

**DELTOID**

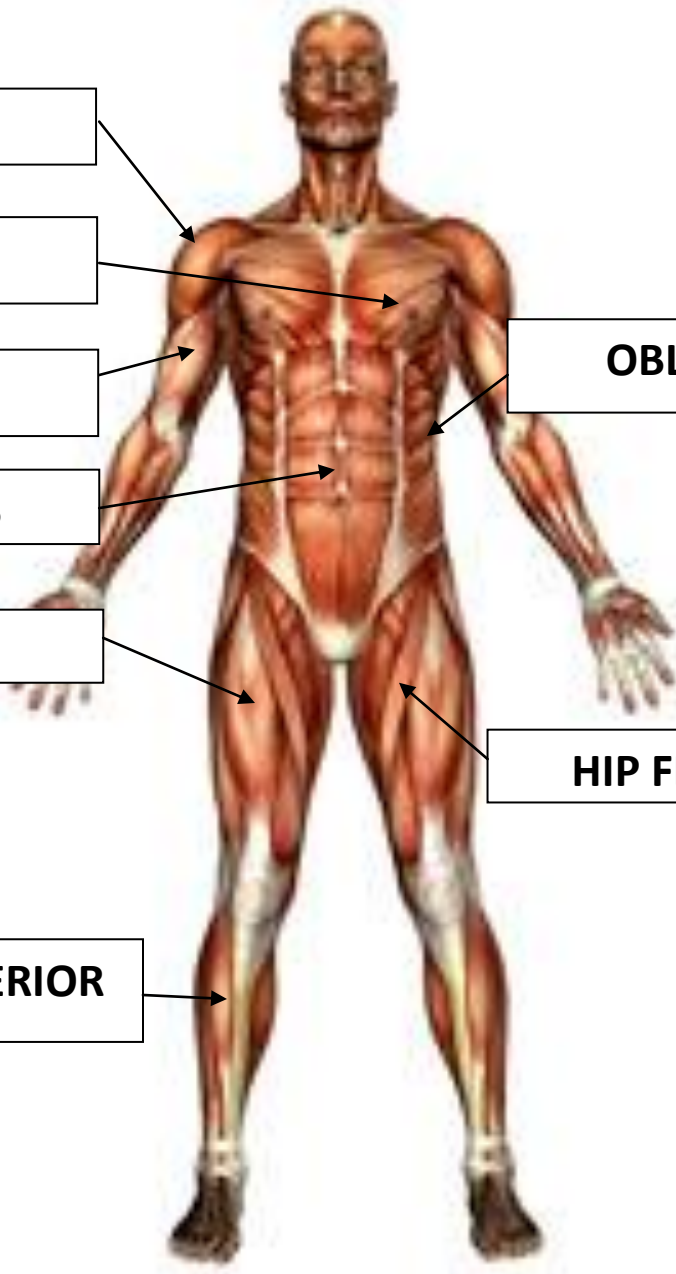
**PECTORALIS**

**BICEP**

**ABDOMINALS**

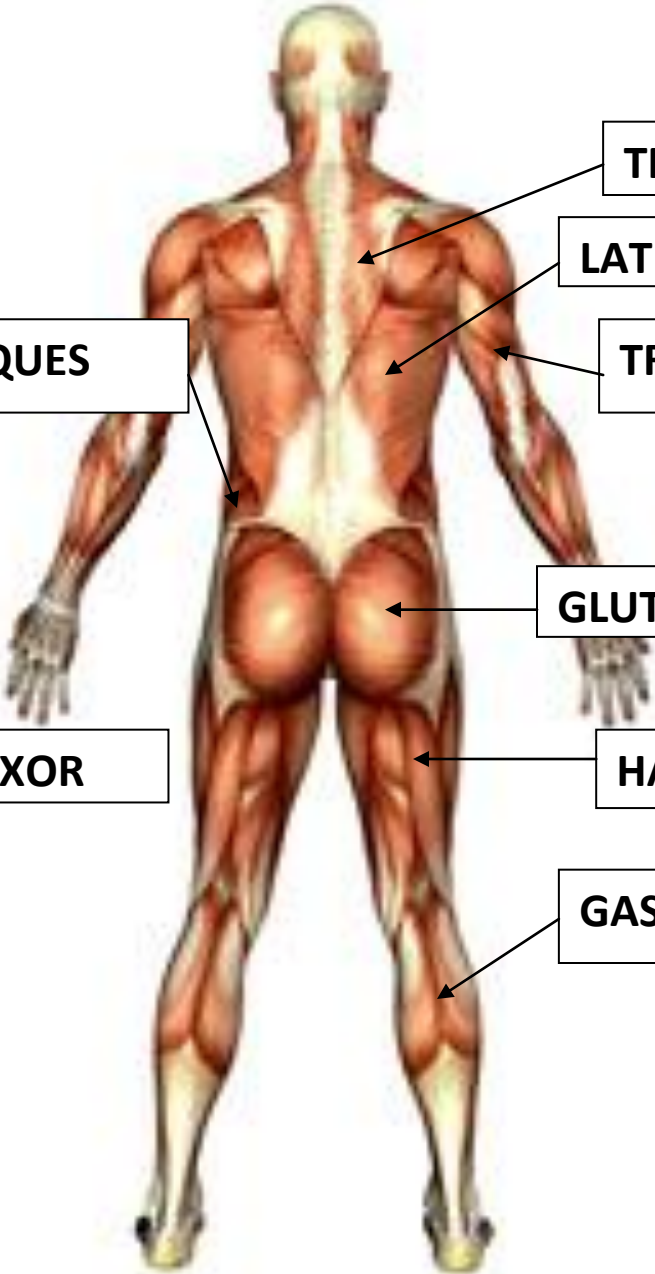
**QUADRICEPS**

**TIBIALIS ANTERIOR**



**OBLIQUES**

**HIP FLEXOR**



**TRAPIZIUS**

**LATISSIMUS DORSI**

**TRICEP**

**GLUTEUS MAXIMUS**

**HAMSTRING**

**GASTROCNEMIUS**