



**#IDOSPORT LOGO**

1 Program presentation video:

<https://www.youtube.com/watch?v=07nXp137bzY>

2. Exercise - Scissors:

<https://www.youtube.com/watch?v=uIyBov7ogFI>

3. Exercise - push ups

<https://www.youtube.com/watch?v=-EDa3uOqURc>

4. An exercise with dumbbells

<https://www.youtube.com/watch?v=JpGvyxVW19U&t=2s>

5. Exercise – steps

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

6. Exercise – crunches

<https://www.youtube.com/watch?v=sI1MRMYLaLo>

7. An exercise for the back

<https://www.youtube.com/watch?v=9ZLvDSAQq8I>