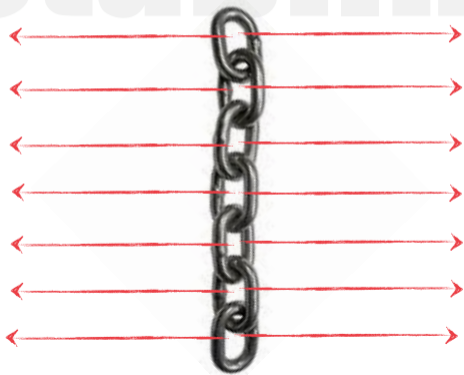


Stabilization



IAP creates an outward-pushing, unifying force that eccentrically activates the abdominal musculature, creating a powerful co-contraction for enhanced spinal stability.