

## **Videomateriāli treniņam sporta vingrošanā mājas apstākļos:**

<https://www.youtube.com/watch?v=yVVJuPQfRgw> (Iesildīšanās)

<https://www.youtube.com/watch?v=JcRWdp52OjQ> (Iesildīšanās)

<https://www.youtube.com/watch?v=n33dMD3kjPI>

<https://www.youtube.com/watch?v=u2EGLIyDkXE>

<https://www.youtube.com/watch?v=djgNXwpZP40>

<https://www.youtube.com/watch?v=THzPqWwg7RE>

<https://www.youtube.com/watch?v=rd6mlZKvs2w>

<https://www.youtube.com/watch?v=J2U4Isucmk4>

[https://www.youtube.com/watch?v=Rk\\_rZrf7kzk](https://www.youtube.com/watch?v=Rk_rZrf7kzk)

<https://www.youtube.com/watch?v=5cdm7eFUyHk>

<https://www.youtube.com/watch?v=cRwd3dn9PZ8>

[https://www.youtube.com/watch?v=G0wu\\_H6qu0Q](https://www.youtube.com/watch?v=G0wu_H6qu0Q)

<https://www.youtube.com/watch?v=rx00VHuBDqs>

<https://www.youtube.com/watch?v=U-nhYGYWO2Q>

<https://www.youtube.com/watch?v=Bl15KS8a6kl> (Klasiskā horeogrāfija)

<https://www.youtube.com/watch?v=e7ivvT-pdB8> (Horeogrāfija uz grīdas)

<https://www.youtube.com/watch?v=URfbRZSHvul> (Horeogrāfija uz grīdas)

<https://www.youtube.com/watch?v=EIEfrRh3Fj0> (Aktīvā stiepšanās)

<https://www.youtube.com/watch?v=ZfcECWI96E0> (Pasīvā stiepšanās)

<https://www.youtube.com/watch?v=fpl0r1YItEg> (Pasīvā stiepšanās)