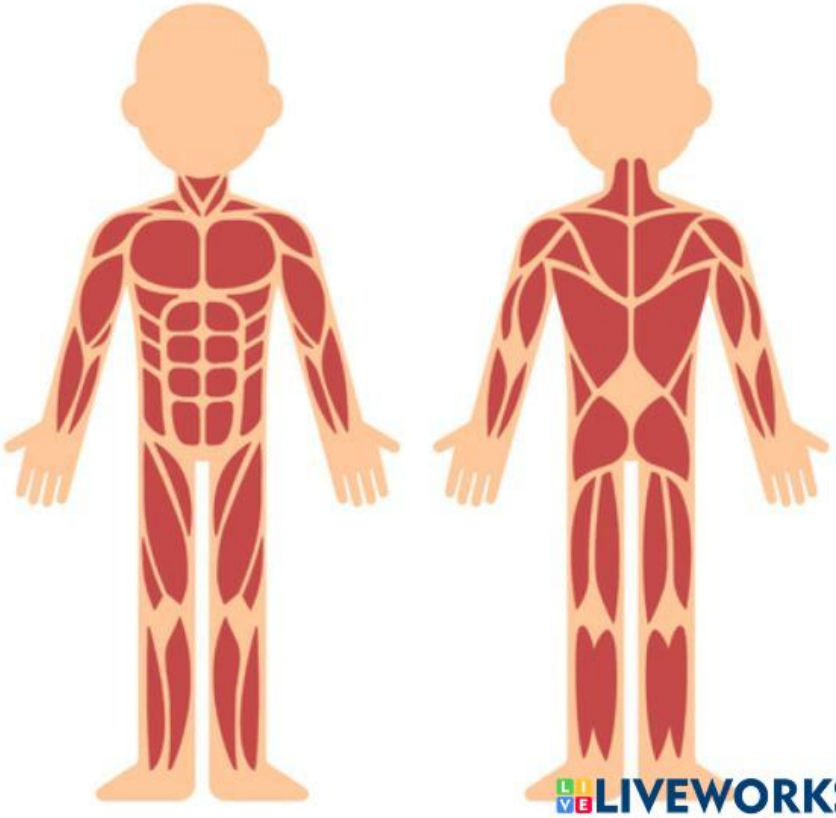
- Chest
- Calves
- Neck
- Hamstrings
- Abs
- Abductors
- Back
- Quads
- Deltoid
- Glutes



LIVEWORKSHEETS