Cardio 1 :

<https://mega.nz/#!cNVQBZwQ!4LM8dF_jJegl82N4BQC707MAJ-uLPP30CXDfaN2hrdM>

Cardio 2 :

<https://mega.nz/#!5Ecy2IBI!wociw-NjPVb8x6SXfRXhuv3-4cIhHZdXND0tlvzkKDs>

Vascular 1 :

<https://mega.nz/#!FZ9CnBDA!lNt-PKaoHK9CebqDsuf46kilLCIhArQORoRV5wxnsH4>

Vascular 2 :

<https://mega.nz/#!IYVmGSqS!qW8E5EcjBIFbJ7mULPwkD8fsxeY4YemP1GIwbITkkYw>