WF online w domu - ćwiczenia na 5 dni tygodnia

<https://www.youtube.com/watch?v=Rh6_JNVmACw&fbclid=IwAR19PVSlmVtyRXcKHRf_-t4S-Un6txTCV5nQTq3tXC8Pba8Ux7wh4POHwrQ>