youtube.com/watch?v=aK-gnuI_SiE
4. Exercitii pentru picioare
    - https://www.youtube.com/watch?v=KTn6qucbdho
    - https://www.youtube.com/watch?v=d5KlQ9pgGKs
5. Exercitii cardio:
    - https://www.youtube.com/watch?v=i5VZKSJZ9q0
6. Exercitii de revenire a organismului dupa efort
    - https://www.youtube.com/watch?v=nC7IX_A5ihI
7. Complex de exercitii fizice pentru dezvoltare fizica armonioasa
    - https://www.youtube.com/watch?v=kPwA8TFXO64
    - https://www.youtube.com/watch?v=zCPaKDSGIDk
    - https://www.youtube.com/watch?v=gQ_b1XCFWrk