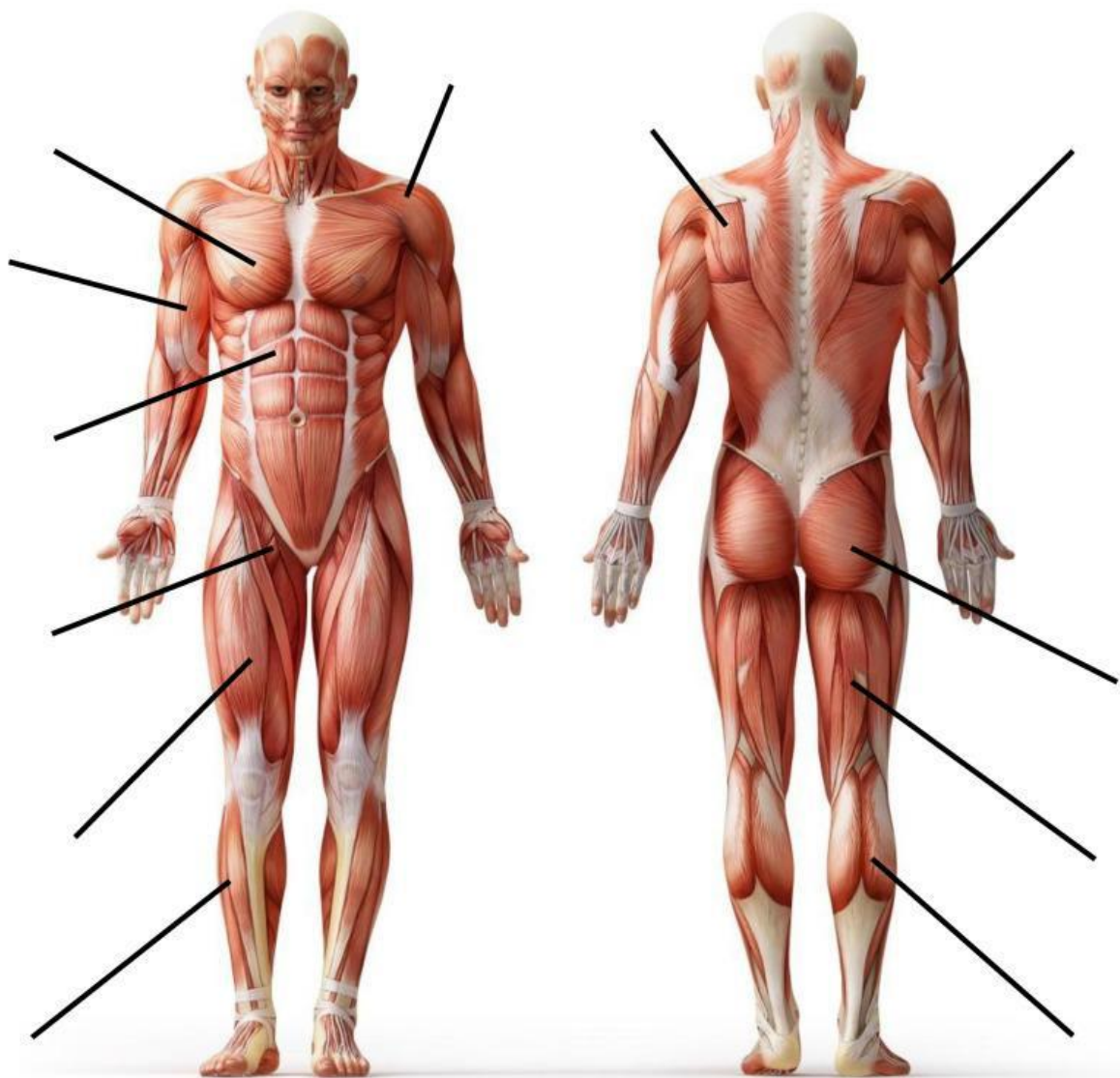




**Deltoid**

**Quadriceps**

**Hip flexors**

**Hamstrings**

**Gluteals**

**Abdominals**

**Triceps**

**Gastrocnemius**

**Biceps**

**Pectorals**

**Tibialis anterior**

**Latissimus Dorsi**

**Rotator cuffs**