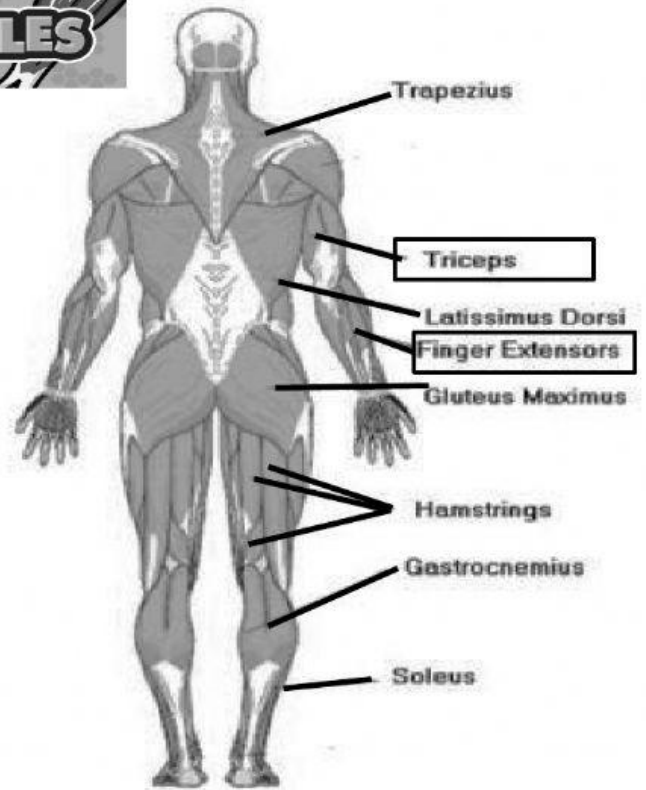
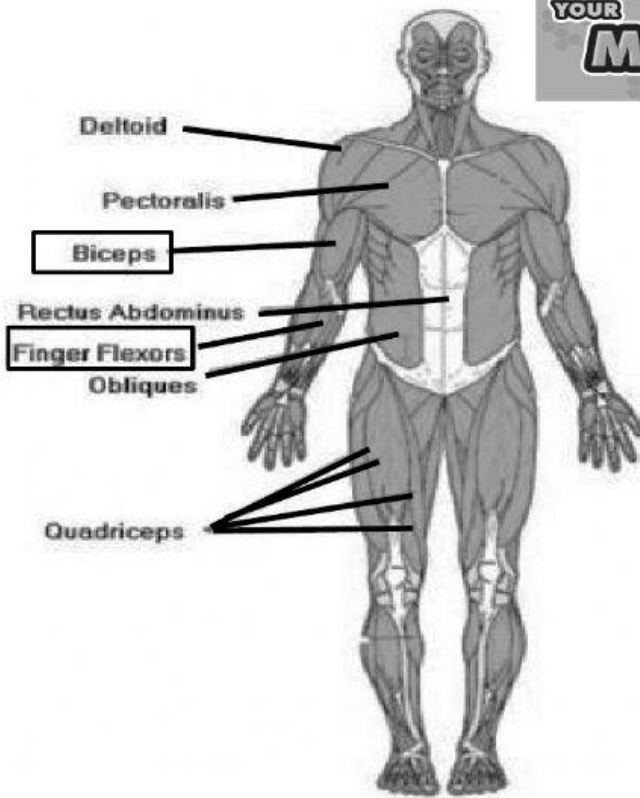


FRONT

BACK

YOUR MUSCLES



Deltoid	
Pectoralis	
Biceps	
Finger flexors	
Rectus Abdominus	
Quadriceps	

Trapezius	
Latissimus Dorsi	
Gluteus Maximus	
Hamstring	
Gastrocnemius	
Soleus	

Triceps	
Finger Extensors	