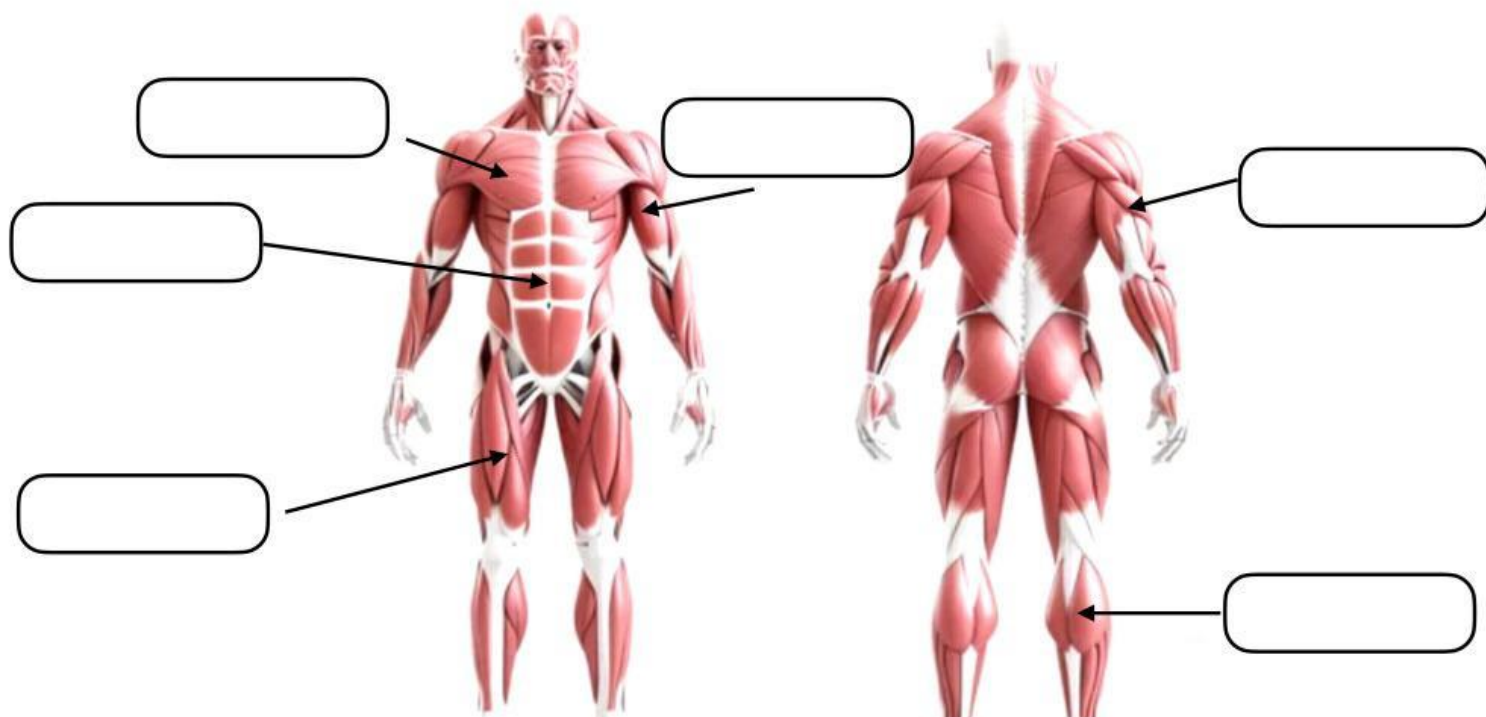




ABDOMINALS

BICEPS

CALF

PECTORALS

QUADRICEPS

TRICEPS