

-https://www.youtube.com/watch?v=IhF5ApkNr_M

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

-<https://www.youtube.com/watch?v=DSTFAZ6zUw0>

-<https://www.youtube.com/watch?v=TPdkgg-ZxJQ>

-<https://www.youtube.com/watch?v=7fHpf4A9P1I>

Músiques del gimnàs:

. <https://www.youtube.com/watch?v=rkVZtZuMd8Y>

. https://www.youtube.com/watch?v=zp7NtW_hKJI