05.25.

https://www.youtube.com/watch?v=tkZg4RsyroE

05.26.

https://www.youtube.com/watch?v=b1WN28SP3Mw

05.27.

https://www.youtube.com/watch?v=eI0jYZWBrH4

05.28.

https://www.youtube.com/watch?v=mEJuthYT0ys

05.29.

https://zanza.tv/testneveles-es-sport/sportegeszsegtan/az-egeszseges-eletmod-alapelvei