

## **GORPUTZ HEZIKETAKO SAIOAK LH 1-2 20-04-27 / 20-04-30 ASTERAKO**

### **BEROKETA** (ariketa 1 aukeratu):

- [https://www.youtube.com/watch?time\\_continue=32&v=nUn5Xzc9CZQ&feature=emb\\_title](https://www.youtube.com/watch?time_continue=32&v=nUn5Xzc9CZQ&feature=emb_title)
- <https://www.youtube.com/watch?v=SntRDUzuh1I&feature=youtu.be>
- Puxikak airean mantentzen saiatzera.
- Etxetik desplazamenduak.

### **ATAL NAGUSIA** (1 edo 2 ariketa aukeratu):

- <https://www.youtube.com/watch?v=EmD2hHhozww>
- <https://youtu.be/MKnRqKzV08o>
- <https://www.youtube.com/watch?v=E8zfhBXgHyQ&feature=youtu.be>
- <https://www.youtube.com/watch?v=KZ2YhJPSbRk&feature=youtu.be>
- <https://www.youtube.com/watch?v=pPEXcW38DNs>
- <https://www.naiz.eus/eu/mediateca/video/zumba-etxetik-denontzako-iv>
- <https://www.youtube.com/watch?v=lcl4rXx3-tc>
- **ERRONKAK:**
  - <https://www.youtube.com/watch?v=Y9zXgVJQCvM&feature=youtu.be>
  - <https://www.youtube.com/watch?v=WeCjozxfP2E&feature=youtu.be>
  - <https://drive.google.com/file/d/1RJmpJCHkBP35FBs6loCgmcDH2DKWbEAH/view>
  - <https://www.youtube.com/watch?v=mrnujkmSTwM&feature=youtu.be>
- <https://view.genial.ly/5e6ddd864b44a00fb791382d/interactive-image-physical-conditions-on-hiit-spanish-english-galician>
- <https://www.youtube.com/watch?v=7yvbH9ZeZpM>
- [https://www.youtube.com/watch?v=\\_riM2ix\\_\\_hA&t=126s](https://www.youtube.com/watch?v=_riM2ix__hA&t=126s)
- <https://drive.google.com/file/d/1mCJmBF14A3UBIhpJkC8PD6ZfVsjobJUI/view>

### **LASAITASUNERA ITZULI** (ariketa 1 aukeratu):

- <https://www.dropbox.com/s/mb1xmvlnzlqe0sk/MALGUTASUNA%20%28apunteak%29.doc?dl=0>
- [https://www.youtube.com/watch?time\\_continue=25&v=pF46ZFaR7Ag&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=25&v=pF46ZFaR7Ag&feature=emb_logo)
- <https://www.youtube.com/watch?v=xZfY8BhBfvc>
- <https://www.youtube.com/watch?v=BalvwojDcnA&feature=youtu.be>
- <https://www.youtube.com/watch?v=yCtr8aeloN0>

**SAIOA AMAITZEKO:** Dutxa goxoa hartu!!