Pentru fete:

* <https://www.youtube.com/watch?v=UBMk30rjy0o>
* <https://www.youtube.com/watch?v=mmq5zZfmIws>
* <https://www.youtube.com/watch?v=QGt3Fadpwt4>
* <https://www.youtube.com/watch?v=I_Bwh-qBEHo&list=PLil1MUMzbmB_X15Q8pM2Uv3JuUggBq3Eu&index=5>

Pentru băieți:

* <https://www.youtube.com/watch?v=-iEYuHjlHCA>
* <https://www.youtube.com/watch?v=UoC_O3HzsH0>
* <https://www.youtube.com/watch?v=UVYn8FmMbPc> de 4 ori; pauza 2 min intre serii
* <https://www.youtube.com/watch?v=Fg6N_9f-9qY> de 4 ori; pauza 2 min intre serii