СПОРТИВНАЯ ГИМНАСТИКА:

ОФП и СФП

<https://www.youtube.com/watch?v=rd6mlZKvs2w>

<https://www.youtube.com/watch?v=THzPqWwg7RE>

Хореография

<https://yandex.ru/video/preview?filmId=2394435871616274402&text=%D1%85%D0%BE%D1%80%D0%B5%D0%BE%D0%B3%D1%80%D0%B0%D1%84%D0%B8%D1%8F%2B%D0%B4%D0%BB%D1%8F%2B%D0%B4%D0%B5%D1%82%D0%B5%D0%B9%2B9%2B%D0%BB%D0%B5%D1%82%2B%D0%B4%D0%BE%D0%BC%D0%B0%2B%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F%2B%D0%B4%D0%BB%D1%8F%2B%D0%BD%D0%BE%D0%B3>