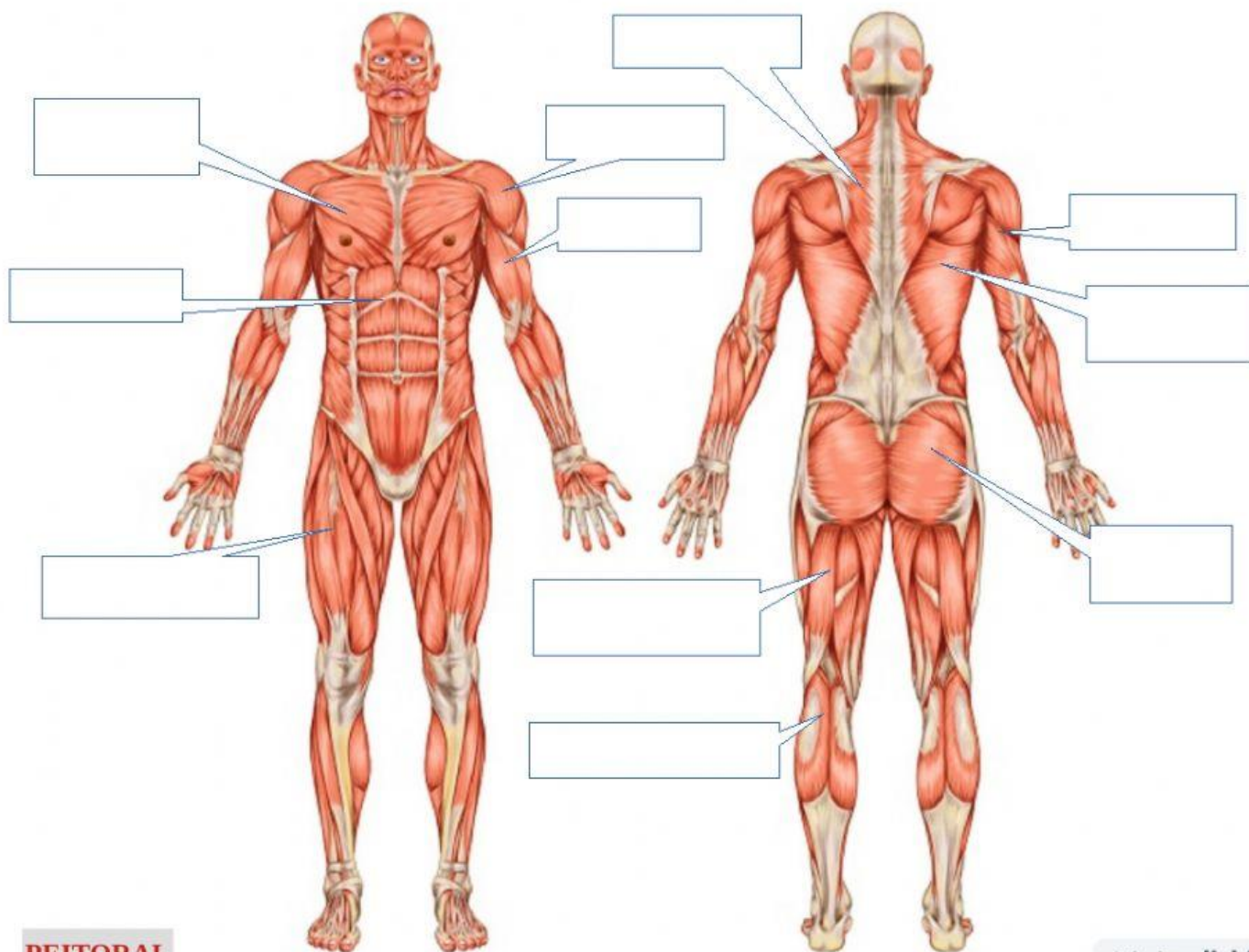




PEITORAL

DELTÓIDE

TRÍCEPS

ABDÔMEN

GASTROCNÊMIO

QUADRÍCEPS

BÍCEPS
FEMORAL

GLÚTEOS

TRAPÉZIO

GRANDE
DORSAL

BÍCEPS