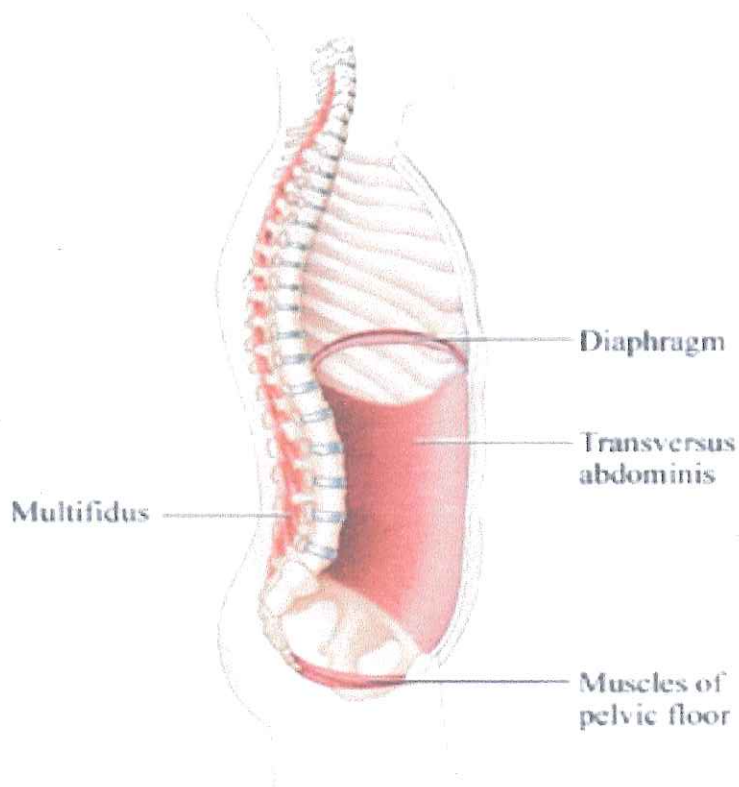


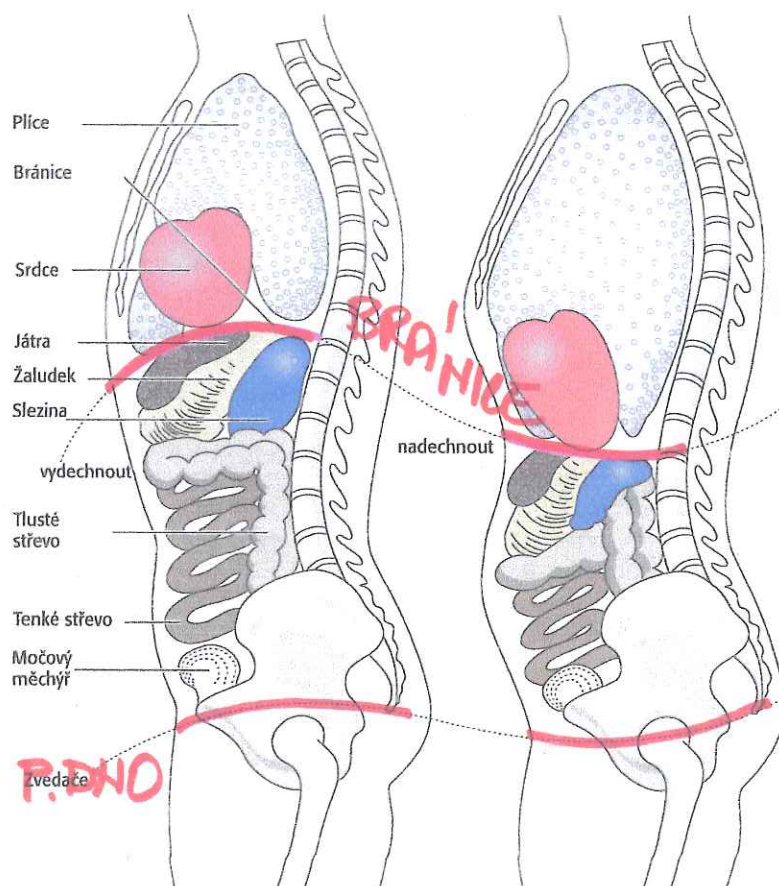
# Hluboký stabilizační systém

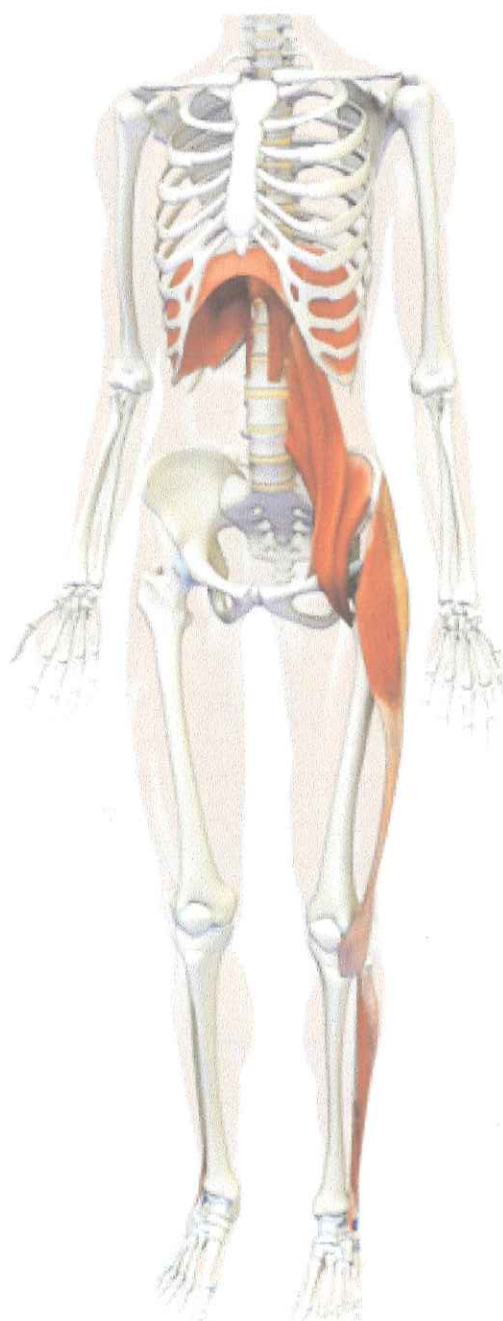


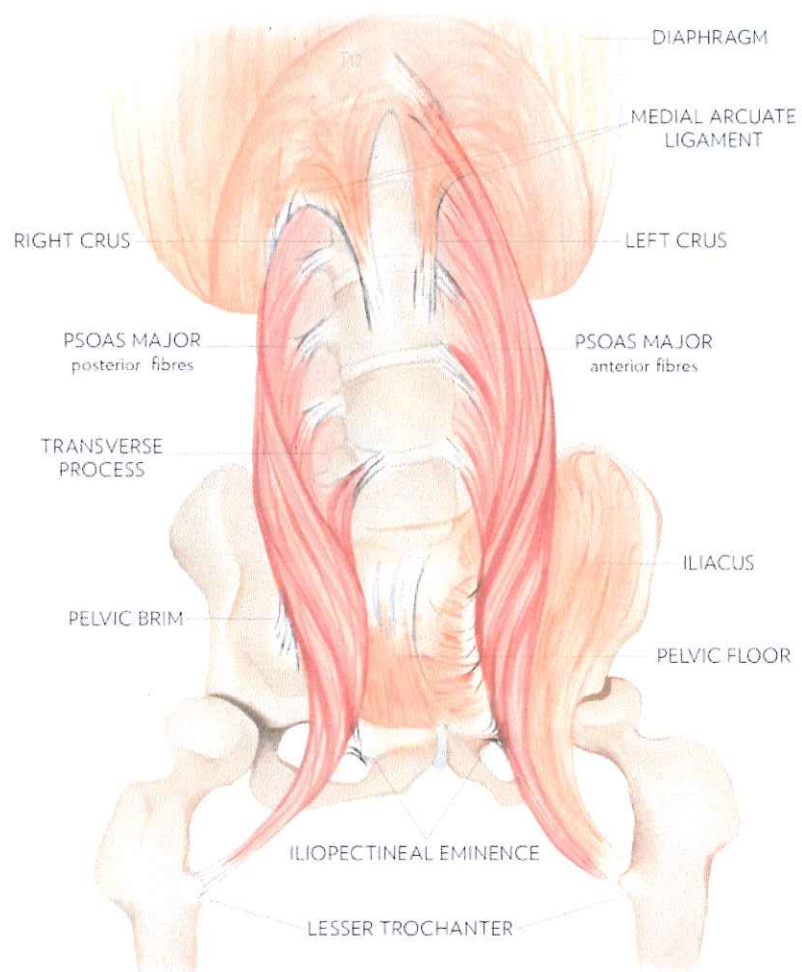
## Dech

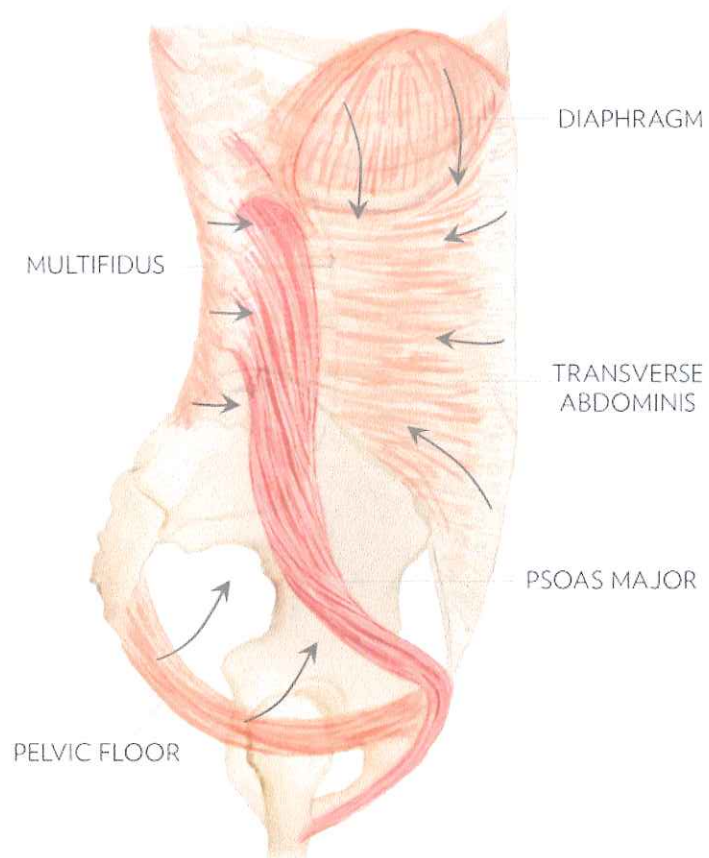
Vydechnutí

Nadechnutí





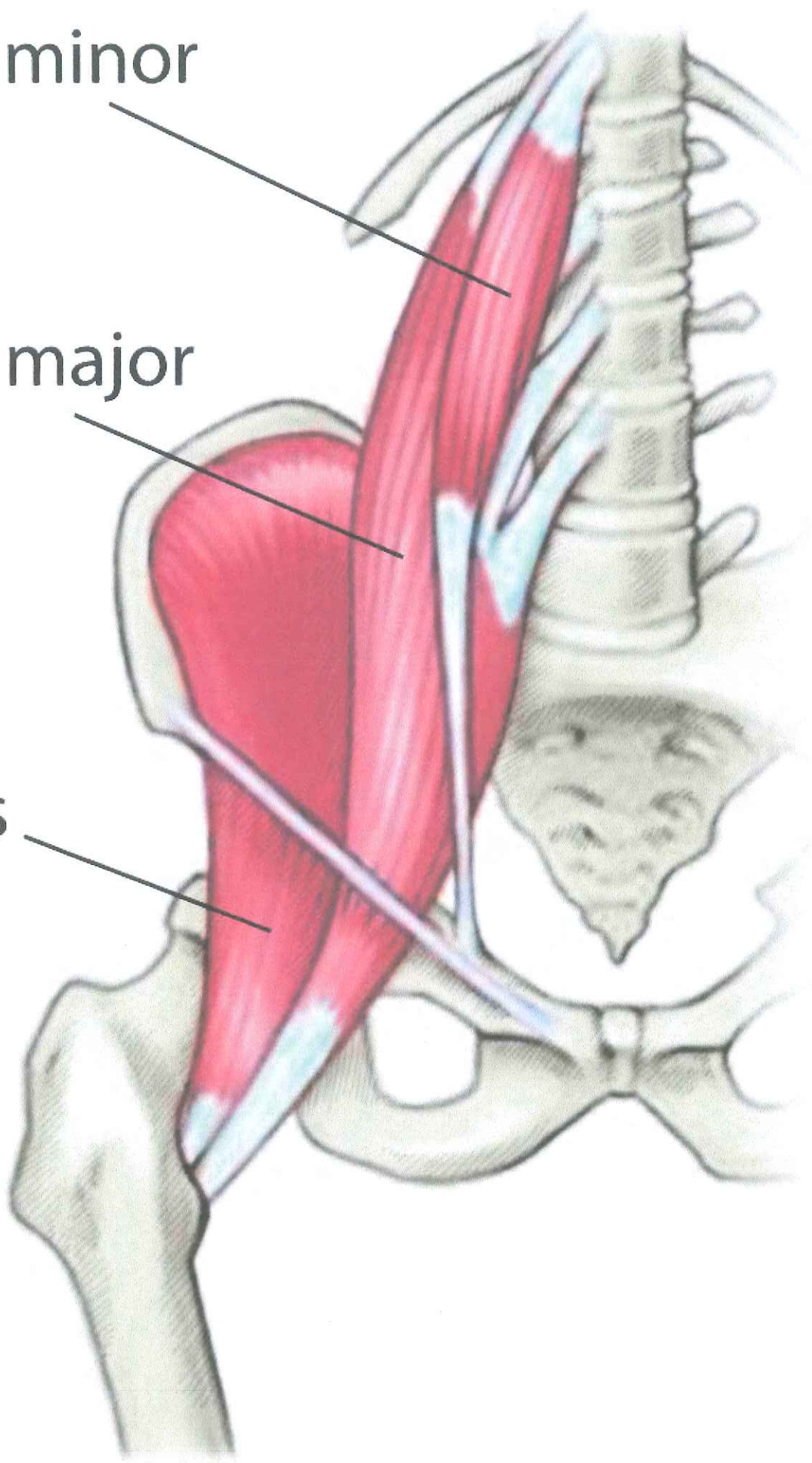


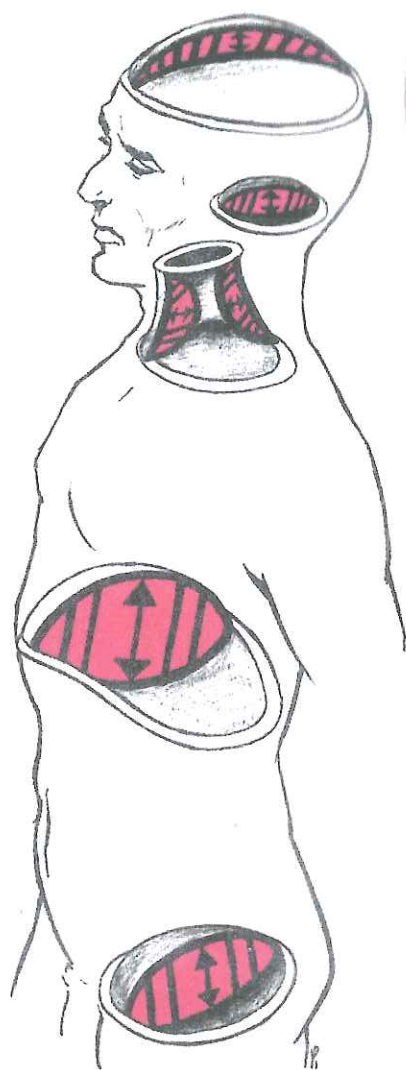


Psoas minor

Psoas major

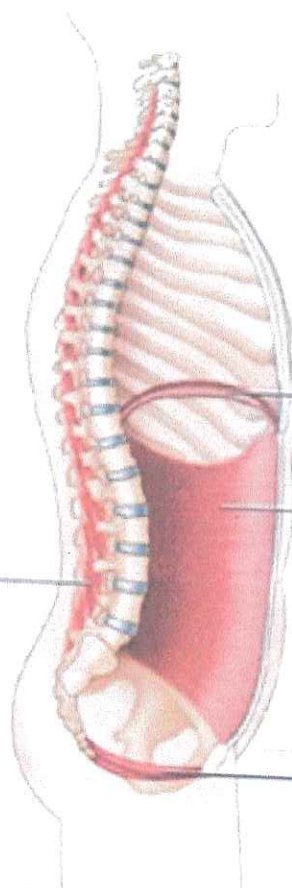
Iliacus





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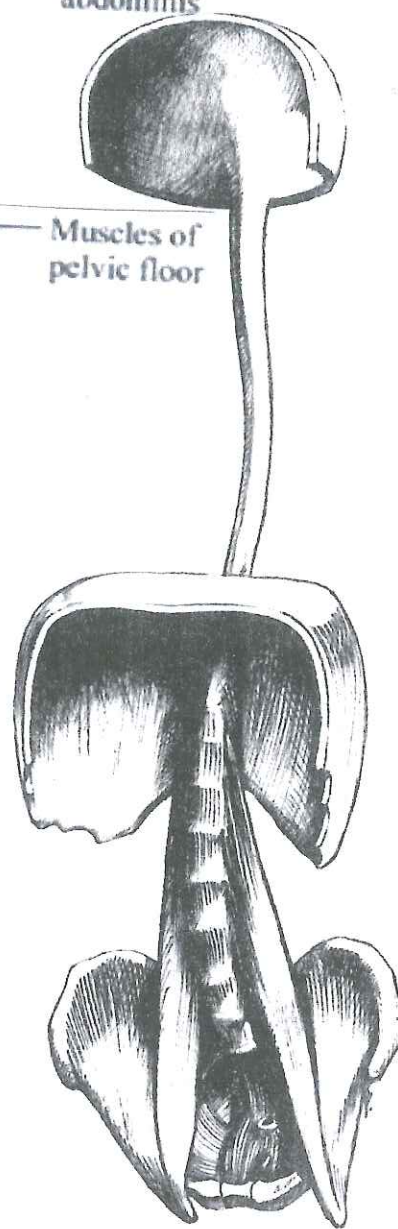
Multifidus



Diaphragm

Transversus abdominis

Muscles of pelvic floor



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