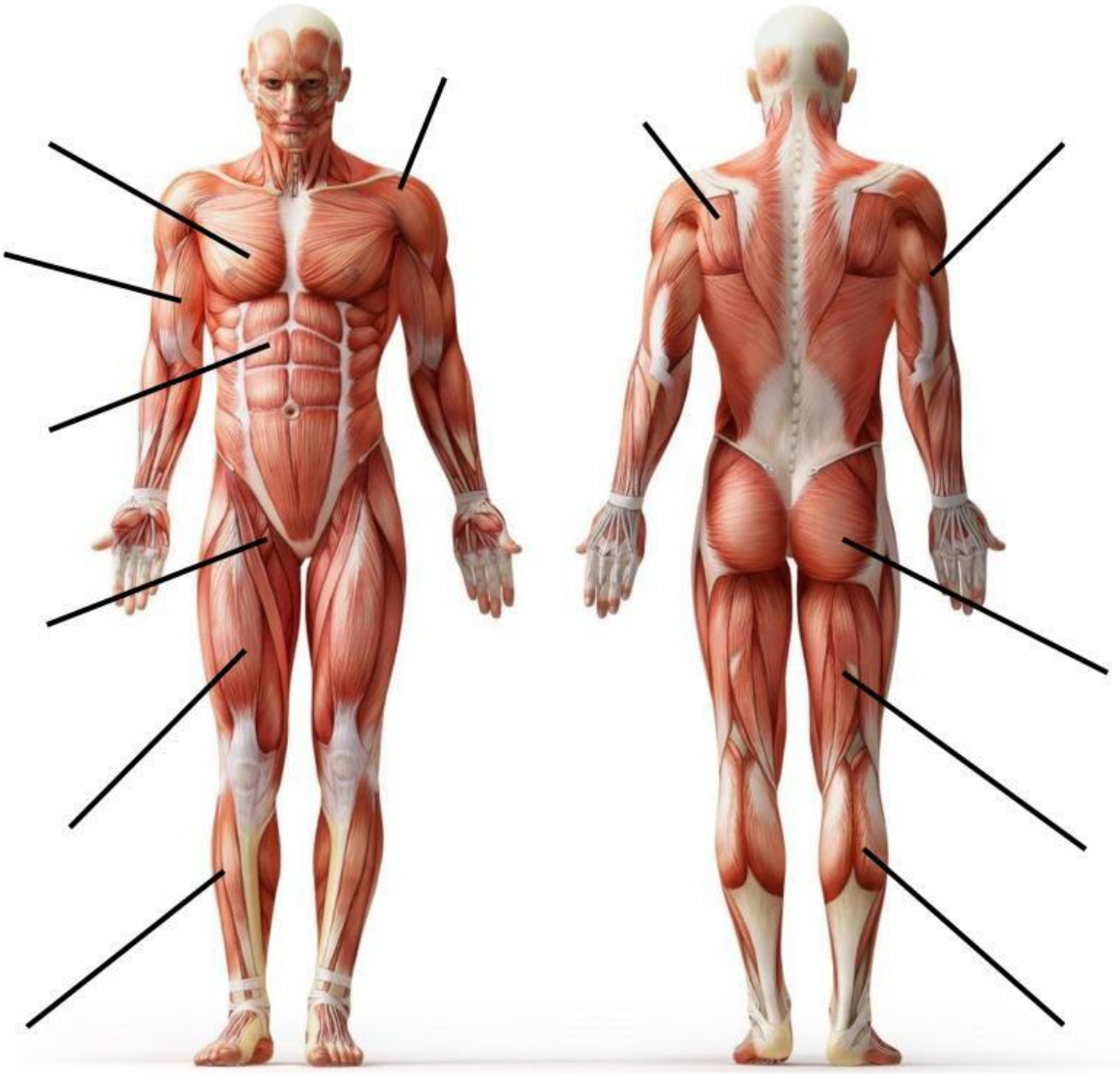

Deltoid Quadriceps Hip flexors Hamstrings Gluteals

Abdominals Triceps Gastrocnemius Biceps Pectorals

Tibialis anterior Latissimus Dorsi Rotator cuffs

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