

1. <https://www.facebook.com/100011019455631/videos/1097826717261300/>
2. <https://www.drandlealupu.ro/pozitia-corecta-la-calculator-sau-birou/>
3. [https://www.youtube.com/watch?time\\_continue=15&v=WVOHFayG5I8&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=15&v=WVOHFayG5I8&feature=emb_logo)
4. [https://www.youtube.com/watch?v=fwGBCEXr9RU&feature=share&fbclid=IwAR0QEF\\_U0Uztrz2DwvnrK-fq8-HZwDiKrkmlYou94m1AQXxKJgYXSdHYt0](https://www.youtube.com/watch?v=fwGBCEXr9RU&feature=share&fbclid=IwAR0QEF_U0Uztrz2DwvnrK-fq8-HZwDiKrkmlYou94m1AQXxKJgYXSdHYt0)