

Latissimus
dorsalis

Calves

Latissimus
dorsi (back)

Forearms

Hamstrings

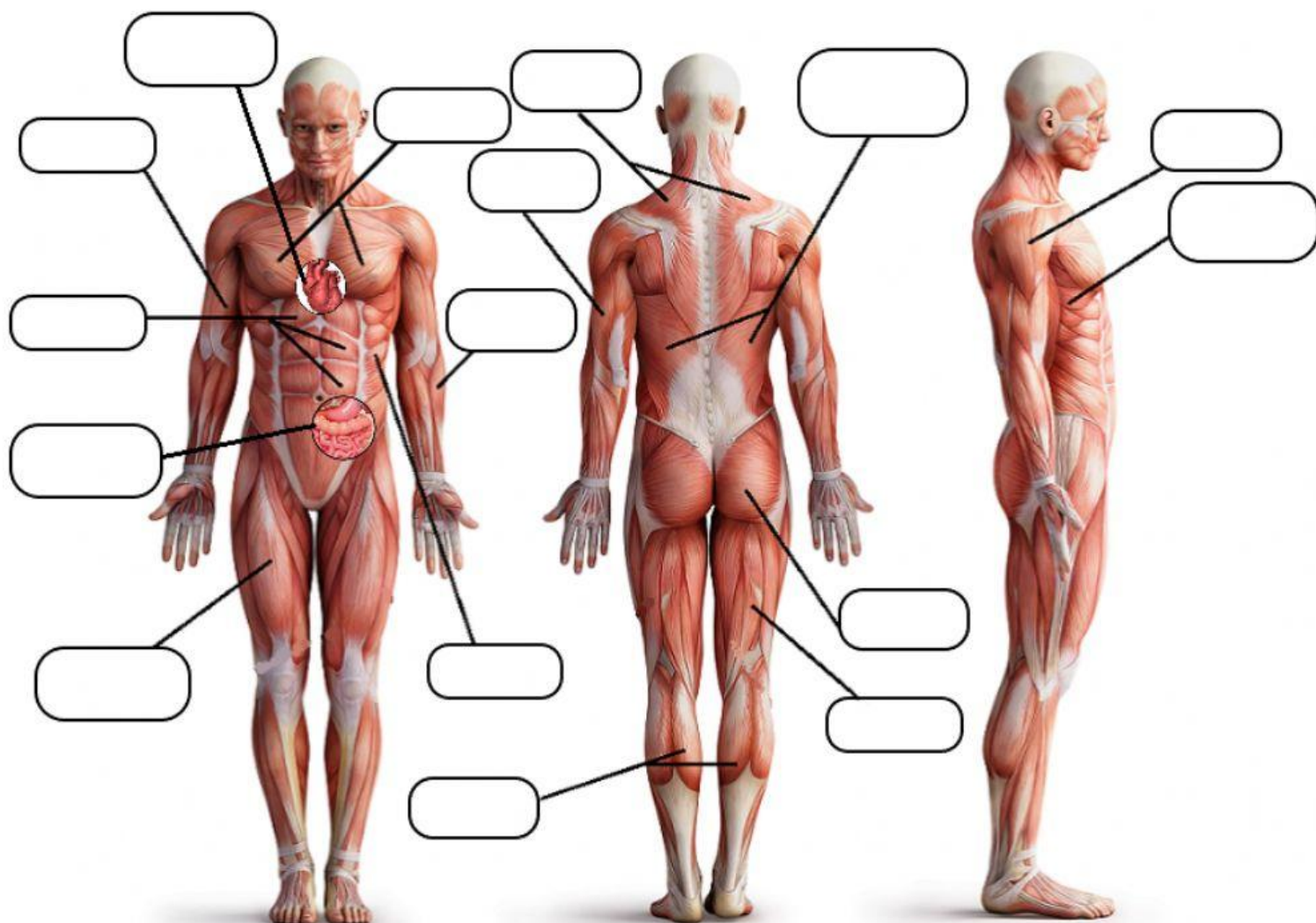
Traps

Shoulders

Triceps

Glutes

Quadriceps



Abs

Biceps

Chest
Smooth
muscles

Obliques

Cardiac
muscle