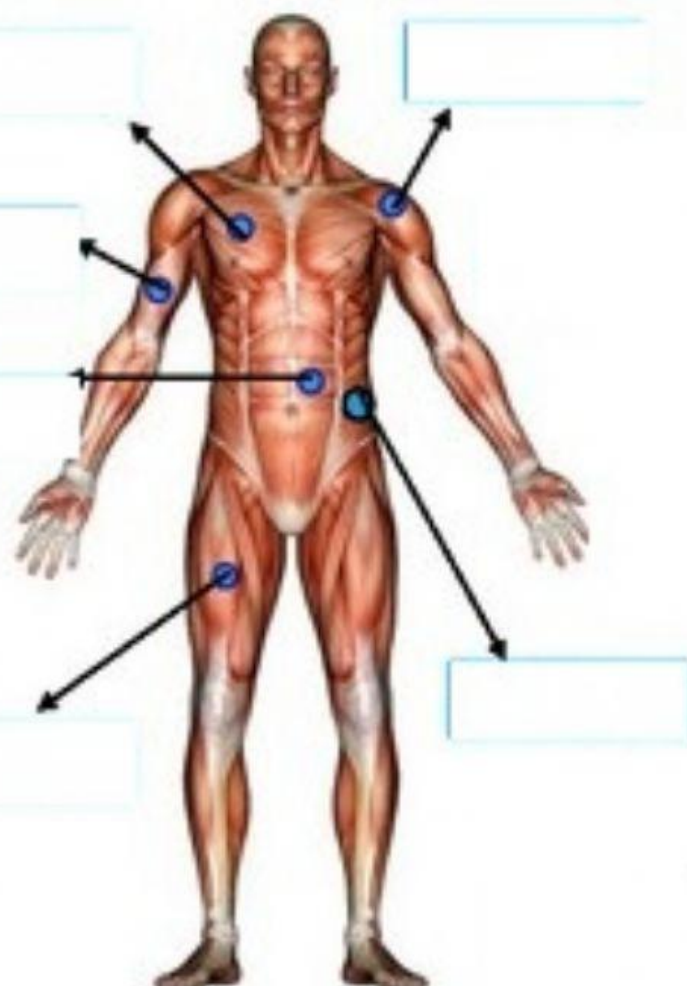




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Deltoid

Quadriceps

Abdominals

Biceps

Pectorals

Obliques