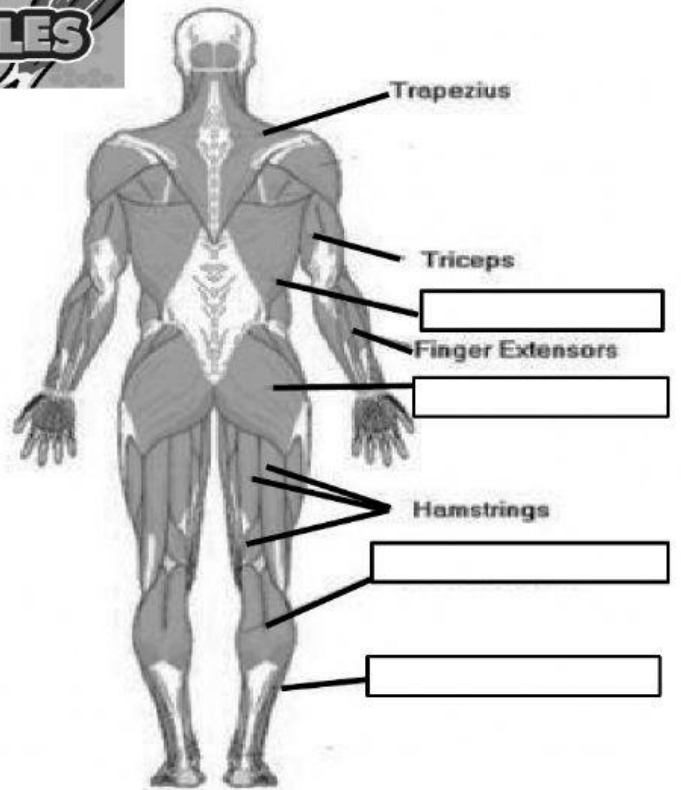
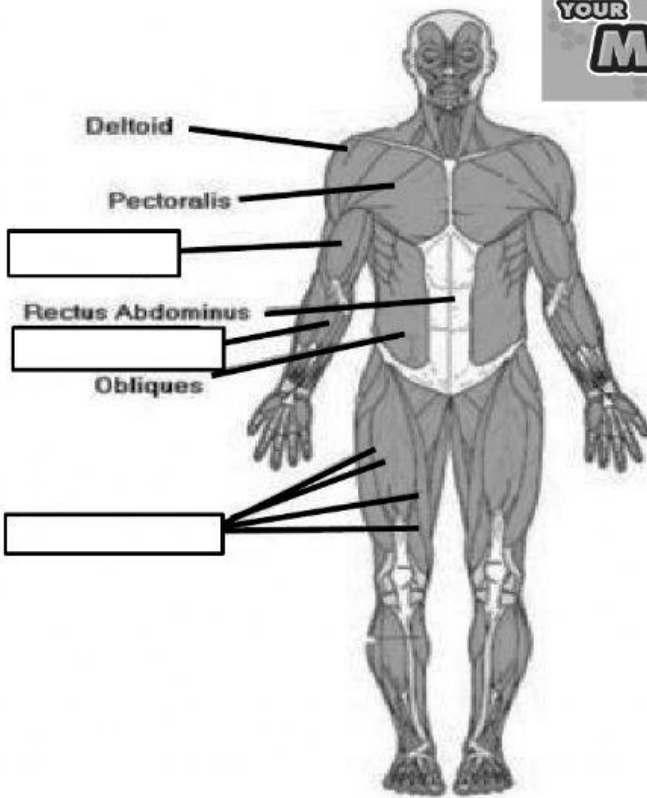


FRONT

BACK

YOUR MUSCLES



Deltoid	
Pectoralis	
	Front Upper arm
	Front Lower arm
Rectus Abdominus	
	Front Thighs

Trapezius	
	Ribs
	Butt
Hamstring	
	Calf
	Back Lower leg

Triceps	
Finger Extensors	