Aerobic Capacity (3 videos): <https://players.brightcove.net/901973548001/HkTAgJLzf_default/index.html?playlistId=5186037468001>

Body Composition (3 videos): <https://players.brightcove.net/901973548001/HkTAgJLzf_default/index.html?playlistId=5176230326001>

Muscular Health (7 videos): <https://players.brightcove.net/901973548001/HkTAgJLzf_default/index.html?playlistId=5176471603001>