**Attālinātie treniņi peldēšanā. Trenere tatjana Motorņaka.**

**Aerobās izturības treniņš**

<https://www.youtube.com/watch?v=mmq5zZfmIws> VFS 5 min \*\*\*

<https://www.youtube.com/watch?v=BR0jT6JxH-o> Cardio \*\*\*

<https://www.youtube.com/watch?v=Srd6TwU6UoI> Dance 1

<https://www.youtube.com/watch?v=X-X4qVTR6lc> Dance 2

<https://www.youtube.com/watch?v=5uVaKjtJHN8> Kājas 1 un 1 kājas

<https://www.youtube.com/watch?v=hGOYxik3oeE> Kājas 2

<https://www.youtube.com/watch?v=suKWN2EOmDI> Kājas 3

<https://www.youtube.com/watch?v=PSA_YApzY6I> Gumija mazā \*\*\*

<https://www.youtube.com/watch?v=HhEqFa9lT80> lokanība

<https://www.youtube.com/watch?v=qULTwquOuT4> lokanība \*\*\*

<https://www.youtube.com/watch?v=hvyzZc7Ol-0> leksana Elīna \*\*\*

<https://www.youtube.com/watch?v=8BrRIZFk7O4> Popovs \*\*\*

<https://www.youtube.com/watch?v=g13nVd7OLYs> joga 1 !!!

<https://www.youtube.com/watch?v=6hZIzMpHl-c> joga 2

<https://www.youtube.com/watch?v=WwF7ooo1igE> joga 3 !!! \*\*\*

<https://www.youtube.com/watch?v=TU6wt8jMZGo> kāju stiepšana \*\*\*

**28.12.2020.**

<https://www.youtube.com/watch?v=32j5lEcj4qQ&list=PLHAD_9YynWTjOV8FehDaBlT-O-iMkJctO&index=65>

<https://www.youtube.com/watch?v=sRNHr2XN8tE&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=8>

<https://www.youtube.com/watch?v=H2U3HwAyBXg&list=RDCMUCpQ34afVgk8cRQBjSJ1xuJQ&index=13>

<https://www.youtube.com/watch?v=pQWcE94Zt0E&list=PLiQyPKgbtKzeN6_BM1TjQ-M42J4AW990b&index=16>

**04.01.2021.**

<https://www.youtube.com/watch?v=Rr8IF8NV8a4&list=PLHAD_9YynWTjdlNlPRkTOoc2uALAa0z2Z&index=19>

<https://www.youtube.com/watch?v=Oa-xdUN3x08>

<https://www.youtube.com/watch?v=H2U3HwAyBXg&list=RDCMUCpQ34afVgk8cRQBjSJ1xuJQ&index=13>

<https://www.youtube.com/watch?v=gm7_cyiSn4g&list=PLHAD_9YynWTjdlNlPRkTOoc2uALAa0z2Z&index=4>

<https://www.youtube.com/watch?v=sRNHr2XN8tE&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=8>

<https://www.youtube.com/watch?v=wzJeImXNTDA&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=26>

<https://www.youtube.com/watch?v=0_2gU2E0HOQ&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=37>

<https://www.youtube.com/watch?v=1gW2orni9ms&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=24>

<https://www.youtube.com/watch?v=0_2gU2E0HOQ&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=28>

<https://www.youtube.com/watch?v=-0DuHnxnH14&list=RDCMUC_aLZ9YxRrGmCe1Zd3GSkEA&index=7>

<https://www.youtube.com/watch?v=g_tea8ZNk5A&list=RDCMUCHJBoCDxaCTRrwCHXEBA-BA&index=1>

<https://www.youtube.com/watch?v=H2U3HwAyBXg&list=RDCMUCpQ34afVgk8cRQBjSJ1xuJQ&index=13>