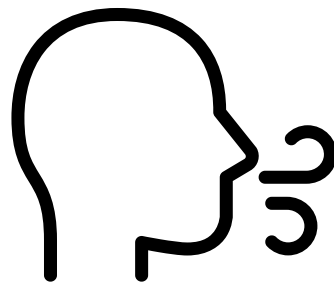


## VARIANTA

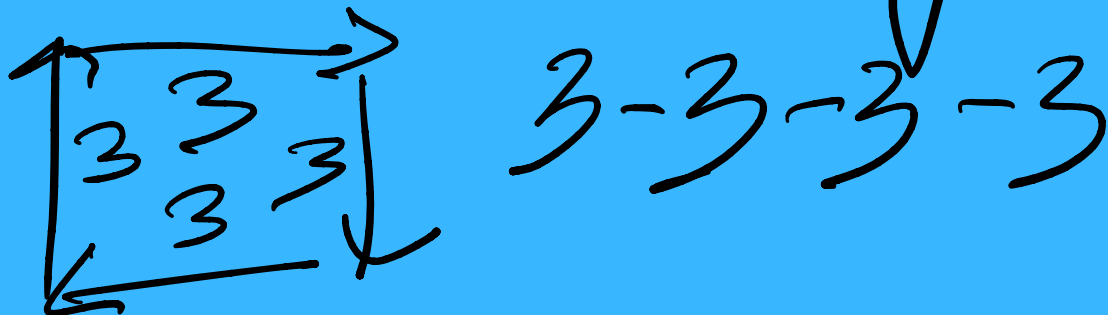
VII.

TÉMA - DECH/OBLAST TRUPU



CO<sub>2</sub>TT - test tolerance CO<sub>2</sub>  
± 30 sec = 3 sec.

• Box Breathing 2,5 min



• korekce bránického dýchání