

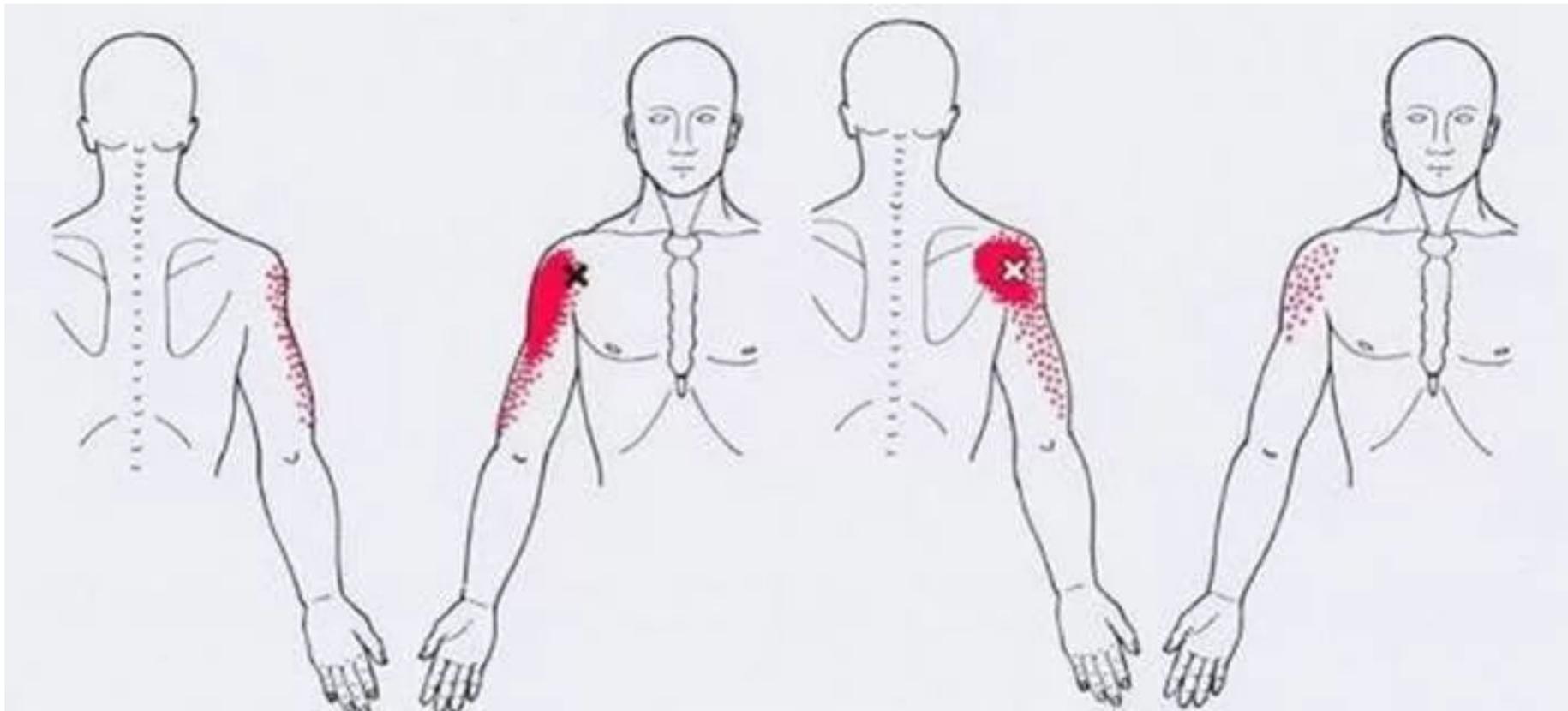


# ТРИГГЕРНЫЕ ТОЧКИ

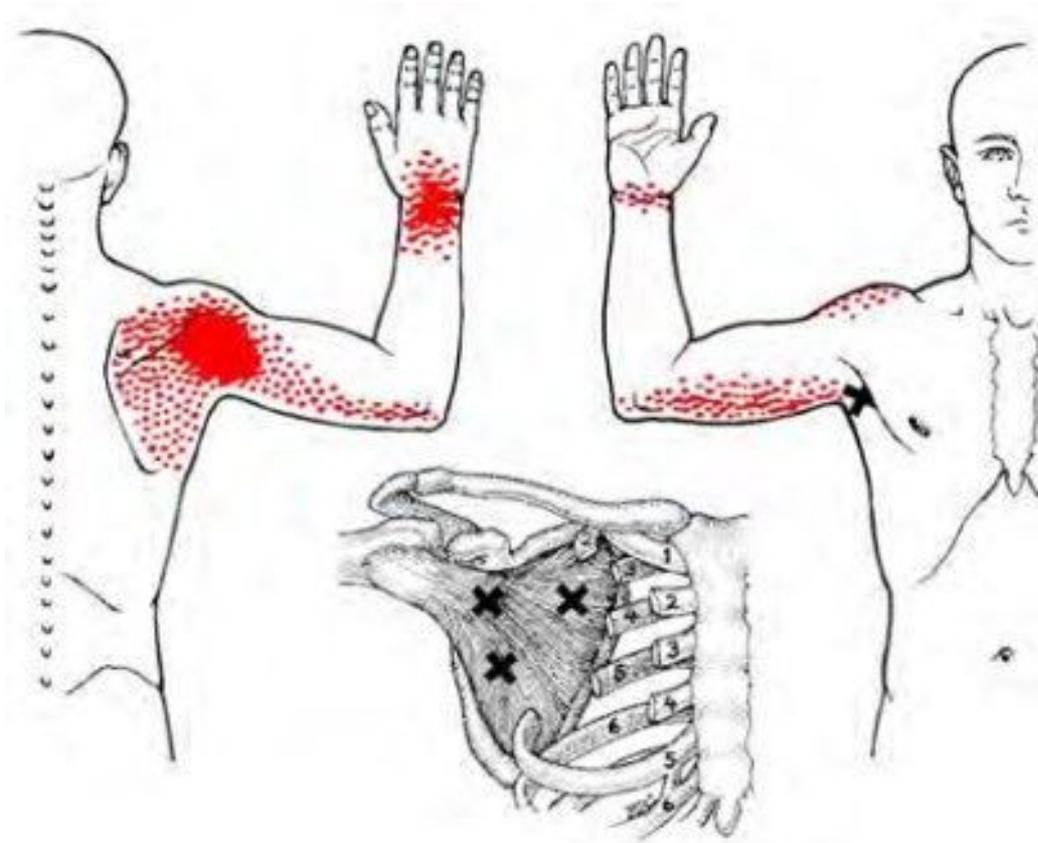
## ПО МЫШЦАМ ПК-1

НОВОСИБИРСКИЙ ИНСТИТУТ КИНЕЗИОЛОГИИ

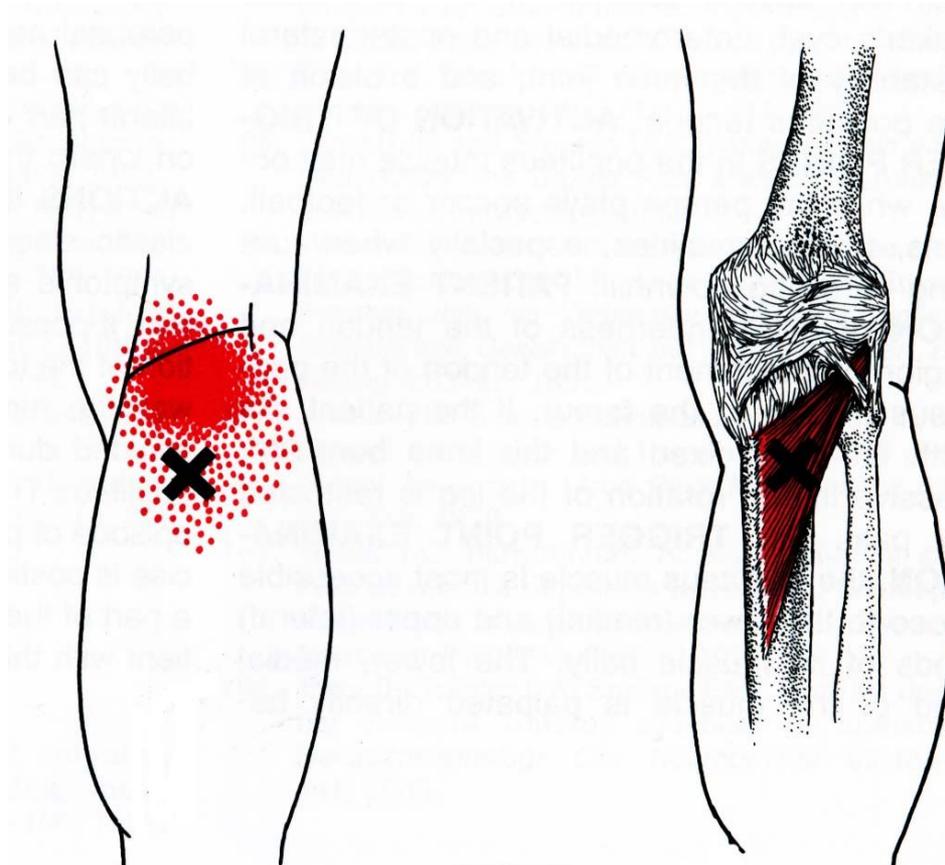
# ДЕЛЬТОВИДНАЯ МЫШЦА



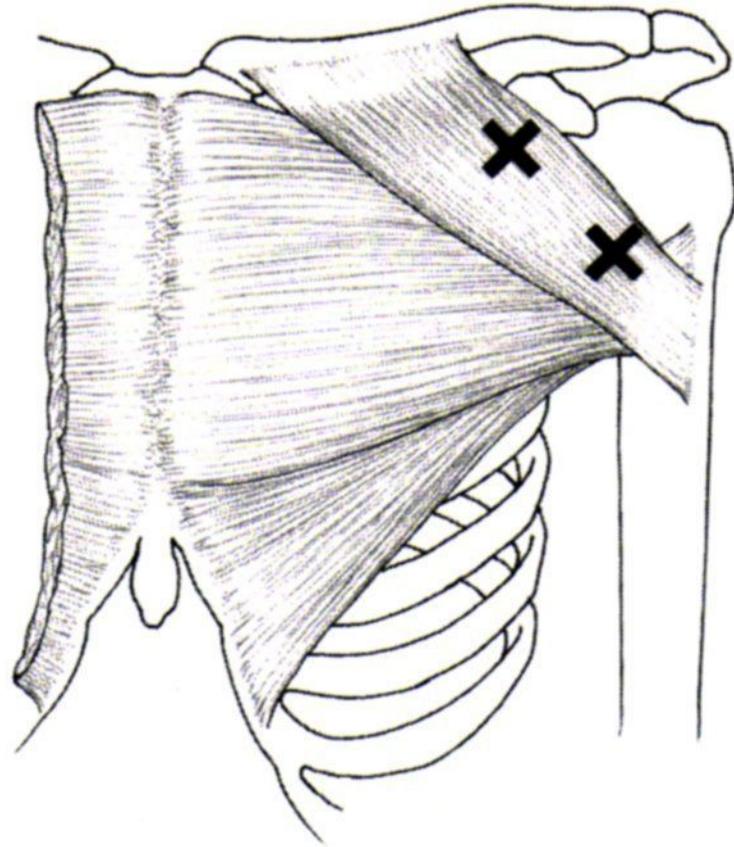
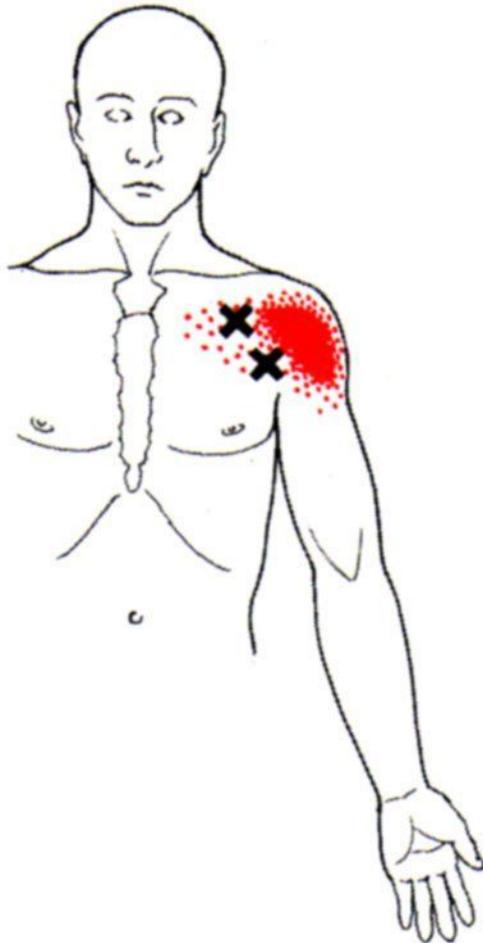
# ПОДЛОПАТОЧНАЯ МЫШЦА



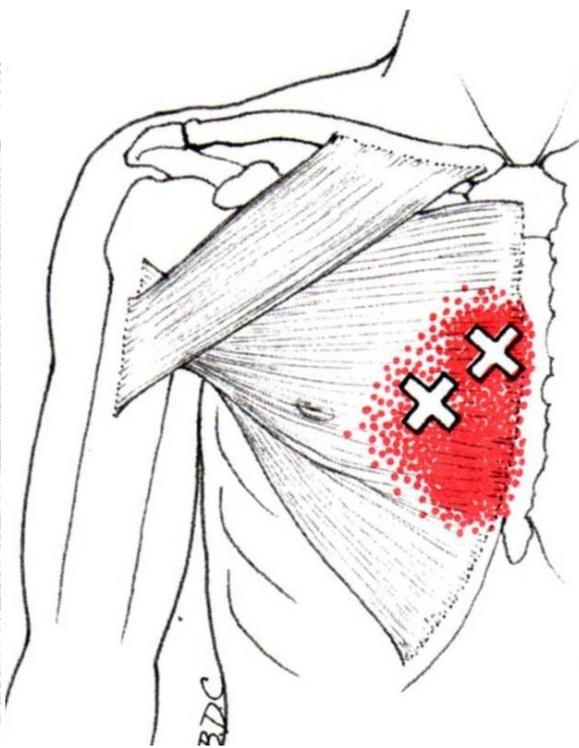
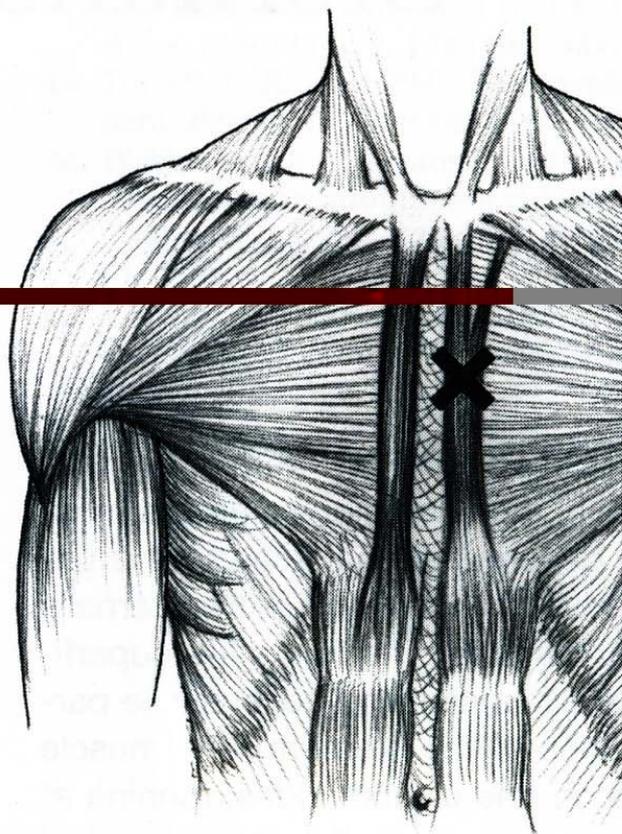
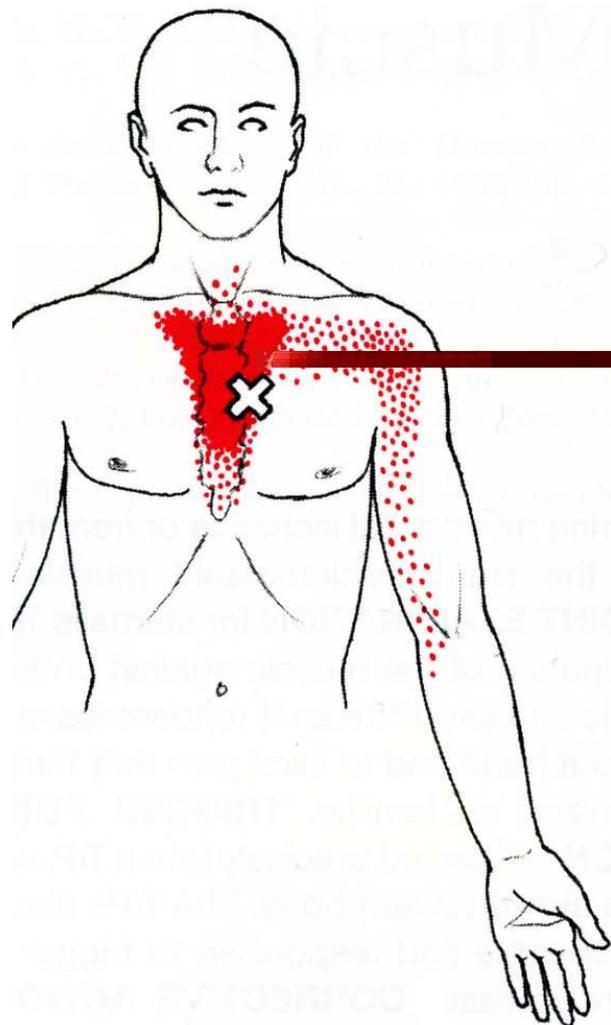
# ПОДКОЛЕННАЯ МЫШЦА



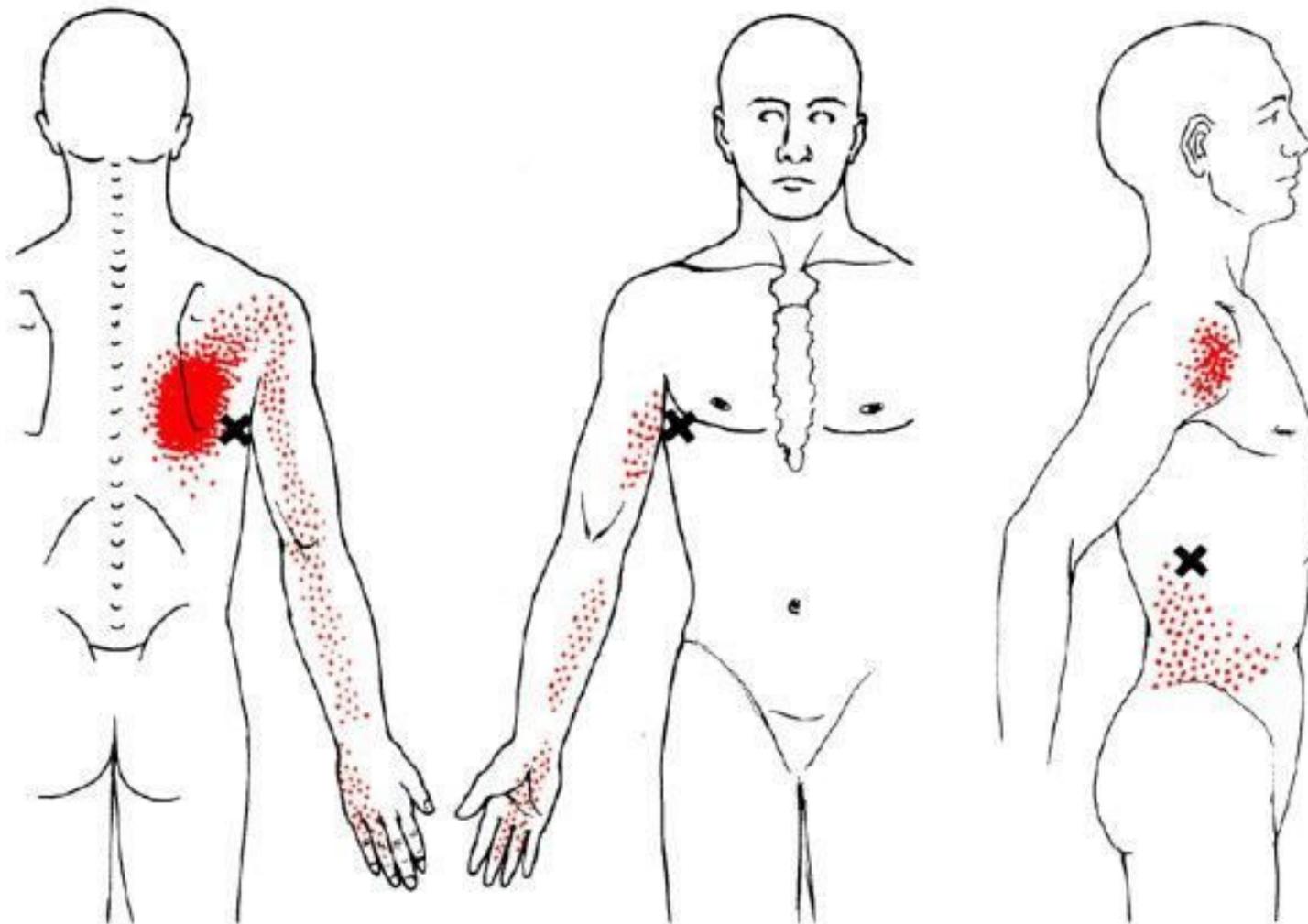
# БОЛЬШАЯ ГРУДИННАЯ, КЛЮЧИЧНАЯ ПОРЦИЯ



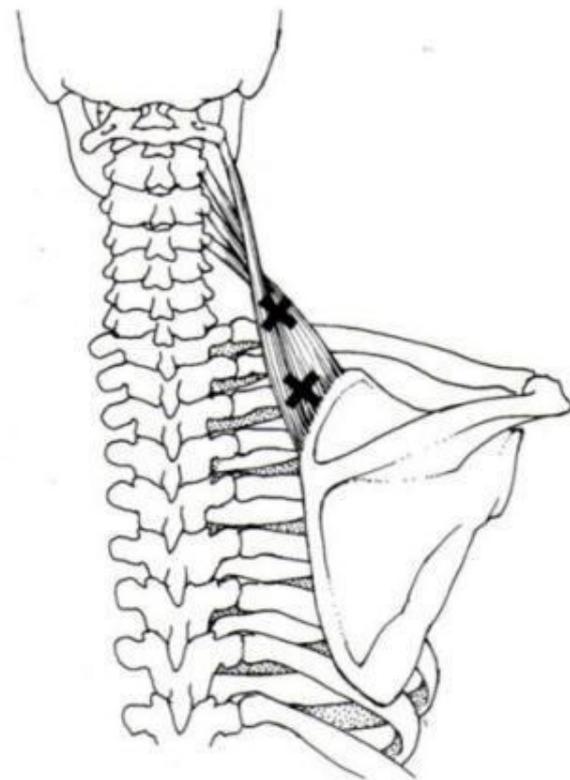
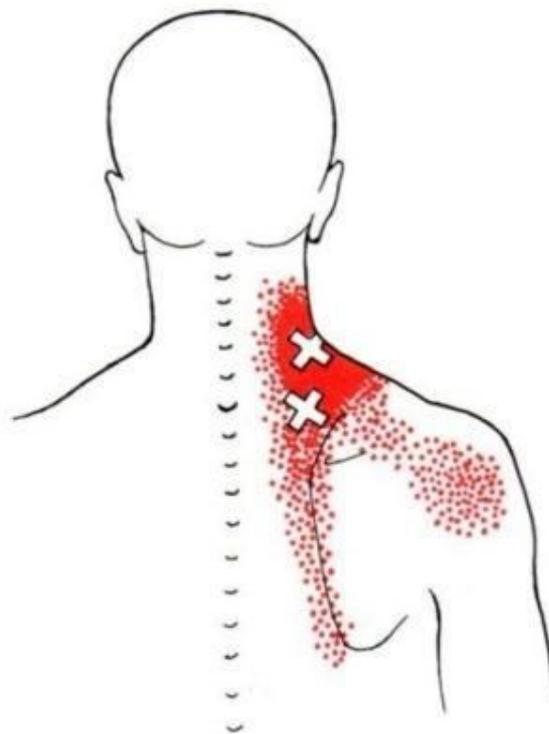
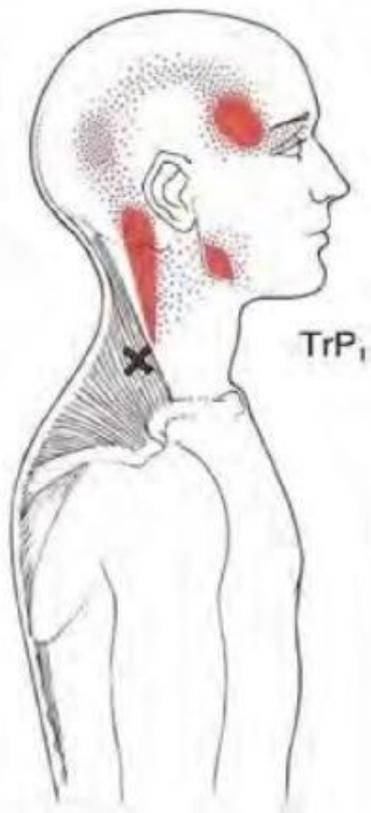
# БОЛЬШАЯ ГРУДНАЯ МЫШЦА ГРУДИННАЯ ПОРЦИЯ



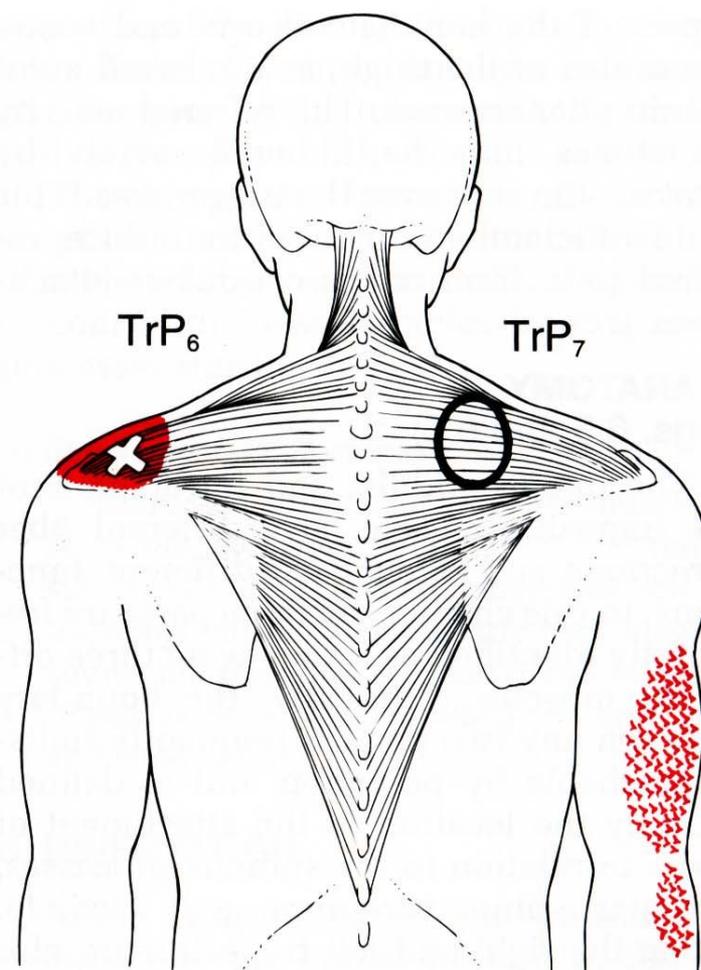
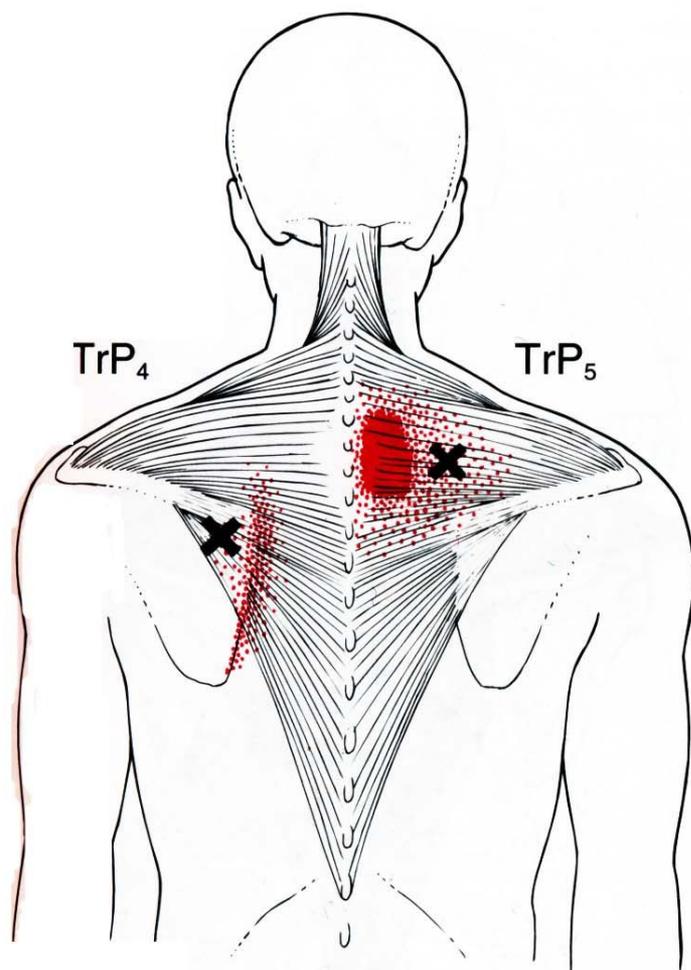
# ШИРОЧАЙШАЯ МЫШЦА СПИНЫ



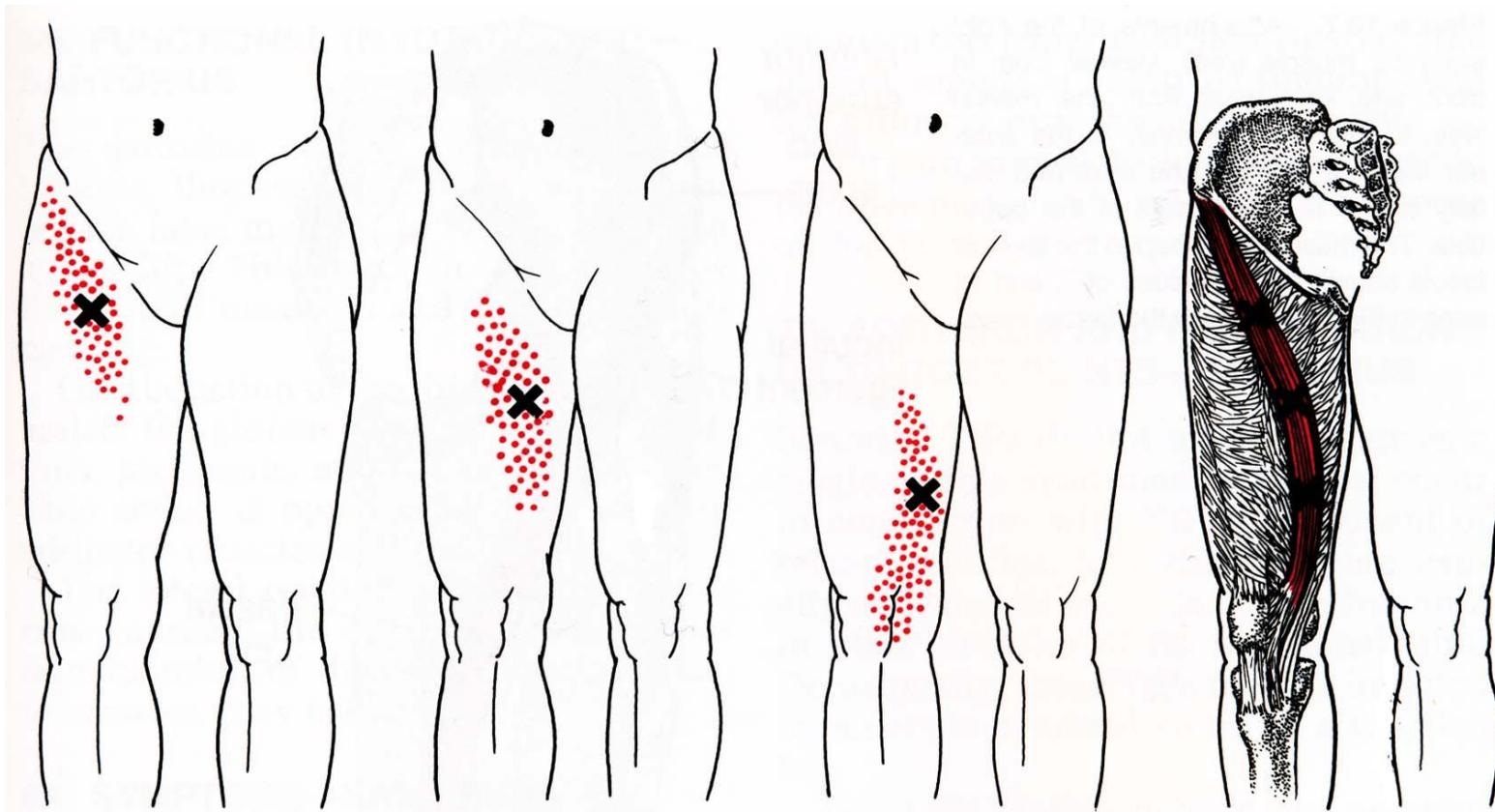
# ТРАПЕЦИЕВИДНАЯ МЫШЦА ВЕРХНЯЯ ПОРЦИЯ



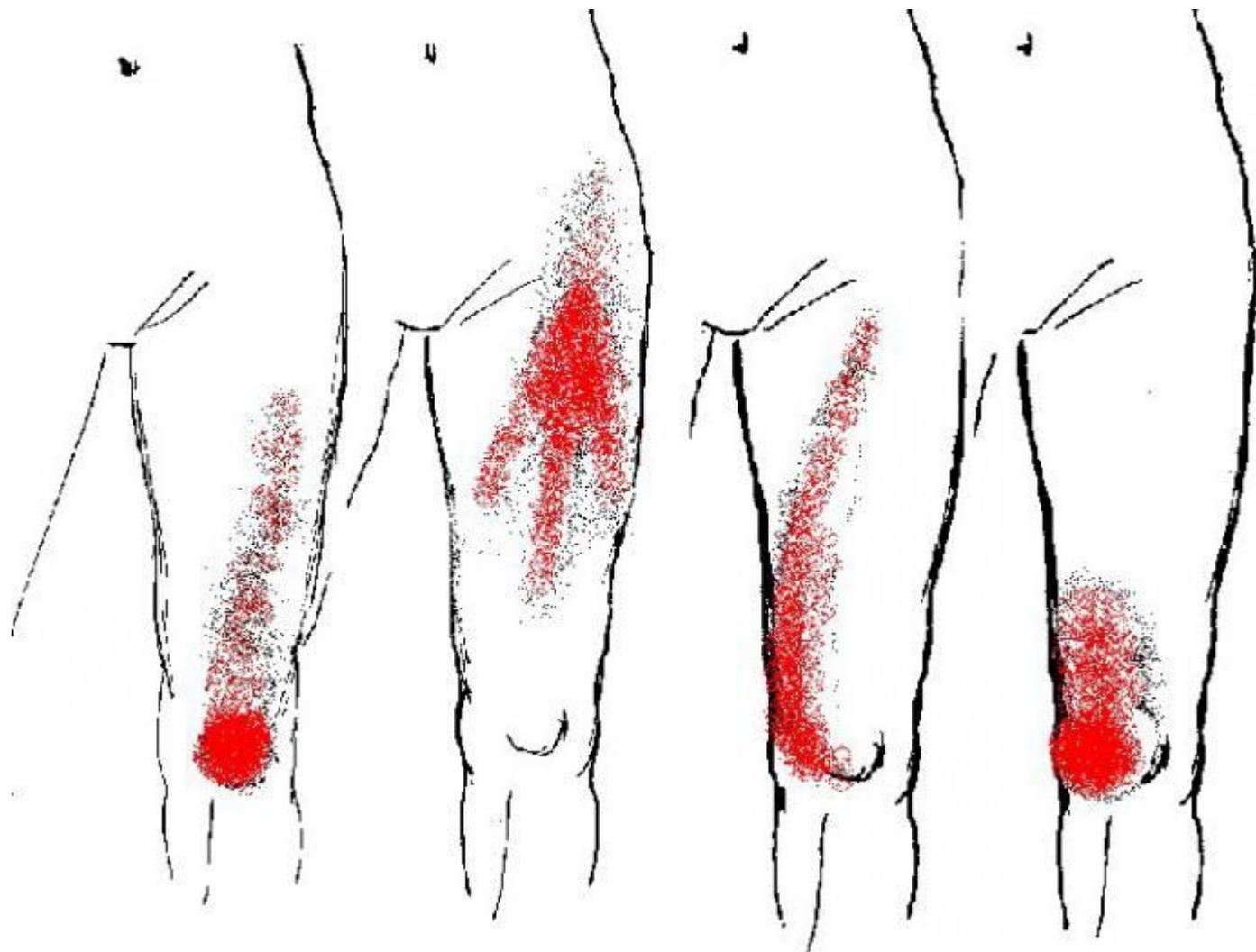
# ТРАПЕЦИЕВИДНАЯ МЫШЦА СРЕДНЯЯ И НИЖНЯЯ ПОРЦИИ



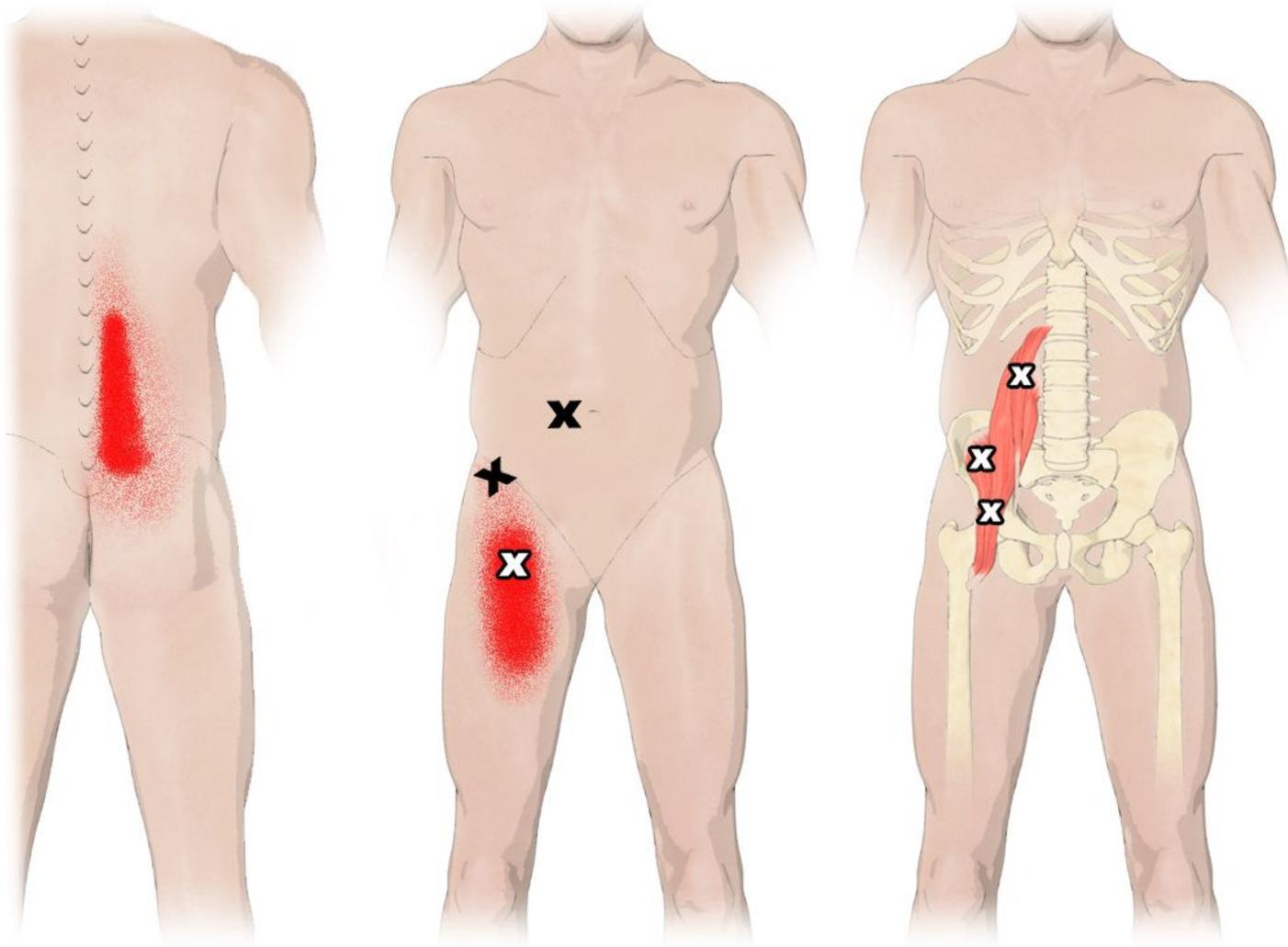
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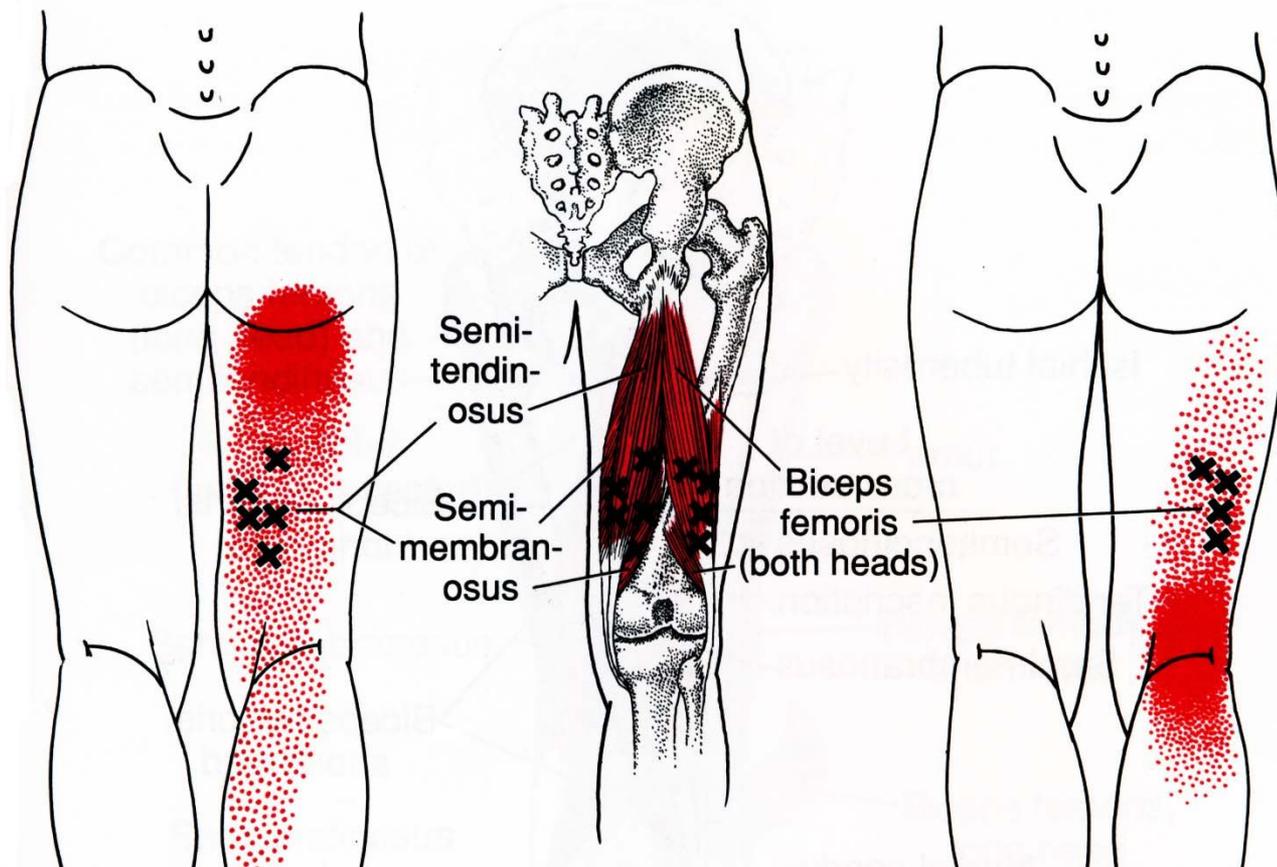
# ЧЕТЫРЕХГЛАВАЯ МЫШЦА БЕДРА



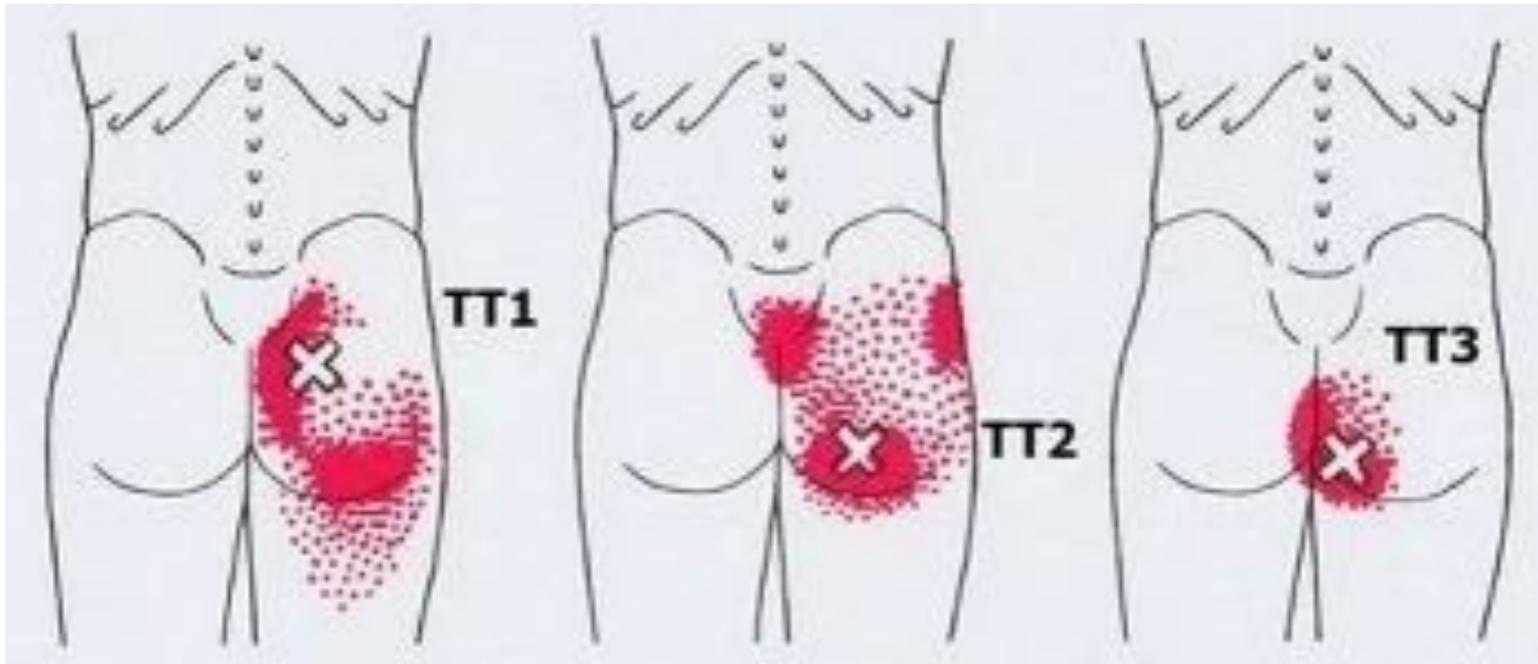
# ПОЯСНИЧНОПОДВЗДОШНАЯ МЫШЦА



# ЭКСТЕНЗОРЫ БЕДРА

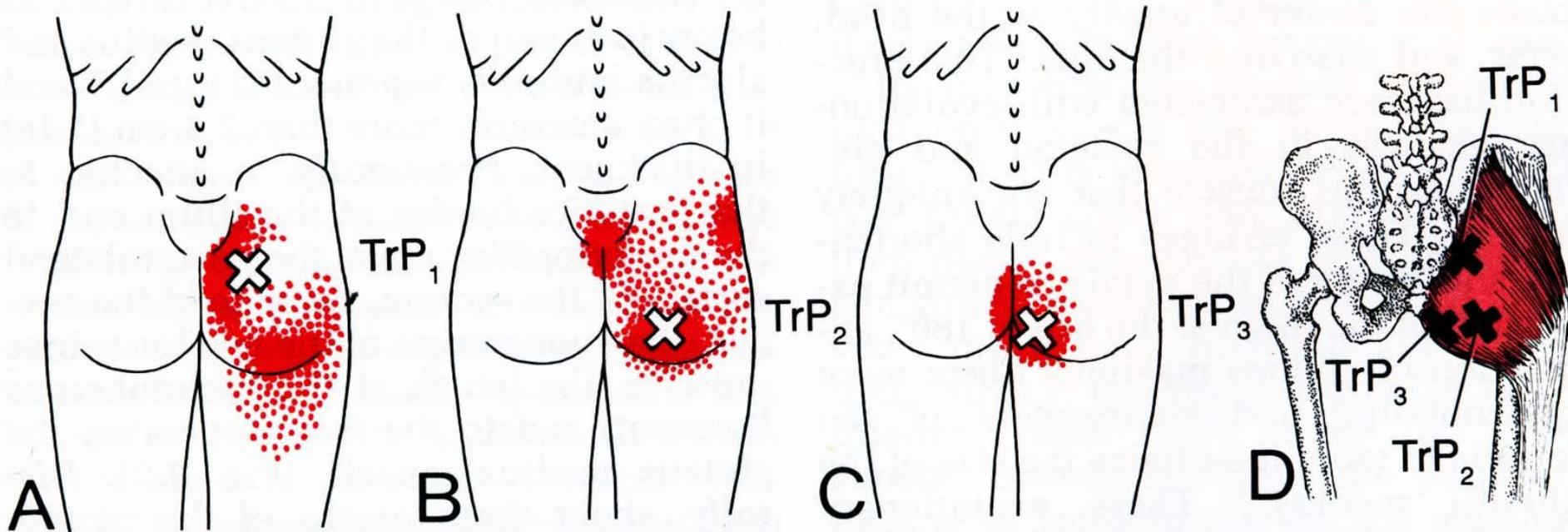


# КВАДРАТНАЯ МЫШЦА ПОЯСНИЦЫ

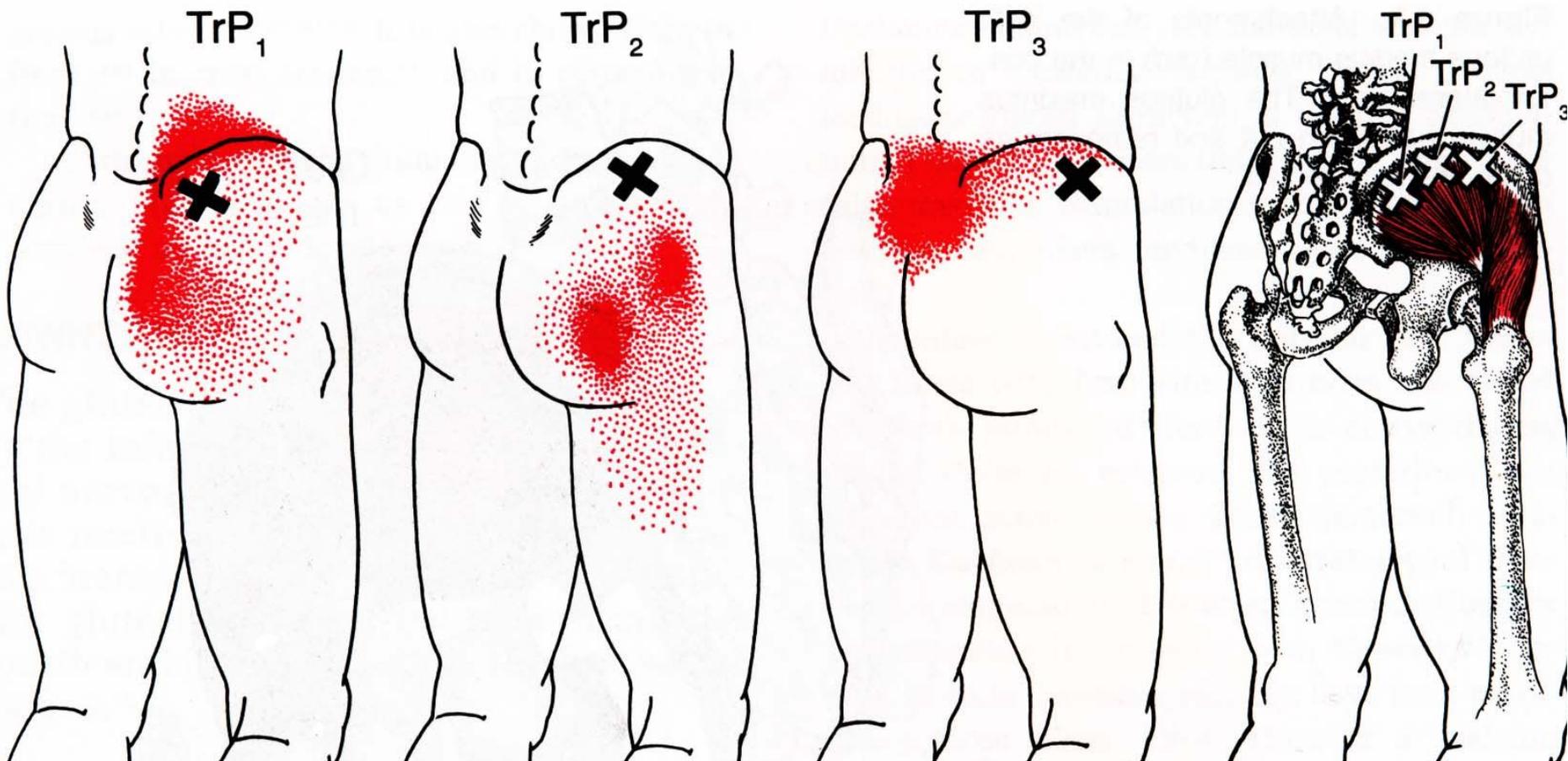


# БОЛЬШАЯ ЯГОДИЧНАЯ МЫШЦА

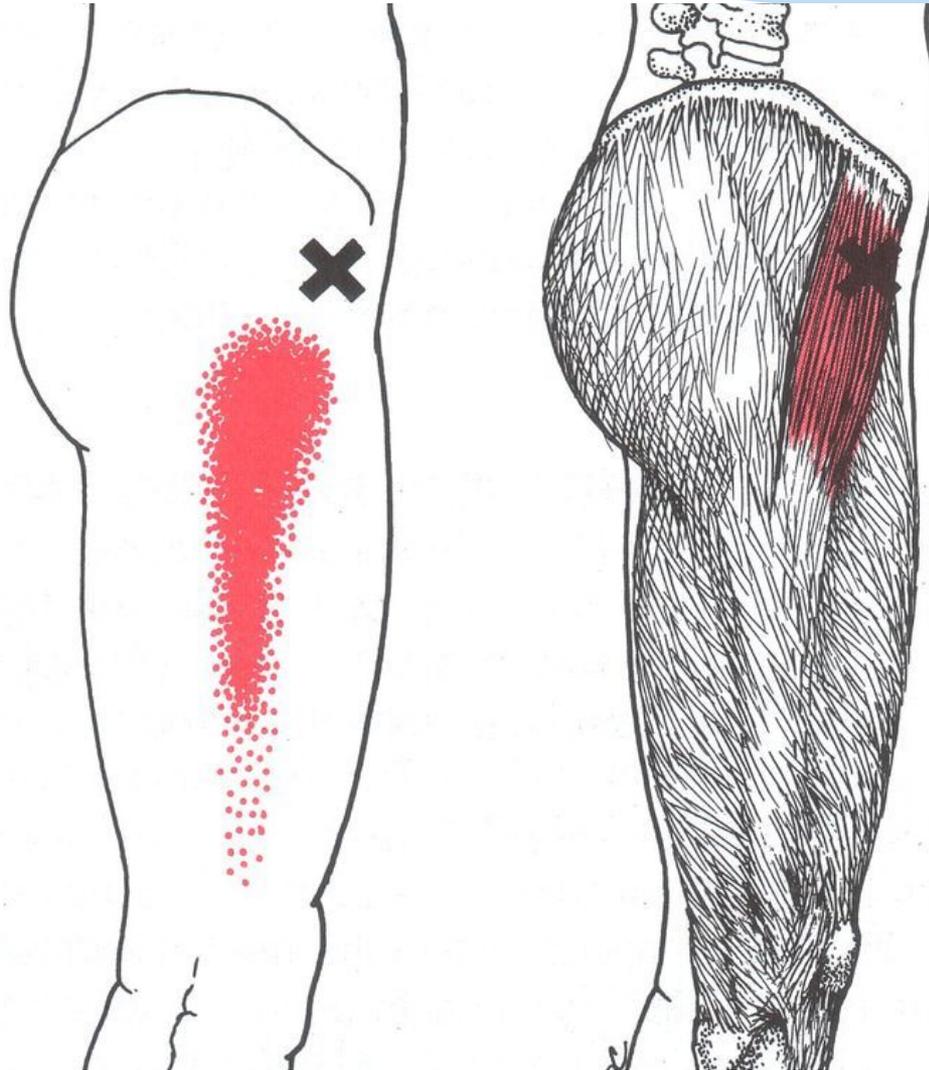
Gluteus maximus



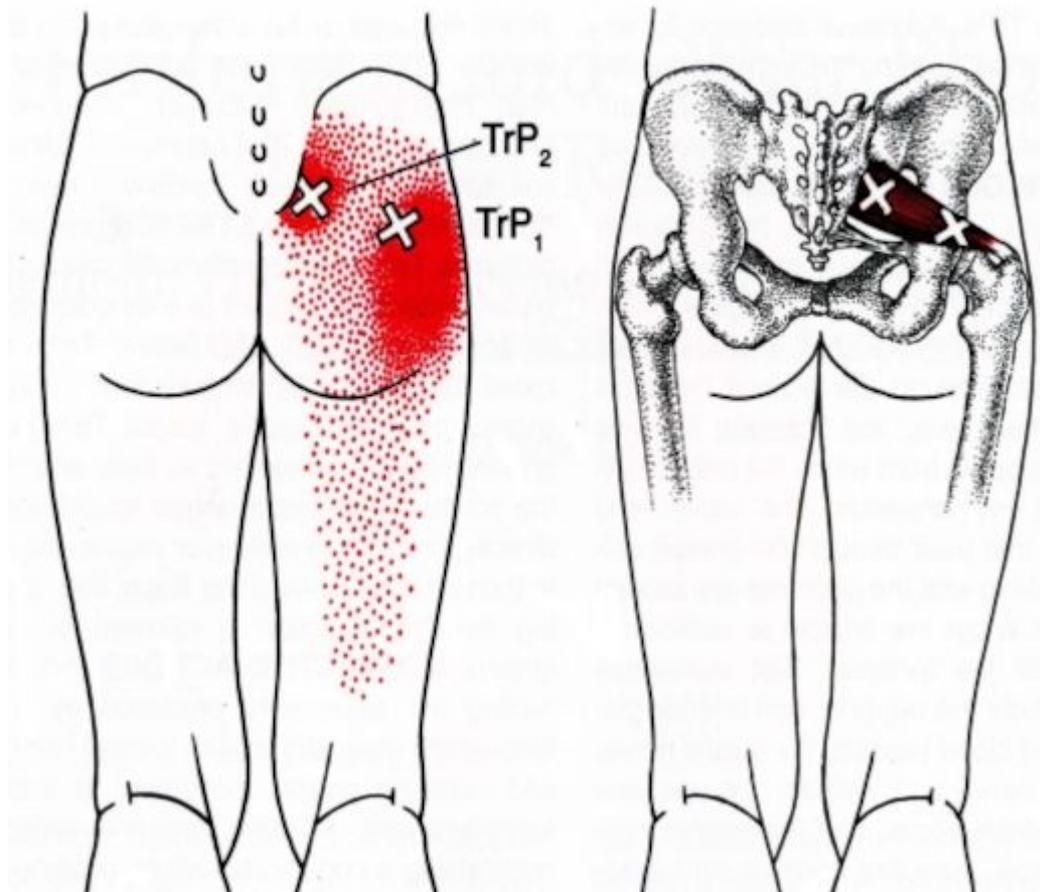
# СРЕДНЯЯ И МАЛАЯ ЯГОДИЧНЫЕ МЫШЦЫ



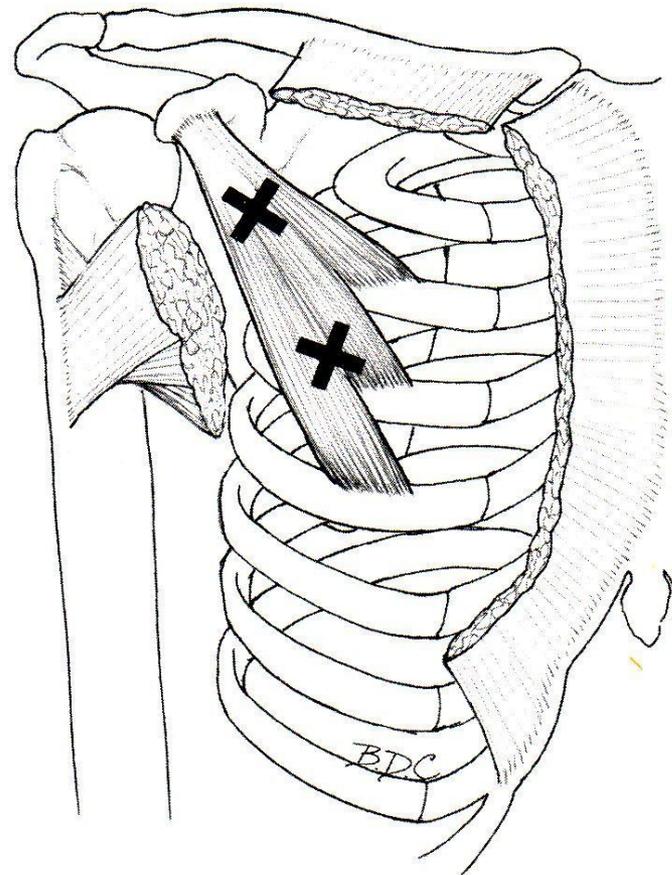
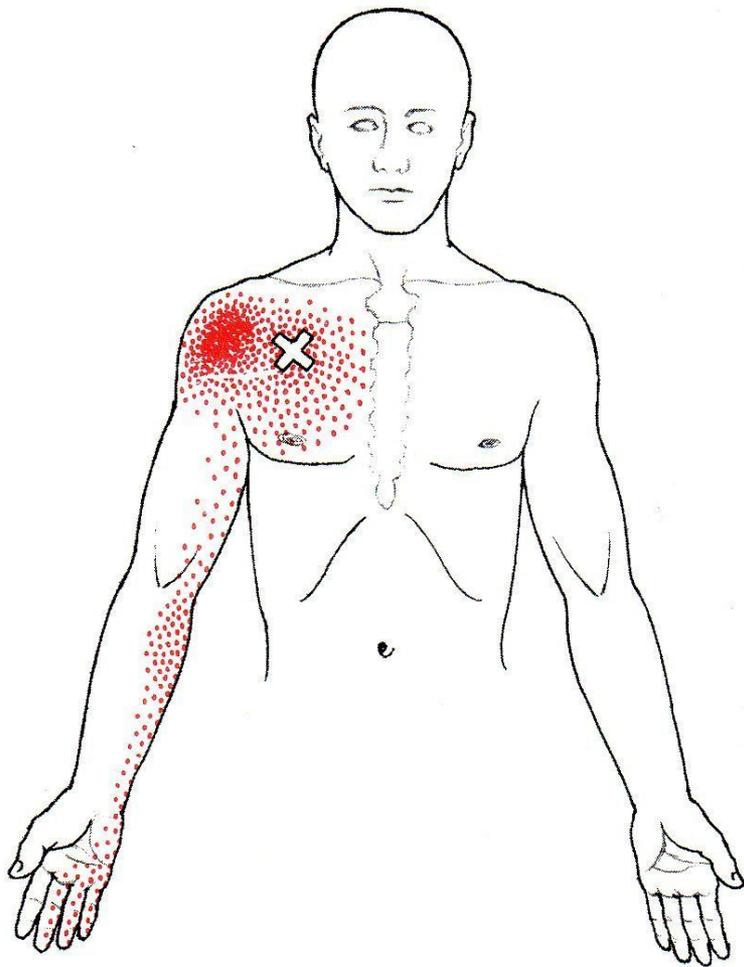
# НАПРЯГАТЕЛЬ ШИРОКОЙ ФАСЦИИ БЕДРА



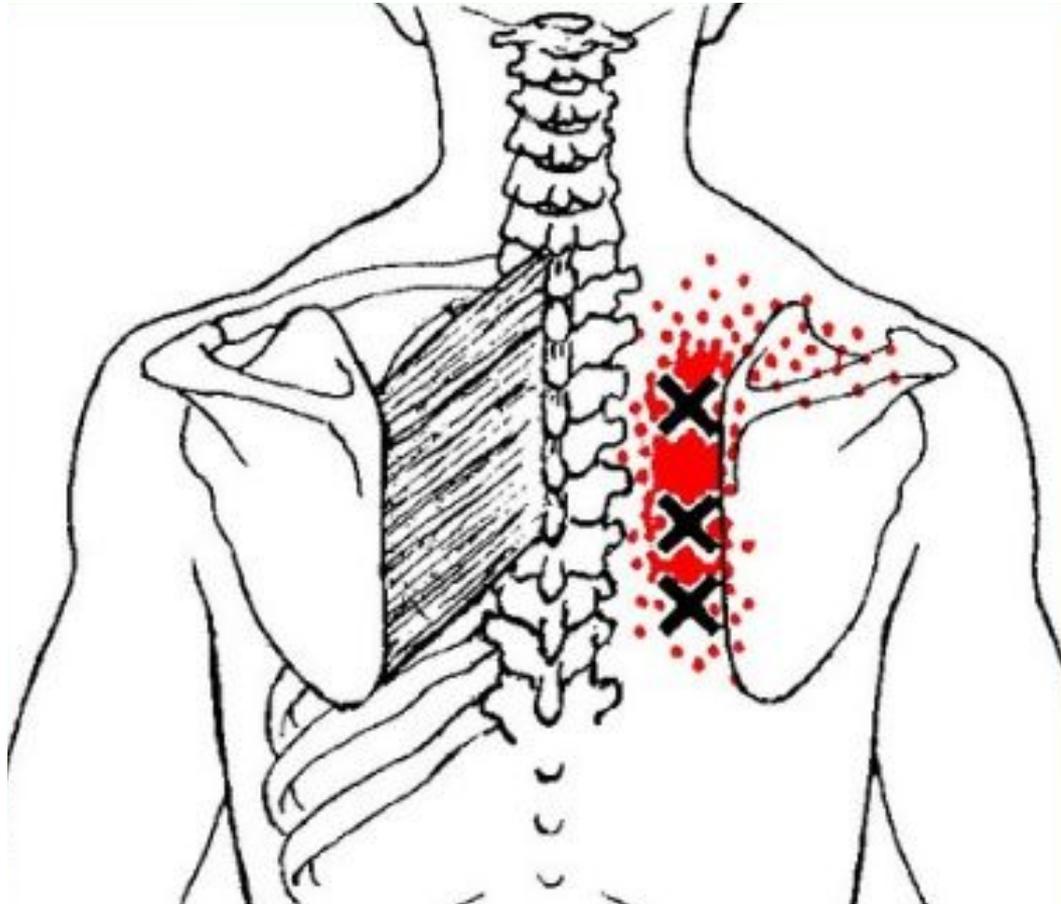
# ГРУШЕВИДНАЯ МЫШЦА



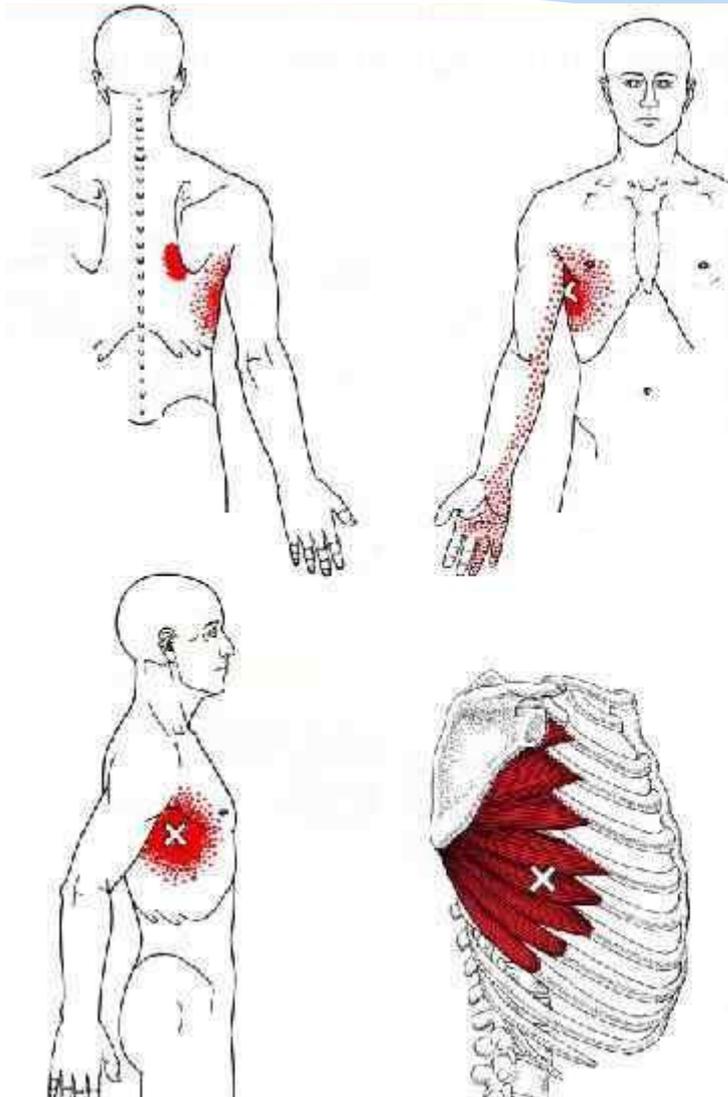
# МАЛАЯ ГРУДНАЯ МЫШЦА



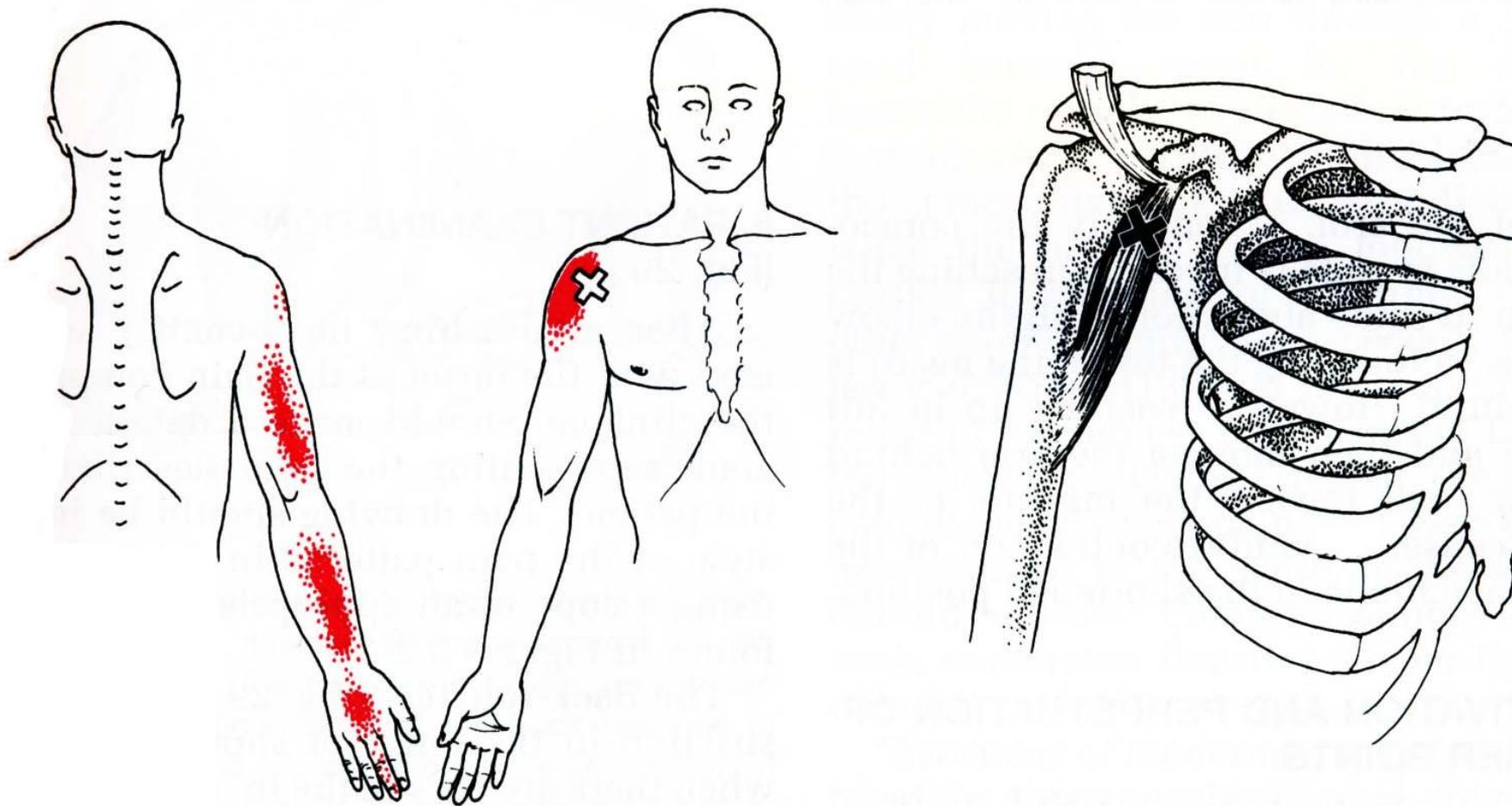
# РОМБОВИДНАЯ МЫШЦА



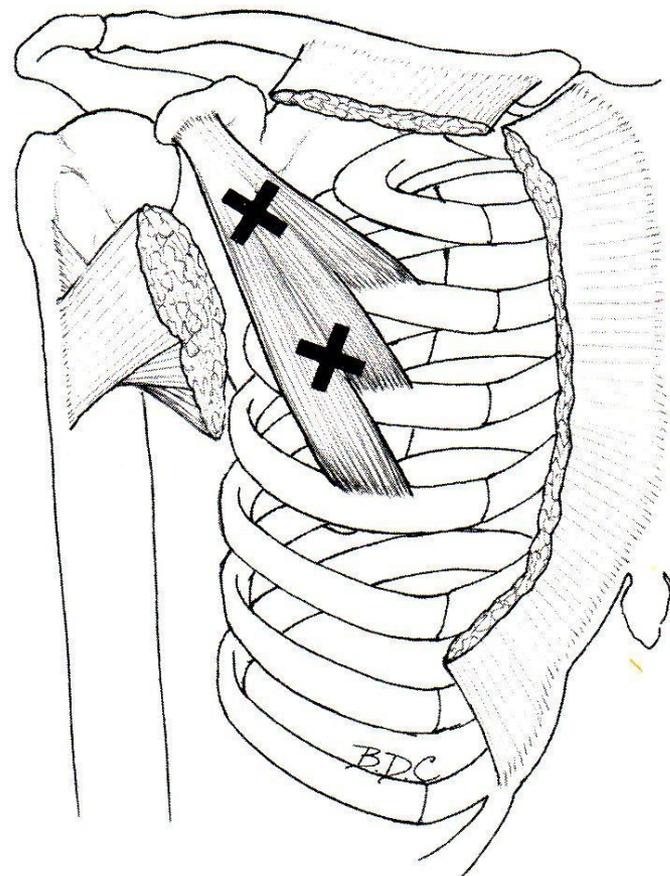
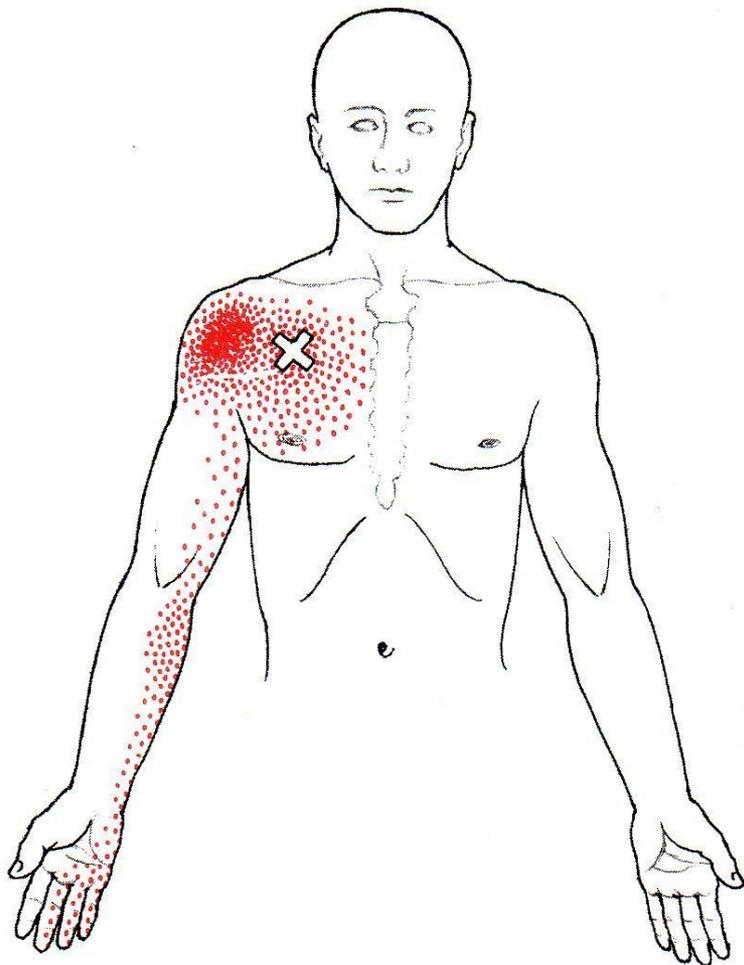
# ПЕРЕДНЯЯ ЗУБЧАТАЯ МЫШЦА



# КЛЮВОПЛЕЧЕВАЯ МЫШЦА



# МАЛАЯ ГРУДНАЯ МЫШЦА





# УСПЕХОВ!

НОВОСИБИРСКИЙ ИНСТИТУТ КИНЕЗИОЛОГИИ