

A large orange trapezoid with a black outline, pointing downwards. It contains the text 'Etapa 1 Personalizarea acestui curs' in bold black letters.

**Etapa 1**  
**Personalizarea**  
**acestui curs**

A large green trapezoidal graphic with a black outline, containing the text 'Etapa 2', 'Ține-te strans de', and 'ACEST CURS'.

**Etapa 2**  
**Ține-te strans de**  
**ACEST CURS**

**Etapa 3**

**Lucrarea într-un  
ritm potrivit**

A large, pink trapezoidal graphic with a black outline, pointing downwards. It contains the text 'Etapa 4. Pastreaza relatii bune cu ceilalti' in bold black letters.

**Etapa 4.**  
**Pastreaza relatii**  
**bune cu ceilalti**

**Etapa 5**

**Alergia în cursa  
pana la capat**

**CAMIERA**

**De RECUPERARE**