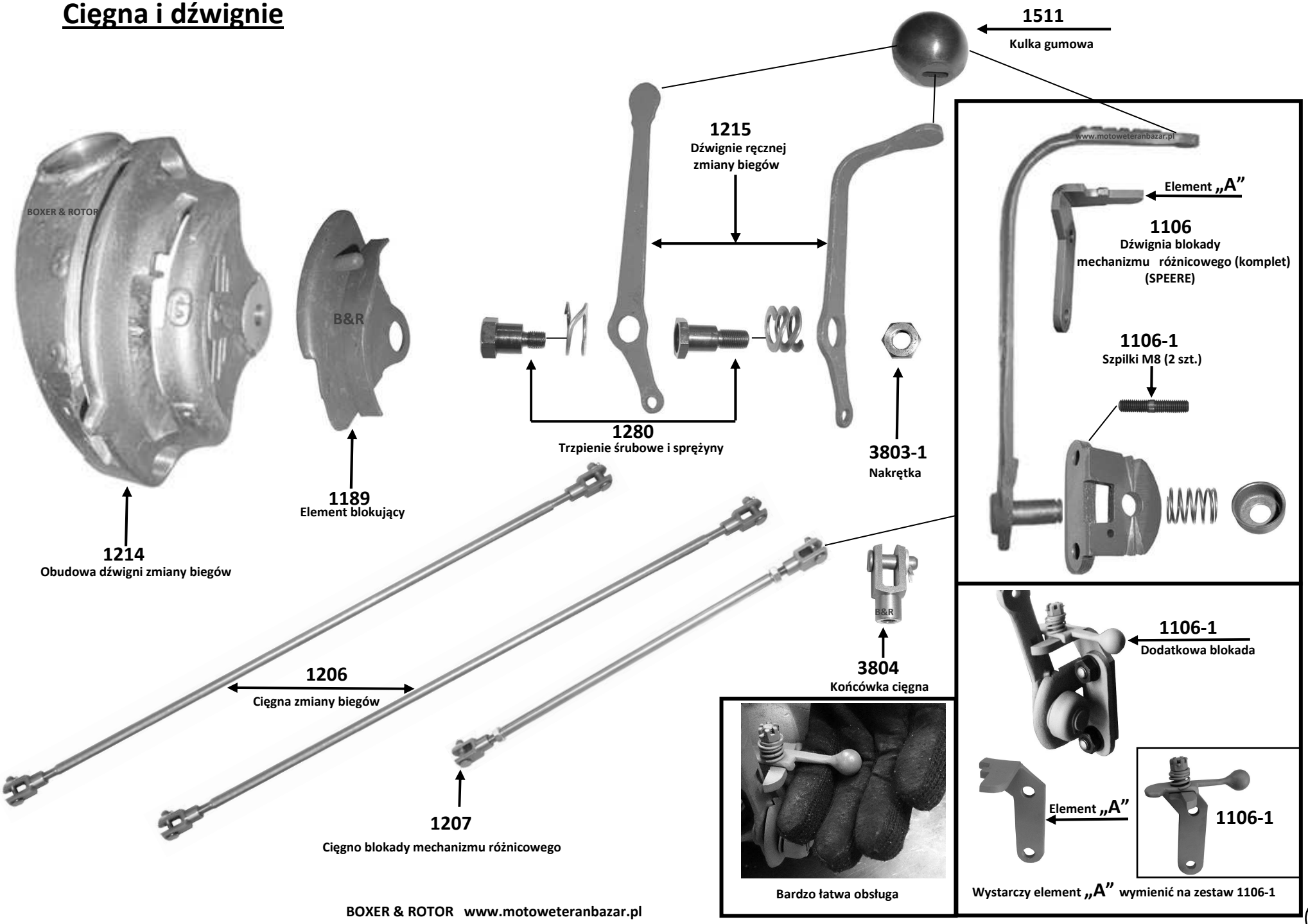Cięgna i dźwignie