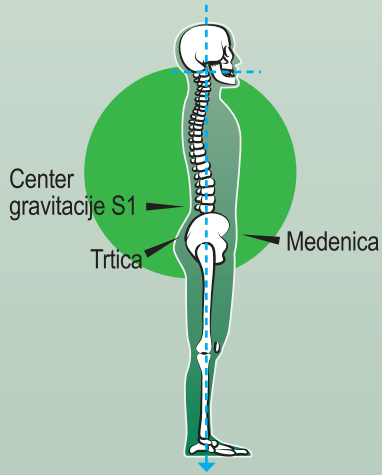
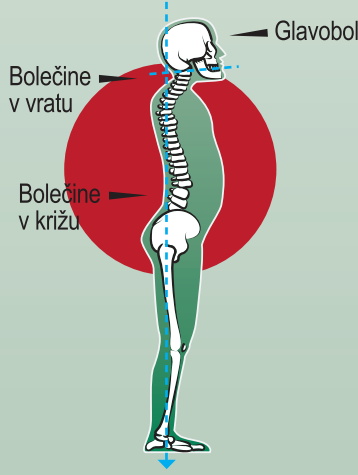


PREPREČITE BOLEČINE V HRBTENICI

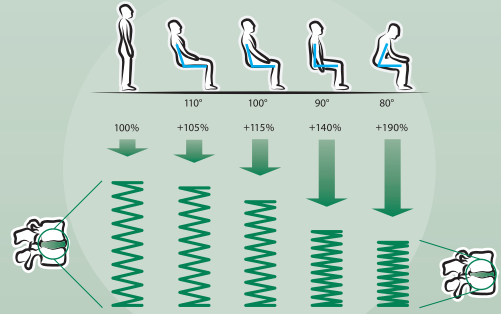
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NAPRAČNA DRŽA TELES



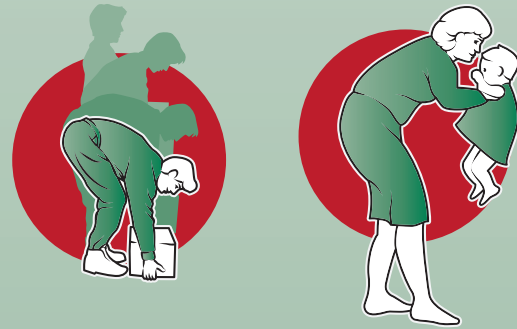
PRITISK NA 3. IN 4. LEDVENO MEDVRETNENČNO PLOŠČIČO PRI RAZLIČNIH POLOŽAJIH SEDENJA



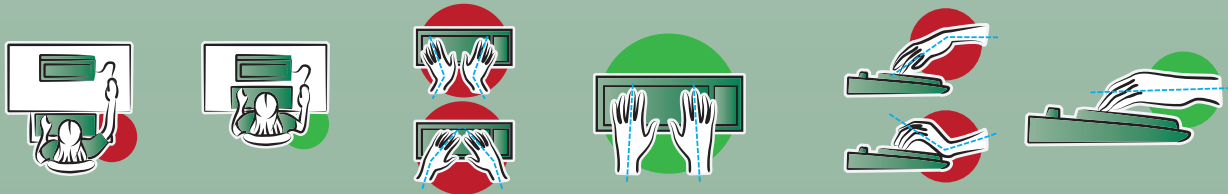
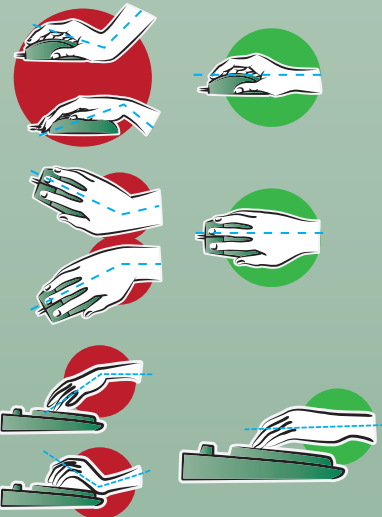
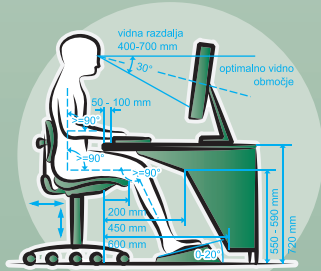
PRAVILNO DVIGOVANJE BREMEN



NAPRAČNO DVIGOVANJE BREMEN



ERGONOMIJA SEDENJA IN DELA ZA RAČUNALNIKOM



VAJE MIMOGRUDE

