

Gerinctorna, gyógytestnevelés

Gerinctorna 60 perc: https://www.youtube.com/watch?v=GOKPJ-c_qro

Gerinctorna derékfájásra partvisnyéllel: <https://www.youtube.com/watch?v=PbG-bZEsV94>

Gerinctorna 20 perc: <https://www.youtube.com/watch?v=Nb7n6IRTADY>

Gerinctorna széssel 15 perc: <https://www.youtube.com/watch?v=b1WN28SP3Mw>

Preventív gerinctorna 25 perc: <https://www.youtube.com/watch?v=fOoFpKQje48>