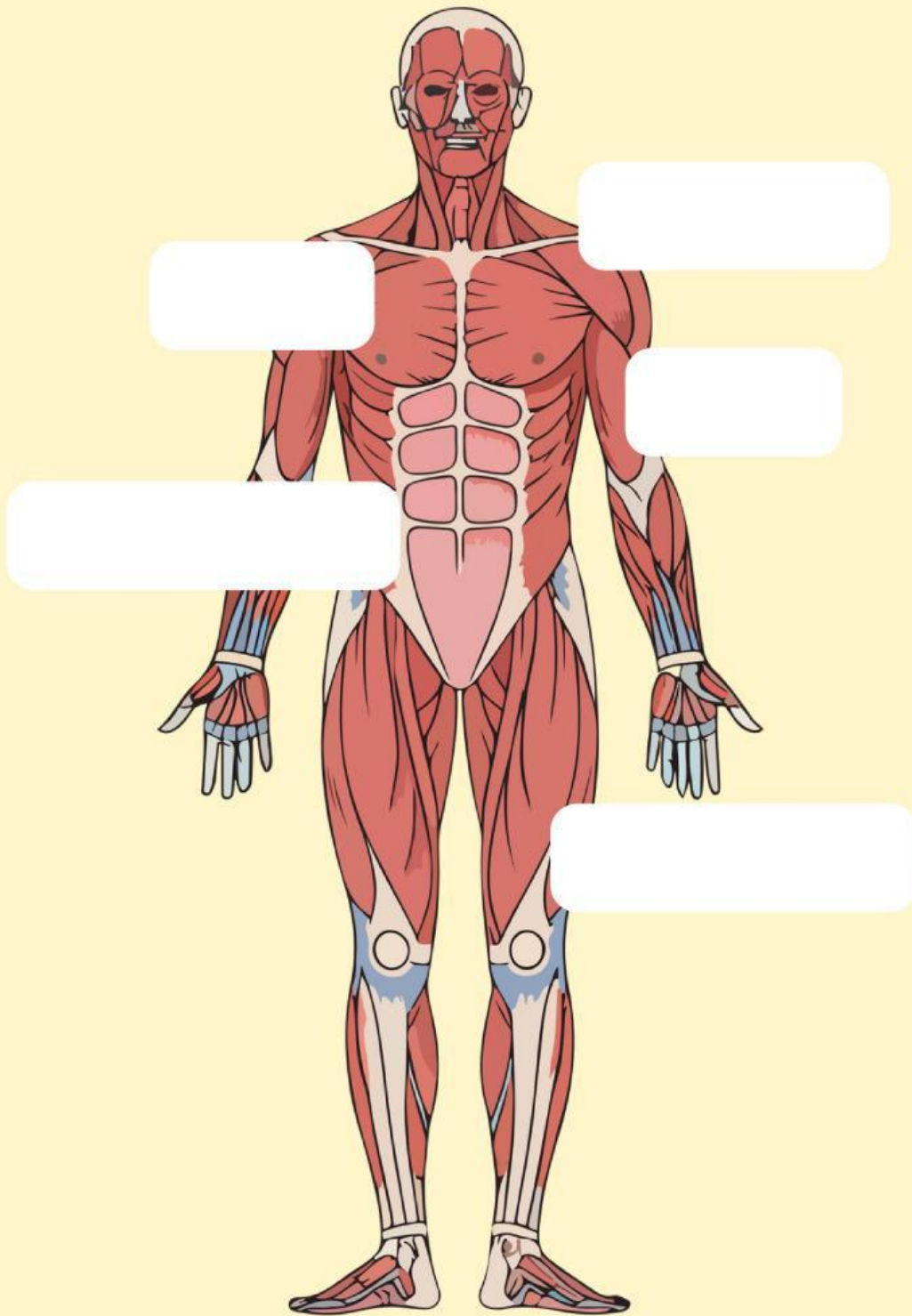


# Muscular System



Chest

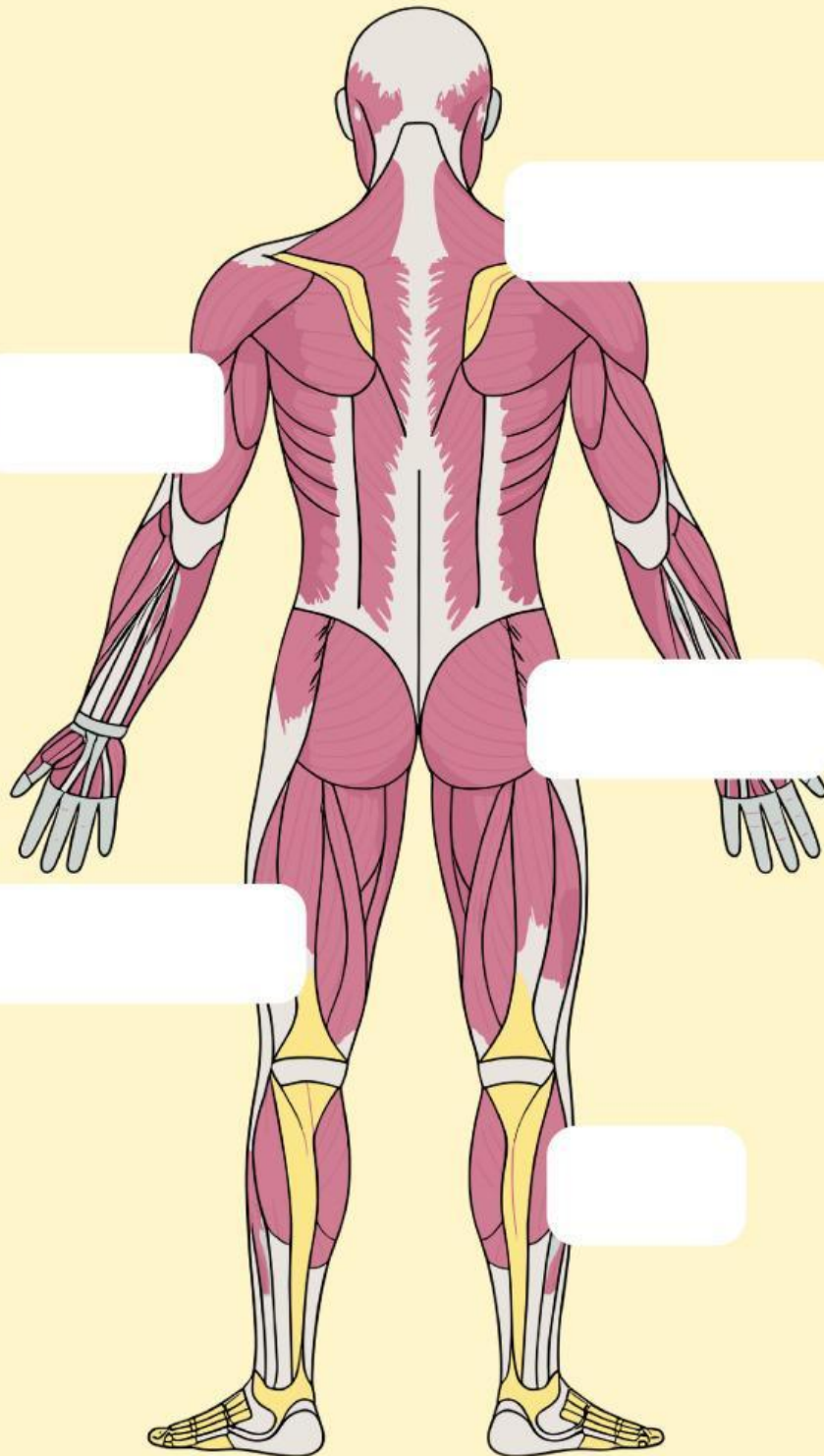
Abdominals

Bicep

Shoulder

Quadricep

# Muscular System



Calf

Gluteus

Tricep

Hamstring

Trapezius