

FEM ESPORT!



Mira i fes la següent taula i després respon les preguntes.

TAULA D'EXERCICIS (MARVEL 02)



La direcció del vídeo és: <https://www.youtube.com/watch?v=sqZFz44AB78&feature=youtu.be>

1. HAS VIST ALGUNA PEL·LÍCULA DE MARVEL?
2. QUINA PEL·LÍCULA HAS VIST?
3. QUINA PEL·LÍCULA T'HA AGRADAT DE MARVEL?
4. T'HA AGRADAT AQUESTA SAGA DE PEL·LÍCULES?
5. QUIN SUPERHEROI DE MARVEL T'AGRADA?

Vídeo fet per "Teacher Mister Alonso"

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6. ARA FES UN TIC EN AQUELLS EXERCICIS QUE HAS ESCOLLIT.

Captain America's soldier training



00:35

CHOOSE

FRONT KICKS

The interface for Captain America's soldier training features a blue background. On the left is an image of Captain America. In the center, the word "CHOOSE" is written in yellow, with three arrows pointing to three exercise thumbnails: a person performing front kicks, a person doing a side plank, and a person in a push-up position. A timer in the bottom left corner shows 00:35.

Black Widow's agility training



00:23

CHOOSE

The interface for Black Widow's agility training has a purple background. It features an image of Black Widow on the left. The word "CHOOSE" is in yellow, with arrows pointing to three exercise thumbnails: a person on a balance beam, a person performing a side plank, and a person doing a lunge. A timer in the bottom left corner shows 00:23.

Iron Man's stamina training



00:24

CHOOSE

The interface for Iron Man's stamina training has a light blue background. It features an image of Iron Man on the left. The word "CHOOSE" is in yellow, with arrows pointing to three exercise thumbnails: a person running, a person doing a lunge, and a person in a push-up position. A timer in the bottom left corner shows 00:24.

Scarlet Witch's core training

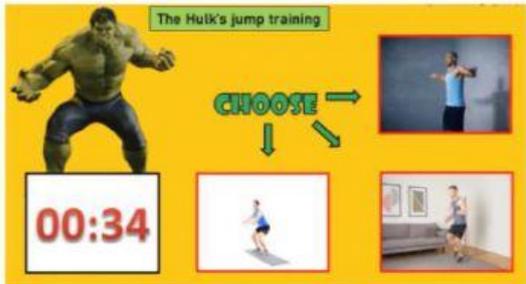


00:23

CHOOSE

The interface for Scarlet Witch's core training has an orange background. It features an image of Scarlet Witch on the left. The word "CHOOSE" is in yellow, with arrows pointing to three exercise thumbnails: a person doing a sit-up, a person performing a side plank, and a person doing a lunge. A timer in the bottom left corner shows 00:23.

The Hulk's jump training



00:34

CHOOSE

The interface for The Hulk's jump training has a yellow background. It features an image of The Hulk on the left. The word "CHOOSE" is in green, with arrows pointing to three exercise thumbnails: a person performing a jump, a person doing a lunge, and a person in a push-up position. A timer in the bottom left corner shows 00:34.

Thor's extreme training

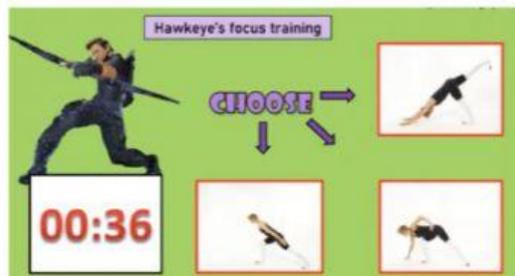


00:35

CHOOSE

The interface for Thor's extreme training has a light green background. It features an image of Thor on the left. The word "CHOOSE" is in red, with arrows pointing to three exercise thumbnails: a person doing a sit-up, a person performing a side plank, and a person doing a lunge. A timer in the bottom left corner shows 00:35.

Hawkeye's focus training



00:36

CHOOSE

The interface for Hawkeye's focus training has a green background. It features an image of Hawkeye on the left. The word "CHOOSE" is in purple, with arrows pointing to three exercise thumbnails: a person performing a lunge, a person doing a lunge, and a person in a push-up position. A timer in the bottom left corner shows 00:36.

Video fet per "Teacher Mister Alonso"

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7. T'HA AGRADAT EL VÍDEO D'EXERCICIS?

8. HAS TROBAT DIFÍCIL LA TAULA D'EXERCICIS?

Vídeo fet per "Teacher Mister Alonso"