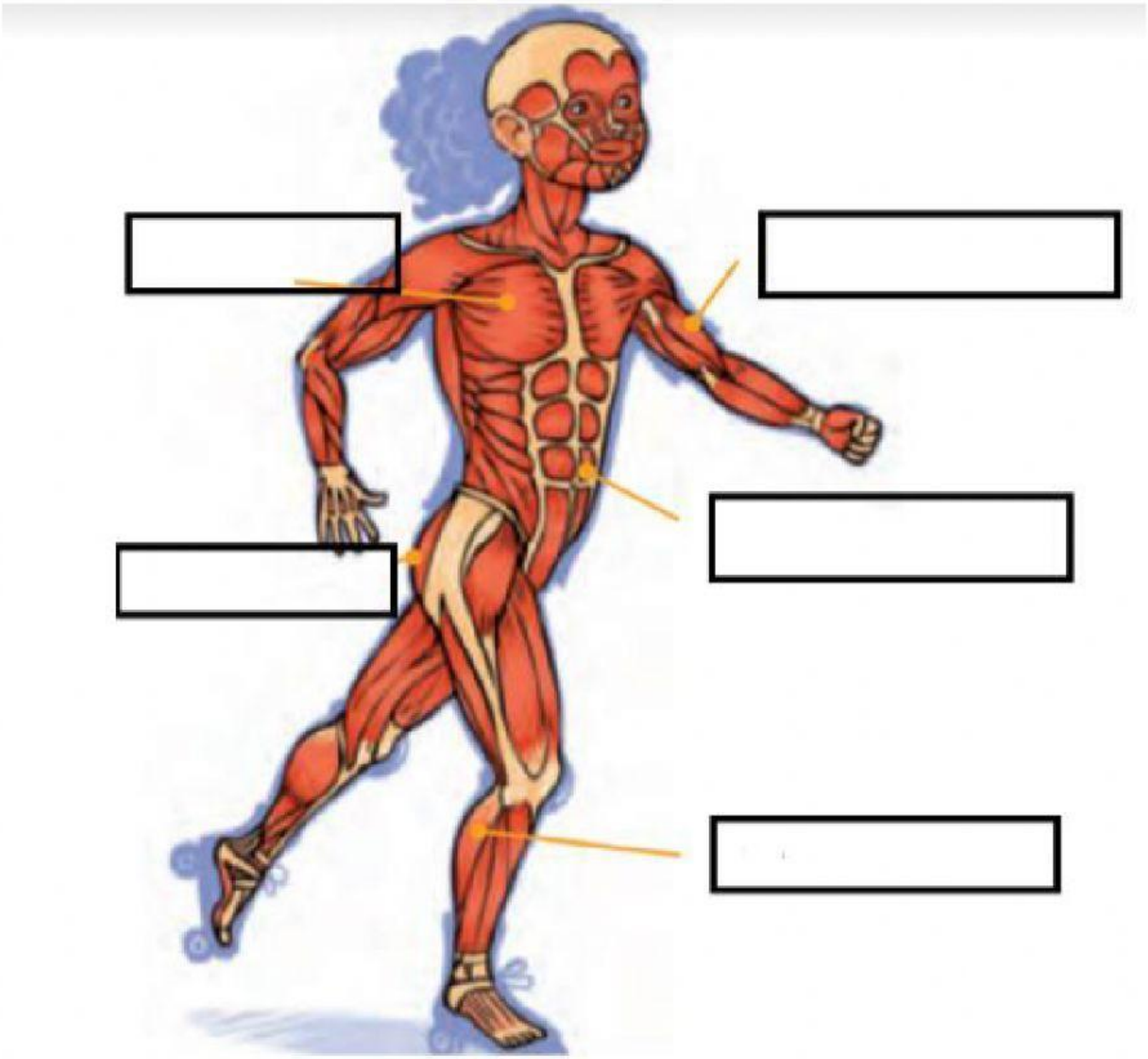

PECTORAL	GLUTI	BESSONS
ABDOMINAL		BÍCEPS