

CANAL DE BASEBALL:

<https://www.youtube.com/watch?v=QQhAQ4W2FnU>

<https://www.youtube.com/watch?v=e-CAuBDM22c>

<https://www.youtube.com/watch?v=294YcT0foMo>

ATLETISMO:

<https://www.youtube.com/watch?v=3coFFE5Raq0>

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

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

YOGA:

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

<https://www.youtube.com/watch?v=m6YEti0hmIM>

<https://www.youtube.com/watch?v=mtO2fRmh8D8>